

The Client's Eye

Quarterly Newsletter

Spring 2021



Dublin
Simon
Community



Inside:

- **Pyrography and other craft**
- **Poetry**
- **A delicious recipe**
- **Puzzles**
- **Jokes**
- **And more!**

Welcome to the 2021 Spring edition of the Client's Eye. This edition of the Client's Eye is jam packed full of content from clients at the Dublin Simon Community. We know that you will love this issue!

In this issue, we see the clients in Oak House getting festive with their Christmas card making. The issue also includes clients in Harcourt Street trying their hand at pyrography. We have a story written by Mark, which is followed by a fabulous photo he captured. We also have a wonderful poem by Craig. Craig is a gifted poet, it was really difficult to pick just one of his many poems for this season's newsletter.

A big thank you to all clients and staff who contributed to this season's Client's Eye.

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

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



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Spring Holidays

17th March: Saint Patrick's Day

2nd April: Good Friday

4th April: Easter Sunday

5th April: Easter Monday (Bank Holiday)

3rd of May: Bank Holiday

7th of June: Bank Holiday



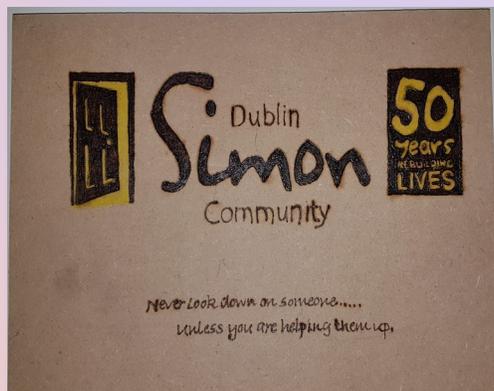
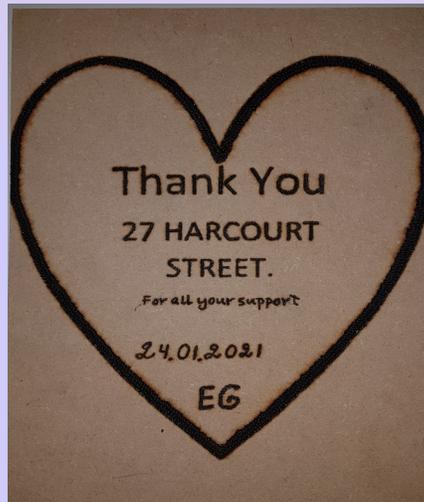
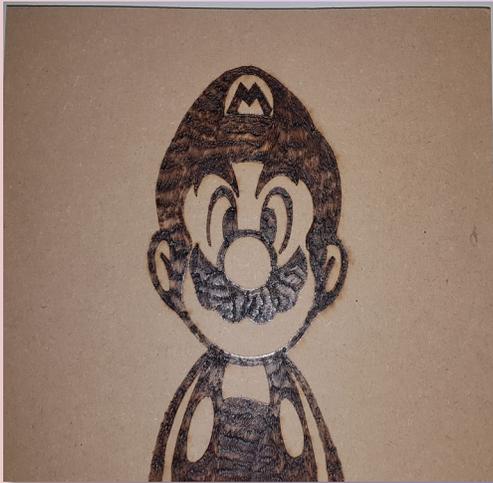
“Spring: a lovely reminder of how beautiful change can truly be.”

- Unknown

Harcourt Street Pyrography

Harcourt Street clients started pyrography classes in January. Pyrography is the process of creating a design by burning wood. Residents were blown away with how calm it made them feel.

Thank you to the clients who sent on some of their pyrography work. They are amazing!

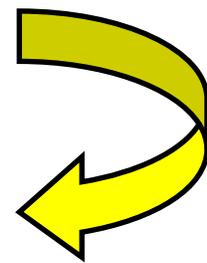
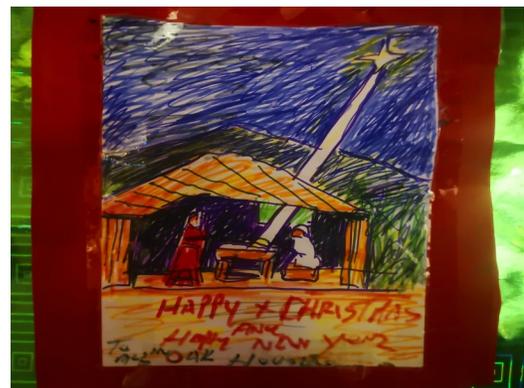


Some inspirational words from Darren, "Never look down on someone unless you are helping them up."

