

The Client's Eye

Quarterly Newsletter

Summer Edition 2020



Dublin
Simon
Community



Inside:

- **Highlight on Marathon in May**
- **Spotlight on Sure Steps Counselling**
- **Artwork and poetry**
- **Summer Crossword**
- **Rocky Road Recipe**
- **And more!**



Welcome to the Summer Edition 2020 of the Client's Eye. We have a wonderful issue in store for you, packed full of fantastic artwork, stories and poetry!

Being creative is a form of self-expression and helps to relieve stress and anxiety. Thank you to all the people who have shared their creativity with the Client Development Team for the Client's Eye and for the weekly Friday Showcase in the Activity Packs. We are in awe of your talents and creativity.

We have also been blown away with those who have engaged with the Client Development Health and Wellbeing's zoom yoga and bodyweight classes and the Marathon in May. Well done on your participation and achievements.

If you would like to submit any artwork, photography, creative writing or poetry to be published in the Client's Eye or Activity Packs, please contact Client Development on cd@dubsimon.ie.

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Summer Holidays

8th June: **Phase 2 Ireland's
Roadmap for Reopening
Society and Business
(Covid-19 restrictions)**

20th June: **Summer Solstice**

21st June: **Father's Day**

29th June: **Phase 3 Ireland's
Roadmap (Covid-19)**

20th July: **Final Phase (Phase 4)
Ireland's Roadmap**

3th August: **August Bank Holiday**



“Rest is not idleness, and to lie
sometimes on the grass on a summer
day listening to the murmur of water,
or watching the clouds float across
the sky, is hardly a waste of time.”

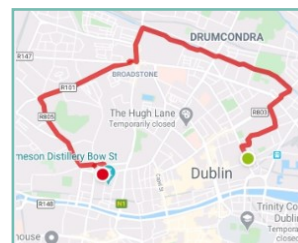
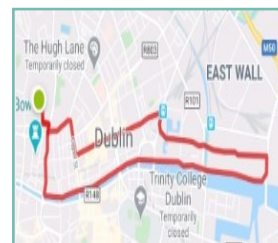
- John Lubbock

Highlight on... Marathon in May

In May, Health and Wellbeing clients took part in a virtual marathon. The group ran, walked and hiked every part of Dublin city and beyond, all while staying inside their 5km radius. Clients sent us some great photos of Dublin landmarks they spotted while they were taking part. Well done to all those who took part! It's a massive achievement!



The 7 runners covered a huge 365km since the 11th of May. This brilliant effort gave the group a focus and a goal while preserving and improving physical and mental health during lockdown.



If you would like to get involved in any Health and Wellbeing activities please get in touch by emailing cd@dubsimon.ie

Covid-19 Important Information

We are all trying our best to keep each other safe from catching or passing on Covid-19 virus. It is clear that we here in Ireland have done a good job already not passing on the Covid-19 virus, as the peak of the virus spread was not as severe as it could have been.

The risk is still in the community so it is still very important that we keep following social distancing measures to prevent the spread of the virus.

These measures will help stop the spread of the virus to you and to your loved ones.

- Keep washing your hands
- Keep cleaning down surfaces after use
- You may meet up to six people from another household
- When around others that you don't live with, you must keep at least 2 metres apart
- Always cover your mouth when you sneeze or cough
- Avoid touching your face



Covid-19 and Mental Health

The current restrictions are challenging. It has been difficult to stop face-to-face meetings and activities, and this has led to a disruption in our daily routines.

Please contact **Sure Steps Counselling Freephone number 1 800 844 600** if you are experiencing negative thoughts and feelings. See the next page to find out about the Sure Steps Counselling Team.



Sure Steps Counselling

Feeling blue? Missing your friends or family? Worried about coronavirus? Self-isolating?



The counselling team are available to you from Monday to Friday 8am - 10pm and Saturday and Sunday 4pm - 10pm.

Use the **Freephone number 1 800 844 600** to contact us, even if it is just for a quick rant! You can also send us a text at the numbers below and we will ring you back or ask a member of staff to contact us on your behalf.

Do not let a virus get between you and your mental health.

