

The Client's Eye

Quarterly Newsletter

Winter 2020



Inside:

- **Highlight on Scrappy but Happy 10**
- **Spotlights on three Dublin Simon Community services**
- **Beautiful poetry submissions**
- **And more!**

Thank you for picking up the Winter 2020 edition of the Client's Eye. This issue is jam-packed full of content from Dublin Simon Community services. We see the creativity of the clients in Dorset Street and Maple Apartment in a truly fantastic pumpkin contest. We see the gorgeous Halloween decorations that were made by clients in Longfields. And we learn that clients in the Respite unit have been spending time writing letters. We have no doubt that these pictures and stories will put a smile on your face. This issue also includes wonderful poetry, a big thank you to the contributors for sharing your poems with us.

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**.



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Winter Holidays

1st December: World AIDS Day

10th December: Human Rights Day

11th December: First Day of
Hanukkah

18th December: Last Day of
Hanukkah

21st December: Winter Solstice

25th December: Christmas Day

26th December: St. Stephen's Day

1st January: New Year's Day

24th January: International Day of
Education

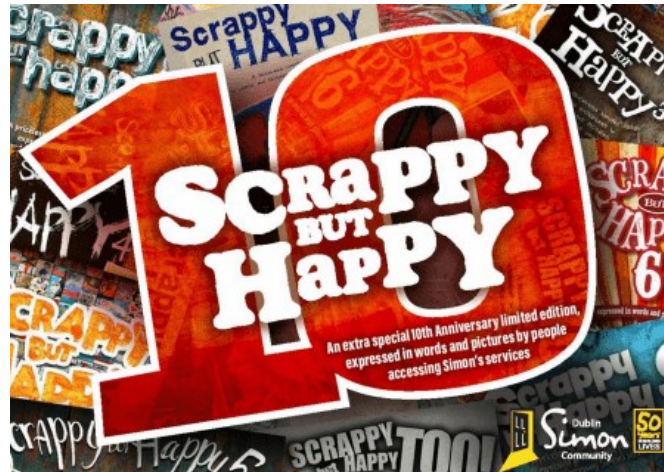
14th February: St. Valentine's Day

20th February: World Day of Social
Justice



Highlights....

Scrappy but Happy 10 Exhibition and Book Launch



This year, Dublin Simon Community celebrated the 10th anniversary of its annual book of artwork and poetry, “Scrappy but Happy”. For 10 years, Scrappy but Happy has displayed the talent of clients in Dublin Simon Community services. The book is a celebration of clients’ creativity and bravery as they use art to explore and express their experiences.

This year, Scrappy but Happy 10 was launched on the 11th November. Due to Covid-19 restrictions, we marked the occasion with a special online ceremony. The online ceremony featured a keynote speech from Dublin author, Roddy Doyle, who helped to launch the very first edition of Scrappy but Happy.

A ‘Virtual Exhibition’ has been created pro-bono by the talented designer Ruby Corcoran. This ‘Virtual Exhibition’ is an interactive webpage that shows the clients’ artwork and poetry. You can find a link to the Virtual Exhibition on the Dublin Simon Community website, www.dubsimon.ie.

Spotlight On... Halloween Celebrations

Pumpkin Contest between Dorset Street and Maple Apartments

Clients in Dorset Street and Maple Apartments took part in a very creative pumpkin carving and decorating competition held for Halloween. The prize was a desirable golden headless horseman award and a sandwich toaster. The entries were very impressive, well done to all residents and staff involved.



Spotlight On... Halloween Celebrations

Decoration Making in Longfields

The clients in Longfields made some gorgeous Halloween decorations. Thank you very much for sending in these photos and sharing your creativity with us.



Good News Story

Blood Borne Virus Stabilisation Respite Unit

Recently, the Blood Borne Virus Stabilisation Respite Unit staff and clients were talking about the impact of the Covid-19 on members of the community. Due to Covid-19, residents in nursing homes are not allowed to have any visitors. The clients in the Respite Unit talked about how difficult these restrictions must be for people in nursing homes. With this in mind, the clients in the Respite Unit wanted to do something nice for the residents in nursing homes. The clients decided to send postcards and letters to a nursing home to wish their residents well during this difficult time.

