

Client Development Activity Pack!

In this pack you will find challenges, exercises and activities to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.

Contents:

Sudoku.....	Page 1
Artist Spotlight.....	Page 2
Today was Special Because.....	Page 3

Don't Miss Out!

Join us for a Yoga Class on zoom today at 4pm! The class will be based on the mat and will cover whole body movement and finish with some nice relaxation work. Suitable for all levels of experience.

All you need is a phone or laptop with an internet connection. Contact cd@dubsimon.ie for the meeting ID or ask a member of staff in your service.



Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at cd@dubsimon.ie.

Sudoku

Sudoku 6x6 Puzzles

Each row and column contains all the digits 1 to 6.

3			5	2	
2	6		1		3
	1		4		5
4		3		6	1
5		4	6		2
1	2	6			4

	3		4	6	
	4	5		1	3
2		1		5	
	5	4	1		6
	1	3		4	2
		6		3	1

Artist Spotlight

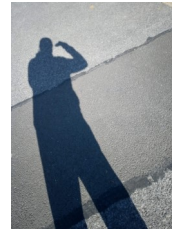
Since the Coronavirus arrived in Ireland, artist Dezi Jay M has been using this time to focus on a new poetry and photography series he has entitled; 'The Shadow of The Man'. Well done Dezi for developing such a creative project, we're looking forward to seeing more!

Getting There

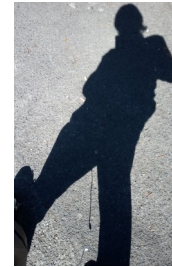
Don't crawl my friend, don't cower, home is only a short distance away,
Don't bow my friend, this is going to be your day.
You have been walking on egg shells... tip toe, no, dig in your heels!
And reel in more than was lost in those years,
That enslaved you to your fears... fear is only a boogie man,
Turn around and say "Go away!",
And from this day you shall conquer what was robbed from you,
As you came down the birth canal and into a world that seemed strange,
Bonding was essential but no, no, no! Rejection was inflicted by depression,
Questions asked; "Was it behaviour or genetic?"
At that most important time of your life.
The snowball and the mountain effect,
Shattered at its foot, all in pieces, a breakdown,
Darkness in that dark valley.
As you look up at the light reach up, reach up!
Your brother's hand is reaching for you,
To take you out to the open gate, to get you across the line,
It's your bit now, keep going,
"You're almost there", says the higher power,
They are all behind you and not ahead,
"Keep going!" they are shouting for you,
Do you hear them say; "Go ahead, the narrow gate has opened, run, run for the prize that lies ahead?"
The light is surrounding you as you aim to shatter the shackles and cross that line,
You're heading there, heading there, just one more step...

It's almost time to celebrate and accept that you were not on your own;
A power that has taken you there, a power that passes all understanding,
That works through those who love you, from those who only desire the best for you and are with you in those dark hours,
To remove you away from the one that taunted you,
From the time you took your first breath in surroundings where rejection at birth, to your hurt depression, was its name,
Now it's your time to stand and take back your life, take back what was robbed from you, it's time,
Now broken, a legacy that hands down its crime.

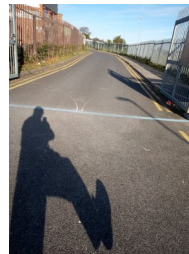
By Dezi Jay M



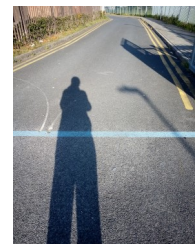
I See The Light



Taking The First Step



Almost There



I Am Doing My Best



If you are working on a project you would like to share, we would love to hear from you!
Please contact us by email at cd@dubsimon.ie.

TODAY WAS SPECIAL BECAUSE...

- I woke up early to see the sunrise
- I had a good breakfast
- Something made me laugh
- I watched a fun video
- I made my own bed
- I spoke to one of my good friends
- I completed a workout
- I heard one of my favorite songs
- I had dessert or a snack
- Someone sent me a sweet message
- I finished all my chores
- I received some good news
- I made someone smile