8am – 5pm Weekdays:



Andrea



Tim



Karen



Clare

5pm—10pm Weekdays, 4pm—10pm Weekends (rota basis):



Kirstine



Elisa



Eoghan



Nereko

Thank you

Sure Steps Counselling Team say a big thank you to all clients who have engaged with them. You have done a tremendous job switching to phone or video meetings. It was not easy to make this change and your adaptability is something you should be proud of. Well done and thank you!

Spotlight on... John's Mindfulness Colouring

Thank you to John F McDonagh who sent in fantastic mindfulness colouring that he has done during the months with strict restrictions due to Covid-19. We especially love all the motivational words surrounding the wonderful colouring. These words encourage us to **'don't ever give in'** and, like a wolf pack, **'together we can do anything'**. These are words of motivation and encouragement that we need right now!



John F McDonagh

Spotlight on... Ed's Mindfulness Colouring

Ed has been an amazing contributor to the Client Development Activity Packs. The Client Development Team are constantly amazed with his colourful creations! See some of his own mindfulness colouring exhibition below.



"For those who know me, I've kept busy throughout our 'lockdown', reading, doing Sudoku, crosswords, watching TV, listening to the radio, writing, trying to grow flowers, painting stones and colouring. It's all about finding time for yourself, distraction and trying to forget any worries and focus on one thing. The mindfulness colouring is one activity that I get absorbed into. Many people who've seen my work are highly complimentary and taken back. I'd encourage others to give it a try. They'd tell me they can't draw. I can't draw and have no interest in drawing or painting. I'm happy with my match stick people. I tell people the picture is already there all you have to do is colour it in and the best thing is there are no rules to mindfulness colouring. The grass doesn't have to be green, the sky doesn't have to be blue. Whatever you decide is fine. I've often coloured purple dogs running in the blue grass under the hot green sun. That's the joy of it. It's your creation, your choice and no rules (except try not go outside the lines). Give it a go before you dismiss it. Pick up the markers and go for it. Take your time, focus on small sections first. Try maybe a half hour at first and soon you'll be wondering like I do; "Is it that time already?". And also the nice thing about this is that when I get my own place, these pictures will not only help decorate it but will also be a great reminder of how I got through tough times."

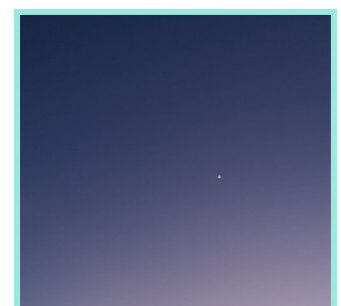
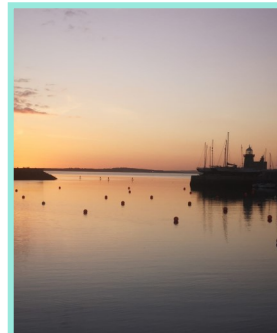
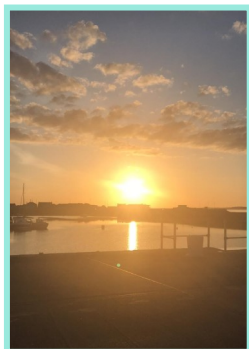
Ed

Highlights on.. Time Well Spent

Here is a story of an unusual and very memorable day that William experienced recently.

Third Time Lucky

I was meeting a friend on Sunday, and she said, “why don’t we head out to Howth?” I thought we were just going for a short walk, but we ended up trekking around all over Howth. We went up and down hills and walked around alcoves and beaches, taking a few snaps on the way. We decided to go back to the harbour to catch the sunset. We got some Buddocks fish and chips and walked to the pier. While sitting at the pier, a man came to the pier and started to play a saxophone. He played about 3 or 4 songs and then headed off. As the sun was setting at about 9pm, we watched 4 people on paddle boards going by. We were getting cold so we decided it was time to go. On the way back to the car, my friend told me to look up and see the brightest star. It was the only star in the sky. I decided to take a picture of this big, bright star. Once I took the photo, I looked back up and the star took off, like a shooting star! It was unbelievable. I asked my friend if she had seen the star fly off into the sky and, thank goodness, she saw it too. The shooting star topped off what already was a very memorable day.



