

The Client's Eye

Quarterly Newsletter

Autumn 2020



Dublin
Simon
Community



Thank you for picking up this copy of the Client's Eye Autumn 2020 edition. During the last few weeks we have received a fantastic variation of content submitted by clients who want to share their stories and talents! In this issue you will find a success story, words of wisdom, poetry, artwork and jokes! Thank you to all those who have contributed to this issue.

The Client's Eye is now also featured on the Dublin Simon Community's website, in the Client Involvement section.

If you would like to make a submission to the Client's Eye, please contact Client Involvement by calling **01 635 4884** or emailing cd@dubsimon.ie.

Inside:

- **Stories from clients**
- **Poetry**
- **Client Development Calendar and events**
- **And more!**



"Every leaf speaks bliss to me,
fluttering from the Autumn tree"

~ Emily Bronte

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Autumn Holidays

22th September: **Autumn Equinox**

10th October: **World Mental Health
Day**

26th October: **October Bank Holiday**

31st October: **Halloween**

26th November: **Thanksgiving
(United States)**

1st December: **World AIDS Day**



"If a year was tucked inside of a
clock, then Autumn would be the
magic hour."

~ Victoria Erickson

The Client Action Group is hosting a...

Speak Out!

Topic is: 'Moving On'

Information on Move On options, Housing Assistance Payment and Support to Live Independently (SLI) service.



When: Wednesday 30th September, 3pm - 4.30pm

**It's over Zoom, so you can join the discussion
wherever you are.**

For Zoom meeting link, please
contact:

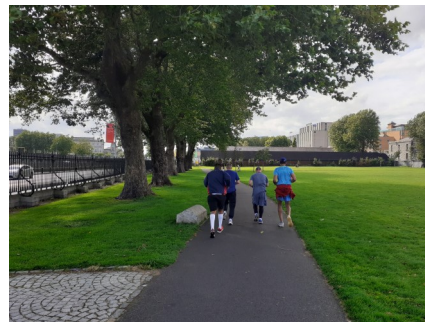
Client Involvement
cd@dubsimon.ie



Health and Wellbeing

The Health and Wellbeing service is back hosting loads of different activities throughout the week. If you are interested in improving your health, feeling fitter and having fun in a friendly group atmosphere contact Health and Wellbeing by emailing CD@dubsimon.ie or ask your key worker for more details.

Our Health and Wellbeing service is starting it's QQI certificate in Health and Fitness in late September. In this course you will learn about correct training techniques and nutrition, as well as learning how to improve your own health and fitness.



Activities held each week include:

- Social walking /running club
- Outdoor fitness classes
- Football
- Social cycling group (bikes and helmets provided)



Client Development Calendar

September 2020



Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Art Group Detox 11am - 12pm	Outdoor Art Group Dublin Castle and Harcourt Street 11am - 12.30pm	Client Action Group Meetings held outside 12pm - 1.30pm (every second week)		Cycling Group (Bikes and helmets provided) 12pm - 1pm
Outdoor Art Group Step Up Step Down 2pm - 3pm		Speak Out! Online Event 30th September only 3pm - 4.30pm	Outdoor Art Group Respite 2.30pm - 3.30pm	Football Local Park 3pm - 4pm
	Social Running Club Local Park 4pm - 5pm	Bootcamp Local Park 4pm - 5pm	Social Running Club Local Park 4pm - 5pm	

- Literacy classes, CV writing skills and employability and education guidance sessions are available over the phone.
- Online tutorials and downloadable activities are available through the Client Development section on the Dublin Simon Community website; www.dubsimon.ie
- If you would like to contribute your artwork or creative writing to our activity packs, Scrappy but Happy book or Client's Eye newsletter please get in touch!
- If you would like to find out more about Client Development or set up an activity in your service please call us on **01 635 4884** or email **cd@dubsimon.ie**

Talking to Thomas

Thomas Patrick Cullen was born in Arklow, Wicklow, and is currently living in Kilmantin Hill, Wicklow. Thomas recently learned that he has been accepted for a tenancy in independent living. Thomas kindly shared his story and how it feels to be moving on from Kilmantin.

Thomas has been homeless for several years; he has slept rough, lived in the Bray winter shelter, lived in a B&B and has been living at Kilmantin House for the last four years.

