

Serving Dublin, Kildare, Wicklow, Meath.



## Welcome from Sam

One of my favourite days of the year is our Client Recognition Ceremony. I have the honour of awarding certificates to our clients and residents as our entire community gathers together to celebrate their accomplishments.



It is only with the support of people like you that our Participation and Development services are made possible. As we continue to move more people out of homelessness and into permanent homes, your ongoing support will ensure these services make a lasting difference.



You are providing structure, confidence and a sense of purpose and value for our clients and residents as they take their next steps. Thank you.

*Sam*  
Sam McGuinness  
Dublin Simon Community CEO

This is how **friends like you** have helped people get back on their feet over the last number of years.



**1,100**

People have taken part in **meaningful activities**.



**1,350**

Literacy classes took place.



**1,300**

Health and Wellbeing Sessions were held.



**480**

Certificates were given out at our Client Recognition Event.



**150**

People have taken part in **employability or volunteering initiatives**.



**1,200**

Group Classes are provided yearly.



## Literacy & Personal Development

**Karen from our Literacy and Personal Development service** speaks about the supports, classes and activities that are provided for clients.

### Literacy

"We offer one to one tuition for people who need support with reading, writing, spelling, numeracy and computer skills. We sit down with clients and create personalised goals for whatever they're looking for. Health literacy is a huge area as well around medicines, symptoms and appointments."

"Maths and numeracy are important too for figuring out a budget or measuring ingredients for cooking. When people move onto independent living, those are the skills that they maybe haven't had to use before."

**"Building confidence and engaging in an activity that is seen as beautiful or valued can be really important."**

### Personal Development

"With our meaningful activities it's a lot of group work. I run art classes which we have in over 90% of the services now. It's an hour to socialise, make some art, be creative and express themselves. We also have a creative writing group and a dance group. The idea is to give people the opportunity to develop personally in a constructive way and even just allow themselves a bit of freedom to relax."

### Recognition

"We also have events and activities to showcase the clients work such as the **'Scrappy But Happy'** book which is published each year. This features artwork and creative writing from clients and is launched at our Client Recognition Ceremony so everyone can come together and celebrate what they've done throughout the year. It can be a great way of developing self-esteem and helping people express themselves."

### Impact

"There's a lot of little changes you see. People would go from being anxious about coming to one to ones, to loving going every week. My art group in our Recovery service has every piece of work they have ever done up all over the kitchen, the shelves and the window sills. It's really lovely to see because they're obviously proud. It's their space and their work and they've put it up. Things like that really keep you going." - **Karen**



## Client Involvement

Our Client Involvement service is open to individuals who have accessed the services of Dublin Simon Community. **Michelle from Client Involvement** speaks about what they provide.

## Client Action Group

"Client Involvement is about having meaningful participation and being involved in decision making. We have a Client Action Group and their role is to advocate for other clients."

"They get involved in things like the strategy, giving their expertise and their input on what is going to work for clients because they've been there."

**"We have such diverse backgrounds. Everybody has something hidden. We've had some amazing people come through."**

## Speak Outs

"The Group holds Speak Out events twice a year. If we want to make a change to a policy there's an opportunity for clients to give their feedback and their ideas. For each event or activity people can help with what they are comfortable with. We've started up an events committee who would organise the Speak Outs, as well as other events like the Easter and Christmas lunches."

"We have a press committee who work on the Client's Eye newsletter and posters for events. It's about letting people know that it's not about what your skill level is, everybody has something that they can contribute."

## Peer Volunteering

"Peer volunteering is very individualised. We look at what their goals and interests are, what kind of work they might be looking at and try to find where we might be able to fit them. They get monthly support from me and from the service. It's not only about job skills but also being somewhere on time, workplace behaviours, those kinds of things that people might have lost. It gives them these skills in a safe environment. There's always change and people move onto further volunteering, go back to work or to other programmes. Then new people come in and the process continues."  
- Michelle



## Health and Wellbeing

Our Health and Wellbeing service aims to help people achieve a balanced lifestyle through health education, nutritional advice, movement and mindfulness activities. **Niall from Health and Wellbeing** explains the importance of developing these areas with our clients.

## Healthy Habits

"We offer a fun and friendly approach to health and wellbeing through education, nutrition, physical activity and lifestyle changes by promoting healthy habits."

## Confidence

"Developing and restoring confidence is our key aim at the service, confidence that may have been lost through years of addiction, relationship breakdown or other reasons that they may come to us for help."

**"It is important to us that each client regain and retain a positive attitude toward other things going on in their lives."**

"Many people who are linked in with us or have been involved with us in the past have reported positive attitudes towards their overall health and wellbeing. Clients have been successful in the cutting down of smoking habits, experienced improvements in body composition through healthier diets as well as improved mental attitudes. We provide people with the courage and self-belief to move forward themselves." - Niall

## How to Help

Your support this spring can make a vital difference:



€50

Could support weekly Art Groups for our clients.



€75

Could go towards providing 1:1 Literacy Classes.



€100

Could help provide new equipment for our Health and Wellbeing Gym.



€250

Could support our Simon Education Fund.

Visit [dubsimon.ie](http://dubsimon.ie) to find out more.



## Stay In Touch with Simon

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