Spotlight on: Christmas card making at Oak House

Oak House organised lots of activities leading up to Christmas. These activities included bingo, Christmas card making and watching Christmas movies with cookies and hot chocolate! Thank you to the clients at Oak House for sending us in their gorgeous Christmas card creations.

Christmas 2020 is one that will stick in our minds forever. It was not a typical Christmas but it showed us the importance of making the most out of every situation.



Clients at Oak House had their creative hats on!

Art work and a chat with Anthony at Oak House

Q1. Did you create the art from memory?

A. "Yes, well, half and half but mostly from memory. I like nature and all the things it involves as I used to live up in the mountains, in Wicklow. I go every day for a walk and to the mountains, is from where I get the inspiration."

Q2. Which is your favourite piece and why?

A. "The cliffs of Moher, the orange colour during the sunset, and the green...is a lovely picture". Anthony has always expressed his happiness with the result of this picture as the material facilitated to him to paint was a big piece of okoume wood, bigger than A4 pages, so he was delighted.

Q3. How does art make you feel?

A. "Art is a great thing, isn't it? Its good for me and good for people. I used to make some paintings for people who were sick and that made them feel happy. I like to paint to make people happy. Even in here (Oak House) people ask for pictures to have something to look at and makes them feel better, so I do my paints and that makes me feel alright." Anthony has given paints to almost all the residents, some of them tried to sell them but other are keeping them in the rooms, so most of them have a Lynch piece of art at their walls.

Q4. Have you always enjoyed art?

A. "Always, always". When told about his house in Wicklow he answered: "Oh yeah, and the house I made in the mountains, full of canvas with eagles, painting the mountain in the walls of that house. The Outreach member can tell you about my house, was delighted in how I built up that place by myself in the forest. Everyone going across the forest was stopping to see it, like a tourist attraction...I painted the animals, the woods, the whole mountain in the house... Art keeps me busy and helps others."

Anthony holding the Cliffs Of Moher

Q5. What are your favourite materials to use? Why?

A. "I used to do watercolours, but oils...for some reason, they are the only ones with which I can do great paintings. I like oils, all the colours are so nice, see like the Moher's cliff."

Galway Bay Co. Galway



The Hook Co. Wexford



Ha'penny Bridge Co. Dublin.



A story by Mark: The broken Christmas lights



While in Recovery in Ellen Hall December 2020, I was given a Christmas tree and a set of Christmas tree lights so I could make the apartment more festive for Christmas.

I took the tree out of the box and put it together branch by branch. It was a fine big tree. Once I had the tree standing, it was as tall as me. "Only a few more minutes left", I thought to myself. I unpacked the lights and plugged them in, but they didn't work. I tried different plug sockets, but they didn't work. The staff came into the apartment and suggested getting new lights. I said I wanted to try to fix them, I would only get new lights as a last resort.

I sat there and re-seated each of the 120 light bulbs on the light set, but that didn't work. I checked the entire cable but the cable was intact, so there had to be a faulty light bulb. As I sat there and I began to look at each one of the light bulbs as a part of my life. The whole set represented my life and each light would either lead or stop my whole life from shining. When the light set left the factory it was designed to shine, So somewhere on it's journey something had happened to stop this light set from shining.



I sat there, took out each bulb one by one and held it up to the day light. The first bulb was the fuse bulb, a clear bulb, the frosted top on it was gone. The element inside it was burnt out. "I was lucky that I found the only one that was faulty", I thought to myself.

Marks story continued

I went into town to get some new bulbs, but I had to buy a whole set to get some spare light bulbs. I gave the new set to the other apartment because they had no lights at all but I kept the bulbs. I needed the bulbs.

I replaced the faulty fuse bulb on the light set. I kept on taking out each light bulb one by one until I found another blue one that was faulty. I replaced that bulb but the light set was still not shining. I kept on checking each bulb one by one and I found another faulty one. It was the second last bulb. I put in a new one and the light set began to shine... I stood there in total amazement, just looking at the shining light set. There were some bulbs that still did not work but they did not stop the light set from shining

I kept thinking about the comparison of the set of lights to my life. I looked at the fuse bulb as the awareness of who I am and what is going on in my life. Each one of those bulbs either worked or it didn't, and the ones that didn't had brought me to where I was in my life and into recovery. When I replaced those bulbs, my life began to shine and could be seen from Mars.

I am still working on the bulbs that are not shining through the program in Ellen Hall, my therapist and the AA and LifeRing groups.

Mark Casey



“I understood myself only after I destroyed myself. And only in the process of fixing myself, did I know who I really was.”

Poetry

I am here

I wonder does my dad say to god "That's my son,
Who hit rock bottom when he lost his mum,
And sat outside a bank in winter to make that money,
Just to get drunk on a empty belly".