On the phone with Thomas, Thomas talked about his hobbies. Thomas is a person who likes to be busy and he likes to play the guitar, read books, do some gardening, write poetry and do art. Thomas has a positive attitude to his accommodation and likes to help out around the house. Also, Thomas has been making positive steps in his life for some time, such as reconnecting with his family. Thomas expressed a lot of joy when he talk about recently meeting his niece for the first time.

In addition to Thomas' positive steps with his family, Thomas completed an application and attended an interview for a tenancy for independent housing in Wicklow. Thomas recently learned that he has been successful in his application.

Thomas expressed his anticipation of moving into independent living in Wicklow, where he will have his own bedroom, kitchen and bathroom. Thomas is really looking forward to closing the door behind him and feeling safe and secure that he is the only person there. He is looking forward to cooking for himself and playing music in his place. Thomas expressed that he thinks the best part of moving will be getting the key to the front door and truly being by himself. He will have his own space and his independence.

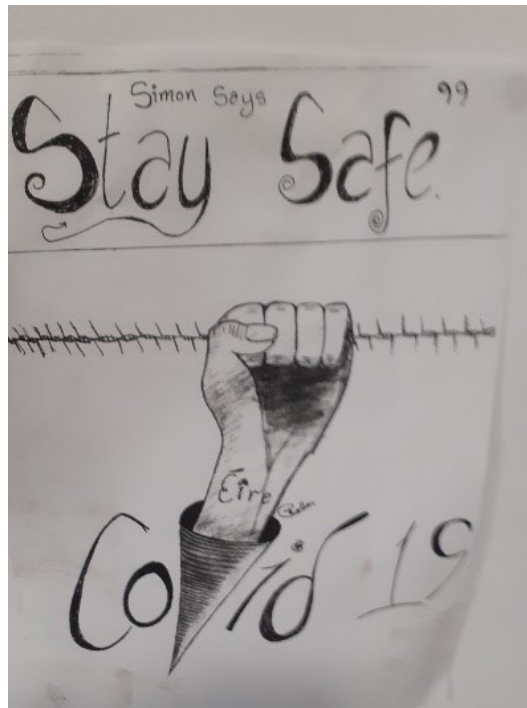
Despite talking about what he is looking forward to, Thomas was still cautious about this move. After some time talking, Thomas began to mention that he needs to wait for the keys to be in his hand before he starts thinking too much about the move.

Thanks, Thomas, for telling us your story of your success in obtaining independent living. Well done and we wish you all the best!



Deja Vous by Two

Sleep sound
Dream big
Live large
Die well and for your own cause
Don't regret what's been and gone
We've had our time
We've lived our lives
We have come and gone and died none the wiser
I've never been a winner
Just a survivor
A true striver and liar
Chancer and scammer
And above all else, a trier.



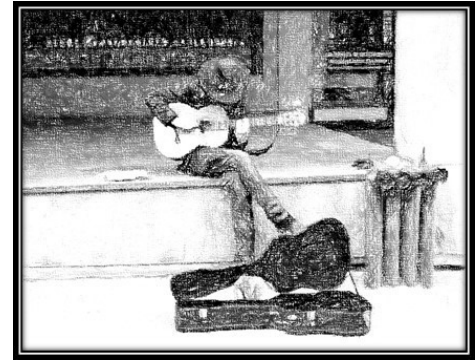
Poem and Drawing by Thom P Cullen

Writings

This is a personal piece written by Damien Crowley. Damien sent this piece to the Client's Eye in the hope of sharing his story with the readers. Damien provides some advice and wise words.

Settle Down

My journey from the streets to independent living wasn't easy. After getting accommodation lot of people end up going back to the streets. It's not just a question of having accommodation it's a matter of all that is behind the scene.



You need much more than accommodation to keep you away from addiction. You need to get used to engaging with your weekly key working sessions. You will have to wash your clothes, find your hobbies and much more. If you keep on moving, you are not settled. Thoughts like, "How do I manage my shopping? My medical issues?" will be in your head. You need to think about all the environments surrounding you. For example, one of the things I struggle with is the electric cooker. I can't set it up. I've been so used to dinner houses during my homeless experience that I never learned how to cook. When I was on the streets the only people I knew were heroin addicts and counsellors. I didn't have a concept of Monday to Friday, I never cooked or cleaned and I didn't have to pay rent. I didn't have a warm meal in two years. That's what has led me to join the Usher's Island homeless programme.