Artist Dezi Jay M has been spending time focusing on a new poetry and photography series he has entitled; 'The Shadow of The Man'.

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,

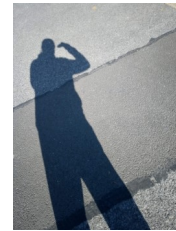
That works through those who love you, from those who only desire the best for you and are with you in those dark hours,

To remove you away from the one that taunted you,

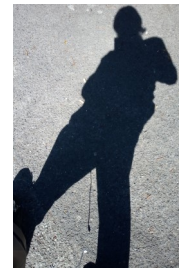
From the time you took your first breath in surroundings where rejection at birth, to your hurt depression, was its name,

Now it's your time to stand and take back your life, take back what was robbed from you, it's time,

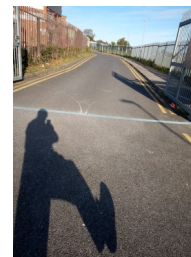
Now broken, a legacy that hands down it's crime.



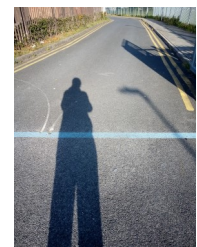
I See The Light



Taking The First Step



Almost There



I Am Doing My Best

By Dezi Jay M

Poetry

Look up

A super moon illuminates
The night sky
A hue of pink
Emanates from within
Look up in awe
A rare sight
The majesty
Of our solar system
Darkened skies
Offers bejewelled treats
Of a galactic kind
Can we comprehend?
What's around us?
Billions of years
In the making
Hundreds of years
Depleting and raping
Our natural resources
Mankind destroying
Our unique planet
Future generations
Will not believe
What we have done!
Seas of plastic
Rivers of waste
The earths on fire
Felling the rainforest
Animals of extinct
Oh! Mankind, really!
What are we doing?
Profit and greed;
Were running on empty
The earths overheating
Coral reefs are crying
Our planet is imploding
Hang our heads in shame
History will not be kind.