Does he say how proud he is.
For everything life did give,
For everything that took Craig's soul,
But years later he reached his goal.

But his soul is lost and he craves the love,
It died many years ago when the love went above,
He thought it was freedom to set the mind free,
Yet he prays to me to feel the breeze,

I am his dad and will always be there,
I talk to him and curse and swear,
I pop into his head and he says back "I know",
To say I am proud but, to him, he's a lost soul.

I say I am sorry for the first to begone,
All he does is listen to that Corrs song,
He wants to feel free but tears keeps his mind at bay,
He wont let the river run or to let it swell,

To Craig, my son, feel the pride,
This is your dad speaking that you can feel in your mind,
Forever I'll be here so stop letting your feelings be so blind,
My son of mine.



By Craig

Top 10 tips on how to start your day:

1. Give yourself time: Get up earlier so that you aren't rushing. Rushing in the morning may leave you feeling flustered for the day.
2. Attitude of Gratitude: Appreciate the dawn of a new day and all the possibilities it holds.
3. Deep breathing, Gentle yoga and meditation: when you wake up take 8-10 deep breaths, leave one hand on your tummy and one on the ground. This is both energizing and calming.
4. Writing: keeping a notebook and writing in it for five minutes in the morning is a great way to shake off worry and to create positive intentions for the day ahead.
5. Outdoors/exercise: Getting out for a brisk walk or run is a great way of getting our energy up. Exercise also produces happy hormones which are a great way to start the day.
6. Feel good sounds and smells: Set an alarm that is nice to wake up to rather than the stressful. Sing or listen to your favourite song.
7. Evening routine: Having a good evening routine effect your morning routine. Habits such as not watching telly before bed or writing/reading before shutting off for the night can improve your sleep.
8. Eat a healthy breakfast: eating first thing in the morning boosts your metabolism, it helps us focus and gives us energy.
9. Make your bed: making your bed in the morning is a quick task and gives that feeling of success early in the morning.



And lastly

10. Smile: smiling is contagious it will spread your good mood to others, even a fake smile can trick our brains into feeling happier which will give us more energy.

Cook's Corner

Banoffee pie

Banoffee is a classic no bake dessert. It is quick and easy to make with a delicious result.

Ingredients:

- 300ml of double cream (whipped)
- 2 bananas
- 250g crushed digestive biscuits
- Tin of caramel (397g). This can be found in most supermarkets.
- 100g of melted butter
- Optional: chocolate flake to sprinkle on top



You will also need:

A loose bottom tin / cheesecake tin.

Method:

1. Melt butter in the microwave in a microwavable bowl. Or melt butter on the hob in a saucepan.
2. Put crushed biscuits in a large mixing bowl. Add the butter to the biscuits and mix until all the biscuits are wet. Pour the biscuit mixture into the loose bottom tin and press the mix down with the back of a spoon to make it even and firm.
3. Put the tin with the biscuit base into the fridge to chill for 30 minutes.
4. During this time, pour cream into a bowl and whisk the cream, with a fork or hand whisk, until the cream becomes stiff.
5. Chop your bananas into approximately 1cm slices. Open your tin of caramel. With all toppings prepared, it is now time to put the pieces of the pie together.
6. Take the base out of the fridge after the 30 minutes and gently spread all the caramel over the base.
7. Add your sliced bananas try to cover most of the caramel. It is ok if there are slight gaps.
8. Then add your cream on top of the bananas making sure that it is all covered. Sprinkle some chocolate over the top of the cream if desired.
9. Leave to chill in the fridge until ready to serve.

Spotlight on... Monique

Meet Monique Client Development Project Worker



Tell us a little bit about yourself.

I recently arrived in Ireland, from Cape Town, South Africa. I am a qualified social worker, having worked within university settings in my home country. I hold a Master of Philosophy in Higher Education Studies, an Advanced Diploma in Management and a Bachelor of Arts in Social Work.

When did you start in Dublin Simon Community?

I started working with Dublin Simon Community in January 2021 as a Project Worker.

What do you enjoy most about your work?

I enjoy working alongside the other members on the Client Development team. I enjoy the opportunity to develop new programmes. When the programmes are implemented, I hope that they will contribute positively to the lives of clients within Dublin Simon Community.

What does your role involve?

As a Project Worker, I will be working on the meaningful activities programme, the Employability Pathway Programme, the Scrappy but Happy book and other activities within Client Development. This role requires me to work well within a team and coordinate different projects.

Tell us something interesting about yourself.

I am very scared of bees.



What are your hobbies and interests?

I love cooking. I am trying my hand at Irish dishes and I can be quite experimental in the kitchen which can go either good or bad. I enjoy reading, nothing better than a good book, a cup of tea and a bit of sunshine for me.