I was housed in North Circular Road hostel and I finally had a place to stay and settle down. I had to get used to having responsibilities. I decided to join a CE Scheme that allowed me to save money and buy my guitars, so I found a way to occupy my time and find motivation. After that, I've now been housed in my own apartment where I am currently living. More challenges have come, such as getting used to having a couch and having a TV. You also have to get used to paying your rent and getting the support you need. You need to think heavily about not moving and where do you want to settle. To achieve your settling journey you have to get your priorities right. My advice to you is to set up a routine with sleep and food, get your medical issues sorted and find your motivation with your hobbies.

By Damien Crowley

Art

Thank you, Thomas Dunne, for submitting some of your colourful artwork to be published in this edition of the Client's Eye. These drawings are fantastic!



By Thomas Dunne

Poetry

Dezi Jay M is a comedian, artist and a published author. He sent in this quick witted poem, Sparks. Sparks can be found along with other humorous poems by Dezi Jay M in his published book 'Would You Believe', which can be purchased online, available in digital and hard copy.

Sparks

As a result of a proven miscarriage of justice;
John Fat Burns was almost fried on the electric chair,
And was eventually released from death row,
Which put him back on the circuit,
And in doing so, he got a job with General Electric.
John was filled with bright ideas,
His nickname was 'The Bright Spark'.
There are those who say he is down to earth,
As for others, they view John as being wired to the moon!
His superior's view of him is that he is positive;
Where there is potential difference,
He is prepared to remain neutral and not switch sides.
If anyone gossips, he tells them to put a socket in it.
When promotion became an opportunity,
John's supervisor put in a plug for him as he is a good adaptor.
He can switch off from negative snippets directed at him,
And tries to stay calm, without blowing a fuse.
If you try to pin him down, you are in for a shock!
And, in a flash, he can make light of a bad situation.
Though some say there is no smoke without fire,
He tries to keep the light off his 'shady past',
And in doing so, he makes sure the spotlight does not fall on him.
Though John Burns is a bit of a live wire, he remains very much grounded.
As John switches off from darkness, he lives in the bright side of life.



Illustrator, J Harpur

Caricature Creator, Dezi J M

Poetry

Leave the Bins Out

25/05/2020 5.11am

Sunrise over Dublin bay

The Liffey lights up

In a cloak of gold

The Kish lighthouse

Warns sea fairing folk

The tide rushes in

Like a miniature tsunami

Seagulls cry out

Bellowing archaic sounds,

The binmen are on

The early shift

Removing trash

That late risers

Never see,

'Hey mister'

Would you have a smoke?

My mind screams

Piss off, leave me alone

I firmly say no

A fight for survival

In a concrete jungle

Evalated awareness

Visual scans for trouble

Audio on full alert

Those who are sick

Are seeking a fix

Looking for butts

That are salvageable

Another day

Of total unease

Escape the hustle

Of my town

A city with refuge



By Gary

Let's Have a Laugh

Jurassic Park Joke

What do you call a blind Dinosaur?

A Do-you-think-he-saurus

What do you call a blind dinosaur's dog?

A Do-you-think-he-saurus Rex

Laundry Joke

Where do black holes come from?

Black socks!

These jokes were submitted by Danny. Thanks Danny!



Overnight Oats

This is a really easy and healthy breakfast. Instead of cooking the oatmeal, you soak the raw oats in milk. Soaking allows the oats to absorb the liquid and makes them soft and creamy to eat.

Preparation Time: 10 minutes

Chill Time: At least 3 hours

Makes one serving

Ingredients:

- ♦ 30 grams rolled oats
- ♦ 100 millilitres milk
- ♦ Optional - you can mix and match the following ingredients: 1 tablespoon chia seeds, 1 teaspoon sweetener (maple syrup / honey), 2 tablespoons dried fruit (raisins / sultanas / cranberries), 1 tablespoon seeds, 1 tablespoon nut butter (peanut or almond), sprinkle of spices (cinnamon, nutmeg)

Method:

1. Pick which ingredients you wish to use for your breakfast. The oats and milk are the only ingredients you have to use in this recipe
2. Mix chosen ingredients in a bowl or tubeware
3. Cover with clingfilm or a lid
4. Place in fridge and leave chill for at least 3 hours
5. You can add some fresh fruit to your chilled oats in the morning. Enjoy!