A nursing home was contacted and they were delighted with the idea and welcomed any letters or poems.

This is a wonderful idea by the clients in the Respite Unit. We admire your compassion with this small, but very important, act of kindness.



Poetry



A Place to lay my head!



A Place to Lay My Head



While I lay awake at night,
I often do wish it was quiet.
But even though it is noisy,
It's kind of nice as it's not as lonely.
In hostel with an awful name,
But yet it is an awful shame.
Being homeless is absolutely shite,
Although I have a place to lay my head at night.
You have to hold your head up high,
Just to help you get by.
Try your best to succeed,
And good things will come, indeed!
Even when I move and move somewhere alone,
I will miss Kilmantin, a place I used to call home.



Marie Killeen



Poetry Corner



Wicklow past

Thank you all to the Wicklow past
Their memories will always last
From the singers and poets with knowledge to say
We say to them thanks, still remembering them days
Now ghosts of our minds and stories we tell
Of times long gone, like the rowers on the swell
Too many to name from time long gone
Where the ghosts once sang in the pubs with song
The places they met with tales to tell
Of generations before them where memories do dwell
We see the walls where once they did stand
Looking over beautiful Wicklow strand
And some days you would hear the pipes from Wicklow pipe band
Like the beauty of the waves crashing on the sandfiners sand
Now let's remember the pasts beautiful souls
Where up the murrough the Marion boys scored the goals
The horses did race on that green soil
Celebrations to town, ah wonderful joy
In memory of the past
The wives and their sons
Their husbands and daughters and all the loved ones
We bless so much with tales off the past
Forever in folklore your stories will last

Craig Wilson

Poetry Corner

Scrappy but happy cost nothing for the paddy.
Shouting for a while on the caddy.
With the mighty bear show you care.
Family of three chooses time to chair.
For the flower went into the vase again and again,
But the shortest straw he draws.
Error of the way, breaking the laws with teeth of terror,
not what I see, staring back in the mirror.
So cold, couldn't stop the bones quiver.
Couldn't be trusted, an awful fibber.
Cut down on the drink, damage is done to the liver.
Richarantday, the place where we talk,
while waiting to be taken for the walk.
Mark the puncture on the tube with some chalk.
Staring through the eye of the needle with the eye of the hawk.
All the more so to avoid the play of the war.
Men of the tables, some are evil to the core,
competing with the best,
not knowing, if it were a test.
Heart of gold protected in the chest,
wouldn't have happened scum of the west.

Derek Cleary



Winter Word Search

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

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

blizzard

giving

mittens

chilly

boots

fireplace

hat

scarf

snowflake

gloves

wind

winter

frosty

holidays

icicle

frozen

Winter Vegetable Soup

Preparation Time: 10 minutes

Cook Time: 35 minutes

Serves: 2

Ingredients:

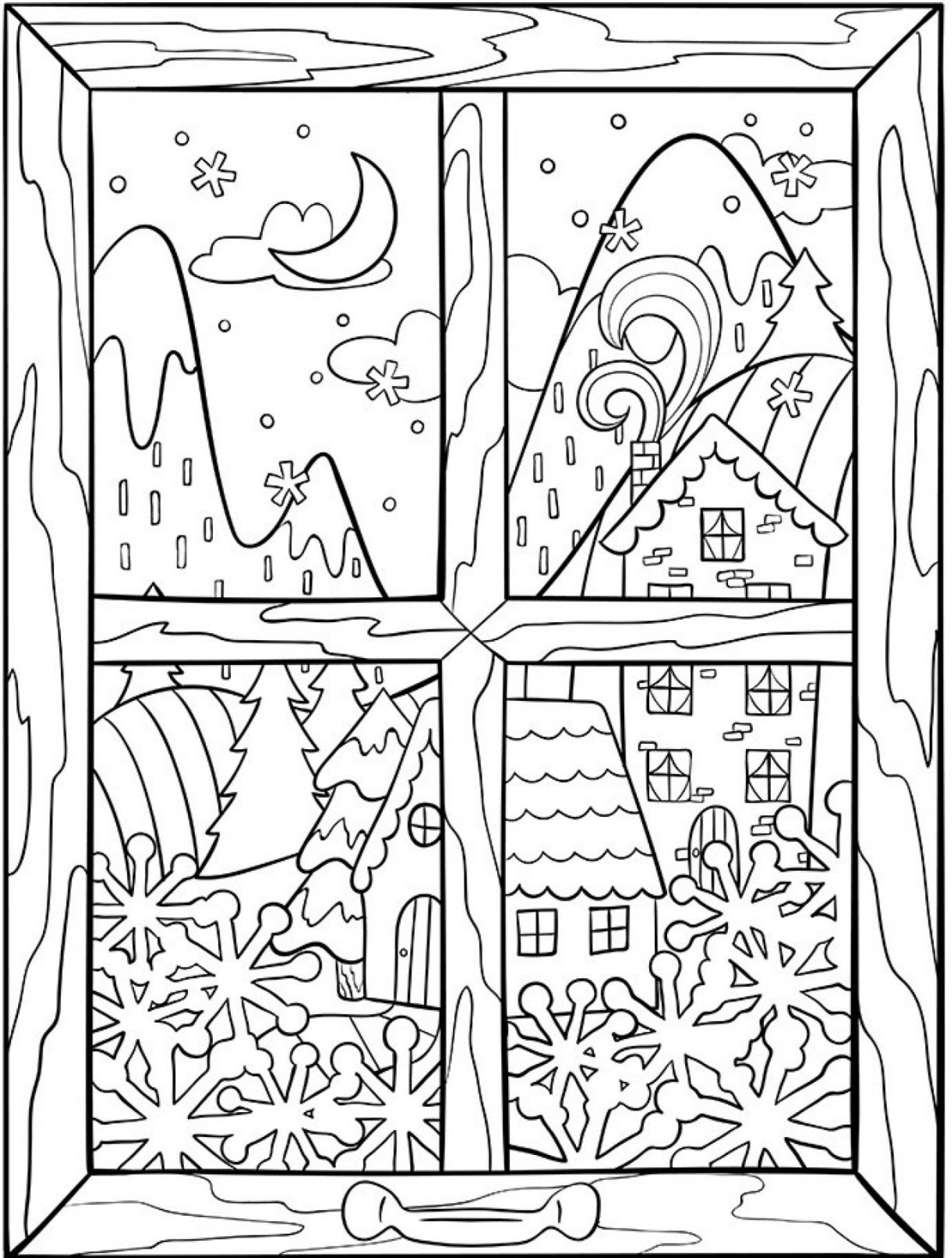
- ♦ 3 cloves of garlic, peeled and finely chopped
- ♦ 2 carrots, cut into quarters and diced
- ♦ 3 sticks celery, sliced
- ♦ 2 small leeks, sliced
- ♦ 1 can of chopped tomatoes (400g)
- ♦ 1 tablespoon of thyme leaves
- ♦ 1 litre of water
- ♦ You can add a can of chickpeas or butter beans (drained and rinsed) for extra protein



Method:

1. Wash all vegetables. Cut off the tops and bottoms of the carrots, celery, and leeks. Chop vegetables. Peel and finely chop the garlic.
2. Put the chopped garlic, carrots, celery, leeks, chopped tomatoes and tablespoon of thyme leaves into a large pan. Pour 1 litre of boiled water into the pan and stir well.
3. Turn on the hob to a medium heat. Cover the saucepan with a lid and simmer for 15 minutes. Add in the drained and rinsed chickpeas (or any other type of bean). Simmer for another 20 minutes, stirring occasionally.
4. If you like chunky soup, you can eat the soup as it is. If you like a smooth soup, you can blend the soup in a food processor.

Mindfulness Colouring



Horoscopes

Aries

21 March— 20 April



You may have been feeling tired over the last month, but as the sun moves into your expansion sector, you will start thinking of new ideas. Make sure you think of how to express your idea

Taurus

21 April — 21 May



The winter will bring a turning point to prosperity for you. There is still some unpacking of hard lessons that you have learned, take your time when starting these new opportunities.