By Gary

Always Give It Time

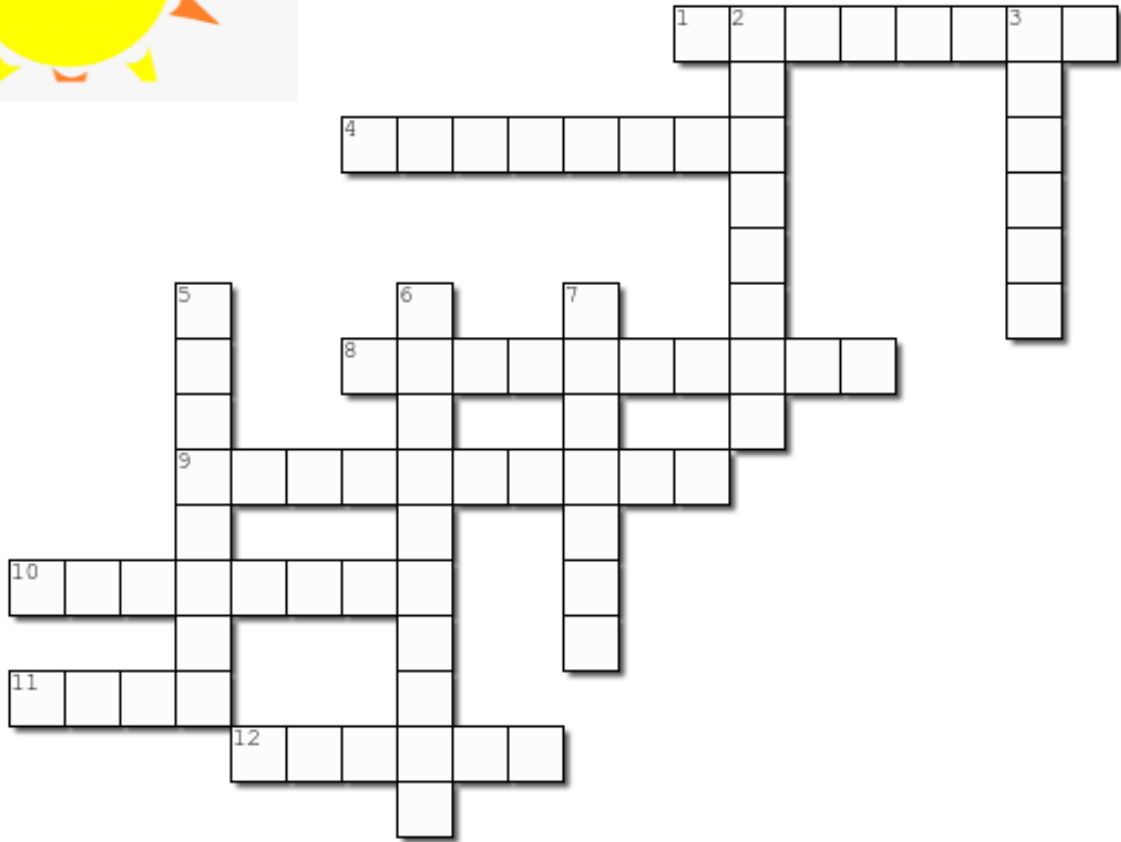
Are you trying to upset me
and emotionally depress me?
Dispossess me of my feelings
and leave me feeling needy?
Well I'm ready for whatever,
give me everything you've got,
cos I'm no longer what I used to be
I've turned into a rock.
I no longer let the misery
grab a hold and take me under,
the aches and pains from past mistakes
were tearing me asunder,
but I pushed away the anger
the resentments and the pain,
at the time I didn't realise
just how much I had to gain.
So no I do the basics
and I take it in my stride,
accept, respect, and love myself
it fills me up with pride,
so when I go to bed at night
I close my eyes and smile,
I've gotten through another day
I now have piece of mind,
and honestly it's magical
how I'm feeling deep inside,
just have a little patience
and always give it time.



By Kevin Mc D



Summer Crossword



Down

2. "I scream, you scream, we all scream for _____".
3. Song in Grease, 'Summer _____'.
5. Tasty frozen treat eaten in summer.
6. What is the name of the beach near Clontarf, on east side of Bull Island?
7. What temperature scale does Ireland use to read the temperature?

Across

1. Where was the hottest temperature in Ireland recorded (33.3°C in 1887)?
4. Cook outside on a grill.
8. Sport played on the beach.
9. Wear these to protect your eyes from the sun.
10. Put this on to protect your skin from UV rays.
11. In what month is longest day of the year?
12. Eat outside on a blanket.

Find answers on page 15.

Rocky Road

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Chill Time: 2 hours

Makes 12

Ingredients

- ♦ 200g digestive biscuits
- ♦ 135g butter
- ♦ 200g dark chocolate
- ♦ 2-3 tablespoons golden syrup
- ♦ 100g marshmallows (mini or chopped regular marshmallows)
- ♦ You can also add raisins or any dried fruit, nuts or popcorn.



Method

1. Line tin with grease proof paper.
2. Place digestive biscuits in freezer bag and bash with a rolling pin to break up the biscuits into the size of 50 cents coin.
3. In a large saucepan, melt butter, dark chocolate and golden syrup over a low heat, stirring constantly, until there are no more lumps of chocolate visible. Remove from heat.
4. Combine broken biscuits, marshmallows, and any other additional ingredients (dried fruit, nuts or popcorn). Stir these ingredients into the melted chocolate mixture and keep stirring until all ingredients are covered in chocolate.
5. Tip the mixture into the baking tin and spread out the mixture until flat and into all four corners. Chill for at least 2 hours in a fridge.
6. Cut into 12 pieces and enjoy!

Horoscopes

Aries

21 March - 20 April



There continues to be a strong focus on your life path goals and the pressure is on. It's a time for embracing desires and ambitions you may never have known you had, and going for it!

Taurus

21 April - 21 May



It's a powerful time for new courses or training, as well as for your voice! People are interested in what you have to say and share. You will have some new ideas and approaches to share with others.