Autumn Word Search

Find and cross out all the words listed below. The words may go horizontally, vertically, diagonally and backwards. Good luck!

c	r	p	u	m	p	k	i	n	l	k	f	t	m	m
h	a	i	k	e	x	c	w	n	a	p	s	l	b	w
i	v	j	j	u	n	w	g	a	b	e	o	z	t	o
l	a	v	v	l	e	s	s	y	v	e	p	i	p	y
l	m	e	l	p	e	f	w	r	a	i	n	i	j	l
y	h	a	u	y	w	g	a	e	w	o	l	l	e	y
s	f	a	n	w	o	h	n	e	a	p	u	a	m	k
t	t	u	y	e	l	r	n	a	j	t	v	o	m	y
b	w	u	r	k	l	e	r	b	r	e	e	f	x	n
c	s	p	n	w	a	d	v	n	s	o	j	r	m	z
k	d	w	z	t	h	d	q	r	g	j	o	z	p	k
o	b	o	c	x	s	y	h	o	f	f	p	o	o	q
v	y	t	m	o	k	e	t	c	l	c	s	e	m	d
i	o	x	j	h	w	n	h	a	y	n	m	e	w	l
b	p	n	z	a	h	y	n	c	c	w	t	o	e	r

acorn chilly Halloween rain fall
red yellow orange leaves hay
chestnuts harvest pumpkin sweater



Horoscopes

Aries

21 March - 20 April



In the months of September to mid-December, your fires have been reawakened and you will have a clear understanding about your values. Embrace this opportunity to learn about yourself.

Taurus

21 April - 21 May



This September you are feeling motivated and creative! It's time to take action and put in place a plan for a goal that you have been thinking about for some time now. You might see this goal from a new perspective.

Gemini

22 May—
21 June



Something new is beginning in your life. Your daily routine may experience a slow-down. This is prime time to add some more self-care to your routine and savour the time for yourself.

Cancer

22 June—
22 July



In September, your fast paced life is going to slow down. This down-time will give you a chance to reassess your goals, especially your smaller goals that you may tend to overlook.

Leo

23 July—
22 August



You will start to see some progress on actions and projects that you have been working on. Make sure that you give yourself a well-deserved praise for your progression. You should be proud of yourself.

Virgo

23 August—
23 September



New opportunities to take care of your health and body will emerge during the next few weeks. You must be open to renewing your connection with your mind and body and make good decisions for your health.

Libra

24 September—
23 October



You might feel a little overwhelmed in September and you might feel a deep longing for balance and peace in your life. Stressful situations will slowly start to resolve, but it's important that you ask others for help.

Scorpio

24 October—
22 November



During these autumn months your daily life might need a boost. You will need a good self-care routine to avoid getting too bogged down by daily responsibilities. Remember to look after yourself.

Sagittarius

23 November—
21 December



During the next few months you will have opportunities to explore other directions in your life. This will be a good time to truly envision where the path is going for yourself. Don't forget to bounce ideas off others.

Capricorn

22 December—
20 January



You may have been feeling stuck and stagnant recently. In September, try to focus on your goals. A situation will arise that will start to make you feel more determined and to help you push through for success.

Aquarius

21 January—
19 February



In these upcoming months, you will find some clarity from looking at your budget and from decluttering some of your possessions. It's time to detach from old material things that no longer hold meaning.

Pisces

20 February—20 March



In September you will spend time socialising. During the month, you will have breakthroughs around your sense of self become clear as you navigate new commitments. Be open minded and have fun.

Scrappy but Happy 10!

Dublin Simon Community will be launching the tenth edition of Scrappy but Happy in November!

Scrappy but Happy is a beautiful annual publication of artwork and creative writing by people who access Dublin Simon Community services. This edition will be extra special as we celebrate the creative contributions made by clients over the years.

Please email us at cd@dubsimon.ie if you would like to find out more.



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.