Gemini

22 May— 21 June



A destined chance to stand in your personal power has arrived. You have been working towards a goal that is close to your heart and now it is within your grasp. This is your time to shine.

Cancer

22 June— 22 July



This is a good time for self-reflection. It would be beneficial to start looking at your life from an outsider's perspective. You may learn that you want to step into your own independence.

Leo

23 July— 22 August



There is so much going on, that it is often hard to keep track of all the wonderful goodies in store for your sign, You will be able to handle any emotional tests and changes with ease.

Virgo

23 August— 23 September



There is some hard work coming your way, but your dedication will pay off, The main thing to remember is to let go of the things that no longer serves your soul and that will hold you back.

Libra

24 September— 23 October



This season will emphasise your true gift of self expression bringing out the more creative qualities of your sign. You find yourself on a quest for knowledge and understanding.

Scorpio

24 October— 22 November



You will be given some advice in winter and it would be important to listen to this advice. You will prevail in the changes that you wish to make, with support from others.

Sagittarius

23 November— 21 December



You have a great way with people and this winter you can use your charm to lighten hearts and put smiles on people's faces. There is a miraculous energy around you.

Capricorn

22 December— 20 January



You have been working on a few different areas of your life during autumn. It may feel like nothing is happening, however you will see new opportunities coming from them in winter.

Aquarius

21 January— 19 February



This winter and early 2021 presents a unique and accepting perspective to the world at large. You will enjoy some twists and turns that will bring forward many surprises and adventures.

Pisces

20 February—20 March



Whenever you feel like you are getting out of control, you will need to try to become grounded with your path. It might be challenging but you will deepen your spiritual life.



Dublin
Simon
Community

**It's been a difficult year, it's
time for some...**

Festive Cheer!

**Thursday 17th December
3.30pm
on Zoom**

**Come along for a quiz, music,
festivities and fun!**

**Please contact cd@dubsimon.ie to
receive the Zoom link.**

Dublin Simon Community Events

Dublin Simon Community's 12 Challenges of Christmas

Tuesday 1st December—Thursday 24th December

Dublin Simon Community have created 12 Challenges of Christmas. This is a fundraising idea that asks people to take part in fun and festive challenges. People are encouraged to post their challenges on social media to raise awareness and to donate money to Dublin Simon Community. These challenges are sure to raise your spirits in the build up to Christmas.

Find out more information on dubsimon.ie.



12 Challenges of Christmas

Dublin Simon Community

AN EVENING OF FESTIVE FOODS Virtual Dinner Party		HOUSE OF LIGHT @ HOME Home Decoration Competition	
GET CREATIVE & GET CRAFTY School Fair Fundraiser		SET AN EXTRA SEAT AT THE TABLE Set an Extra Seat at the Table	
THE SANTA SPLASH Personal or Family Swimming Challenge		VIRTUAL BUCKET SHAKING Virtual Fundraising	
THE COLOUR OF HOPE School Colouring Competition		CHRISTMAS PHOTO COMPETITION Christmas Photo Competition	
SING FOR SIMON Singing and Virtual Fundraising		THE SANTA DASH Sponsored Challenge	
		CHRISTMAS COOKING CHALLENGE Festive Cooking Fundraiser	
		CHRISTMAS JUMPER DAY School Fundraiser	

To register or for more information on any of these challenges, please email us at fundraising@dubsimon.ie or call us on 01 671 5551.

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Free Events Around Town

Winter Lights

Tuesday 1st December — Thursday 31st December

Dublin City Council are delighted to announce that Winter Lights will make a return to Dublin city for the month of December 2020. The festival will illuminate many of the city's iconic buildings and bridges, creating a magical festive atmosphere across the city.

Location: Number of locations across Dublin city

First Fortnight—Mental Health Art and Culture Festival

Friday 1st January — Sunday 31st January

First Fortnight is a charity that challenges mental health prejudice through arts and cultural action. First Fortnight have released their festival programme which includes a range of events, such as discussions, dance and music performances. A lot of these events are online and others are held in venues across Ireland. You must sign up to the events using the link below.

Website: <https://www.firstfortnight.ie/events>

Admission: Some events are free and others have a fee

Location: Online and some locations across Ireland



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.