Gemini

22 May - 21 June



There continues to be an emphasis on your private life and inner self. During this time you will continue to develop your independence and the innovative side to your personality.

Cancer

22 June - 22 July



New themes entering your life this year involve boosting wellbeing and rediscovering motivation and passions about what you do. Take time for yourself and do what makes you happy.

Leo

23 July - 22 August



You're serious about self-care, work and health. This summer will be a good time to approach your self-care more holistically and joyfully! Even little changes to your daily routine will make a big impact.

Virgo

23 August - 23 September



You are full of creativity and fun! You will find the summer a time to improve your ways of expressing yourself and stronger confidence in your value and creativity. Use this new motivation positively.

Libra

24 September - 23 October



It's a powerful time for making changes that improve your self-esteem and comfort levels. Some of the changes might be difficult, but you will be a magnet for positivity and succeed in them all.

Scorpio

24 October - 22 November



Scorpio will be lucky in relationships, love and accomplishments this summer. You will have to work hard for the benefits but they will be worth it in the end. Remember to ask for help if you need it.

Sagittarius

23 November - 21 December



You might be feeling lonely this summer, but have no doubt that people like to spend time with you. People like to be in your company so you by the end of the summer you may have some new friends.

Capricorn

22 December - 20 January



You are set to have a fresh start, Capricorn, Your breaking down the barriers to build yourself up again. You are making serious efforts to change and will feel more confident and joyful about doing so.

Aquarius

21 January - 19 February



This summer, more clarity will come into your life. You will have to deal with a matter that you have ignored for some time, but in doing so you will discover hidden talents and strengths.

Pisces

20 February - 20 March



Your connections and networks will be the focus this summer. You may meet new friends or deepen the friendships that you already have. These connections will bring joy and inspiration for the rest of the year.

Coming to Dublin Simon Community...

Stretch for Simon, June 2020

This is a fundraising initiative that is calling on people to 'Stretch for Simon' to show support for Dublin Simon Community.

Three ways you can Stretch for Simon this Longest Day, 20th June:

- Participate in the Sun Salutations Challenge by learning and doing different sun salutations each day.
- Participation in the online yoga classes - keep an eye on the webpage for classes and updates. (Go online: www.dubsimon.ie/longestday2020/.)
- Invent your own 'stretch' challenge, which might include mediation or completing a run.

Set your challenge, spread the word and fundraise among your friends and family.



Just for Laughs

Q. What did the little corn say to the mama corn?

A. Where is pop corn

Q. How do we know that the ocean is friendly?

A. It waves!

Q. Why are mountains the funniest place to go on holidays?

A. They are hill-arious

Answers to Summer Crossword

1. Kilkenny
2. Icecream
3. Nights
4. Barbeque
5. Popsicle
6. Dollymount
7. Celcius
8. Volleyball
9. Sunglasses
10. Suncream
11. June
12. Picnic

Client Development

Tuesday

Health and Wellbeing Bodyweight Fitness Class on Zoom 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 is a phone or laptop with an internet connection.

Wednesday

Client Action Group

The Client Action Group meet via Skype on Wednesdays, 12pm - 1pm. CAG are focused on discussing issues and finding solutions, with the aim of helping others.

Thursday

Health and Wellbeing for a Yoga Class on Zoom 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.

Literacy, CV, Education and Employability

Client Development offer literacy classes and support with CV writing and employment and education guidance over the phone and laptop.

If you are interested in any of these services:

Contact cd@dubsimon.ie for the meeting ID or ask a member of staff in your service to fill out a Client Development referral form with you. We would be happy to answer any questions you might have, so please don't hesitate to contact us by emailing cd@dubsimon.ie.



THE CLIENT'S EYE

The Client's Eye is your opportunity to share your ideas and to show your creativity. Poems, short stories, personal experiences, jokes, photographs, artwork, recipes, opinions or news are all welcome.

For more information contact: cd@dubsimon.ie

Disclaimer: The views and opinions expressed in this newsletter are not necessarily those of Dublin Simon Community.