

# 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.

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## Quote of the day;

**The most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.**

~ Helen Keller



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](mailto:cd@dubsimon.ie).

# Crack the Code

Each letter has an assigned symbol. Use the code to finish the poetic quote about laughter by Thomas Mann (author).

a	b	c	d	e	f	g	h	i	j
Ω	▼	△	◆	er	►	■	○	●	⊠

k	l	m	n	o	p	q	r	s	t
♦	☉	≡	⌘	□	▲	∂	ℓ	⊞	↗

u	v	w	x	y	z
υ	⋈	▷	&	♏	✧

\_\_\_\_\_  
 ☉    Ω    υ    ■    ○    ↗    er    ℓ

\_\_\_\_\_    \_\_\_\_\_  
 ●    ⊞    \_\_\_\_\_  
 \_\_\_\_\_  
 Ω    \_\_\_\_\_  
 \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 ⊞    υ    ⌘    ▼    er    Ω    ≡

\_\_\_\_\_    \_\_\_\_\_  
 □    ►    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 ↗    ○    er    ⊞    □    υ    ☉



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# Sudoku

## Sudoku 6x6 Puzzles

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

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

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

# Friday Showcase!

This weeks Friday Showcase includes poetry, mindfulness colouring, an inspirational message and some fantastic photos of a Dublin Simon Community service decorated to celebrate Pride. Thank you for all your submissions this week! If you would like to get in touch, please don't hesitate to email [cd@dubsimon.ie](mailto:cd@dubsimon.ie) or call 016354884.

## What Pleasure, Addiction Sick

Don't look to 'da past,  
There's a future ahead.  
Now it's the chance,  
Fresh foundation made,  
Build it to last.  
Living squashing,  
On miserable years,  
Ain't this the time  
To better and change.  
Look at others,  
There ain't no fools  
Enjoying clean lives,  
Fair play to 'em.  
Fun and laughs,  
It's da person's own choice,  
To be left behind,  
Plenty of help,  
If it's the lack of trying.  
It's them being want outcast.

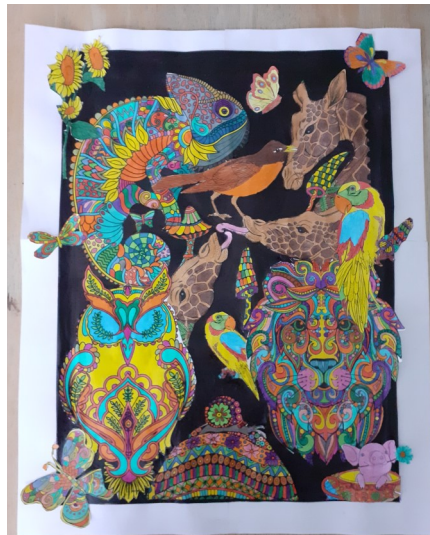
*Sláinte, Peter*

### Parting thought from Peter:

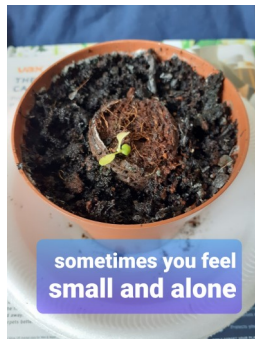
"Mankind destroys himself,  
No excuse, blame someone else."



Maple House showing off their rainbow colours to celebrate LGBTQ+ Pride.



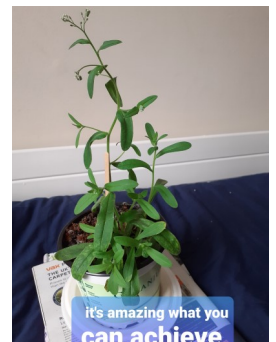
Ed sent in this wonderful mindfulness collage entitled 'Wildlife on One'.



sometimes you feel  
small and alone



but with a bit of love  
and encouragement



it's amazing what you  
can achieve

Thanks Ed for sending in the amazing growth of your plant, with the inspirational message: "Sometimes you feel small and alone, but with a bit of love and encouragement, it's amazing what you can achieve."