

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 Tuesday and Friday. Remember to pick up your copy! We hope you find it helpful.

Contents:

| | |
|--|--------|
| Unleash Your Inner Writer..... | Page 1 |
| Sudoku..... | Page 2 |
| Dublin Castle Emoji Challenge..... | Page 3 |
| Lifestyle Medicine: Own your Health..... | Page 4 |

Don't Miss Out!

Health and Wellbeing Bodyweight Fitness Class on zoom today at 4.30pm!

The 30 minute class involves easy to learn bodyweight movements to help you loosen up and get a sweat on, suitable for all levels.

All you need to take part 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 9x9 Puzzle

Each row and column contains all the digits 1 to 9.

Each 3x3 sub grid also contains all the digits 1 to 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | 7 | 1 | 6 | 3 | 2 | | 8 |
| 1 | | 3 | 7 | | 2 | 5 | 9 | |
| 4 | 2 | 6 | | 5 | 8 | 3 | | 1 |
| | 9 | 2 | 6 | | 7 | 1 | | 4 |
| | 7 | 4 | | 1 | 5 | | 3 | 9 |
| 5 | 3 | | 4 | 8 | 9 | 6 | | 7 |
| 3 | 4 | 9 | 8 | 2 | 1 | | 6 | 5 |
| | | 8 | | 7 | | 9 | 1 | 3 |
| 7 | | 5 | 3 | 9 | 6 | 4 | | 2 |

Dublin Castle Emoji Challenge!

This emoji challenge has been brought to you by the Education Team in Dublin Castle. Look at the emoji's to figure out the popular Irish films! Send your answers to cd@dubsimon.ie. Good luck!

Favourite Irish Films

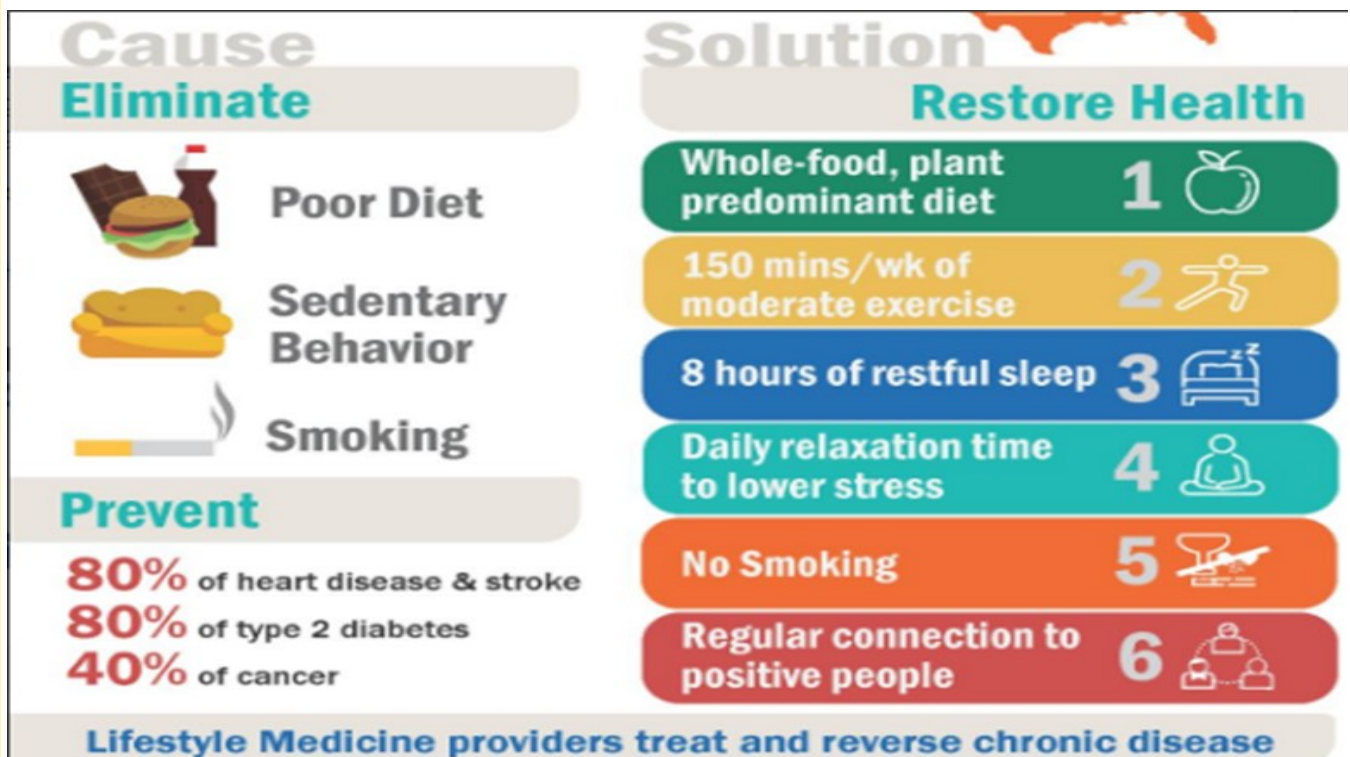
1. 🇮🇪 🚢 🌃 🇺🇸 👤 ❤️ 🙌 ❤️ 👤
2. 👤 🦶 📄 🦽
3. 🌬️ "🌾"
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10. 👤 👑 🧚 🧚 🧚
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Lifestyle Medicine

Own your health

Lifestyle medicine is how your habits and choices can effect your overall health. Habits such as poor diet, lack of physical activity and smoking can increase your risk of illness.

With restrictions slowly lifting, now is an excellent chance to improve your health through making small positive changes to you daily lifestyle. Improving your health can be easier than you think. Check out some of the solutions below.



Dublin Simon's Health and Wellbeing service can help you address any or all of these issues. If you would like some help and advice on improving you health, contact JT in the Health and Wellbeing service to chat about what the service can do for you.

We provide:

- One to one help to improve your health
- Fun group activities for all interests and levels
- Teach you how to improve your diet, sleep and stress levels
- Provide a positive community environment for you to improve your physical and mental health



Get involved with the Health and Wellbeing service by contacting JT on cd@dubsimon.ie or ask a member of staff to set up a call.