What are you most looking forward to when Covid-19 restrictions are lifted?

Anywhere beyond my current 5km restriction.

Meet Eimear... Student placement with the Client Development Team

Tell us a little bit about yourself.

I am currently in my third year of an Applied Social Science degree, in National University of Ireland, Galway. I also work part-time in a local café in Westmeath (my home county) which I love. I am a very social person and enjoy nothing more than having a chat and a cup of tea with friends.



When did you start in Dublin Simon Community?

I am on student placement at the moment with the Client Development team. I joined the team three weeks ago and I can't believe how fast the time is going. Working from home is quite strange for me as I really enjoy meeting and getting to know people which is quite difficult to do remotely.

What do you enjoy most about your work?

My favourite part of my work is how diverse it is. I am working on many projects and they are all very different. I enjoy working as part of a team and taking on new challenges.

What does your role involve?

My role as a student placement with the Client Development team is to offer help wherever it is needed. The team are very busy working on both new and old projects and hopefully I will be there to offer a helping hand. At the moment I am publishing this seasons Client's Eye which is really fun.

My walking partner, Lucky.

Tell us something interesting about yourself?

I am double jointed in both of my elbows.



What are your hobbies and interests?

I love cooking and baking. I have recently become vegetarian and it is really fun experimenting with new recipes. I am very dedicated to hitting my 10,000 steps a day and enjoy going for a dip in one of the many lakes in Westmeath.

What are you most looking forward to when Covid-19 restrictions are lifted?

Meeting my friends for a meal and moving back to Galway for college.

Spring Word Search

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

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

- sheep
- sunshine
- fresh
- rainbow
- lamb
- chocolate
- Easter
- bunny
- growth
- eggs
- snowdrop
- hatch
- green
- daffodil



Horoscopes

Aries
21 March — 20 April



Welcome to March, Aries! As you conclude the zodiac year, you will feel the need to rest and recharge. It's your birthday season, why not reflect and be thankful for the year gone by.

Taurus
21 April — 21 May



Taurus, you practically *own* Spring. Our favourite thing about Taurus' is their appreciation for the little things in life. It just so happens that Spring is full of simple things to enjoy: flowers and animals!

Gemini
22 May — 21 June



Gemini, this Spring is your time to shine. You will be in the mood to make friends and talk to others, just don't forget to look around for some people who might be more shy than you are.

Cancer
22 June — 22 July



Cancer, you have so many wonderful things to say and there may be people around you who could use your advice. Use your emotional personality to help others see how to use their voice.

Leo
23 July — 22 August



Spring is such a wonderful time for change. The same can be said for you, Leo. As the warm weather settles in, you'll find that there are so many new things to do and see!

Virgo
23 August — 23 September



Virgos are known for taking attention away from themselves and putting it onto others. It's important this Spring, that you take the time to turn the praise onto yourself!

Libra
24 September — 23 October



This Spring, your challenge is going to be listening to others around you. Try to understand where the other party is coming from, it might teach you a thing or two about yourself.

Scorpio
24 October — 22 November



Scorpio, you have the ability to persevere through life's toughest challenges. This Spring, be mindful that others can't read your mind so you must ask for the support you need.

Sagittarius
23 November — 21 December



Sagittarius, you are always looking for an adventure. This Spring, make sure you take time to explore outside. The weather is nice, animals are out, and the flowers are in bloom!

Capricorn
22 December — 20 January



Capricorn, try to take some time this Spring to think about the best way to get what you have been wanting. It might be easier to get there than you thought.

Aquarius
21 January — 19 February



Our favourite thing about Aquarius is how passionately they hold on to the things they believe in. This Spring, it's time for you to believe in yourself and others will soon follow.

Pisces
20 February — 20 March



Pisces, you are very empathetic, which means that you are good at putting yourself in other people's shoes. This Spring you will have to use that talent to help a friend.

Funny Page

Joke 1

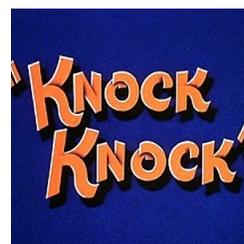
Q. Why did the golfer wear two pairs of trousers?

A. He had a hole-in-one

Joke 2

Q. What do you call a can opener that doesn't work?

A. A can't opener.



Word Search Answers

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

Client Action Group



The Client Action Group is a client led group which meet to discuss issues and take action by developing projects. CAG also organise social outings.

**We meet every 2 weeks, over Skype.
Please talk to your keyworker about
filling out a Client Development referral
before attending.**

For more details contact us
at **01 635 4884**,
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.