

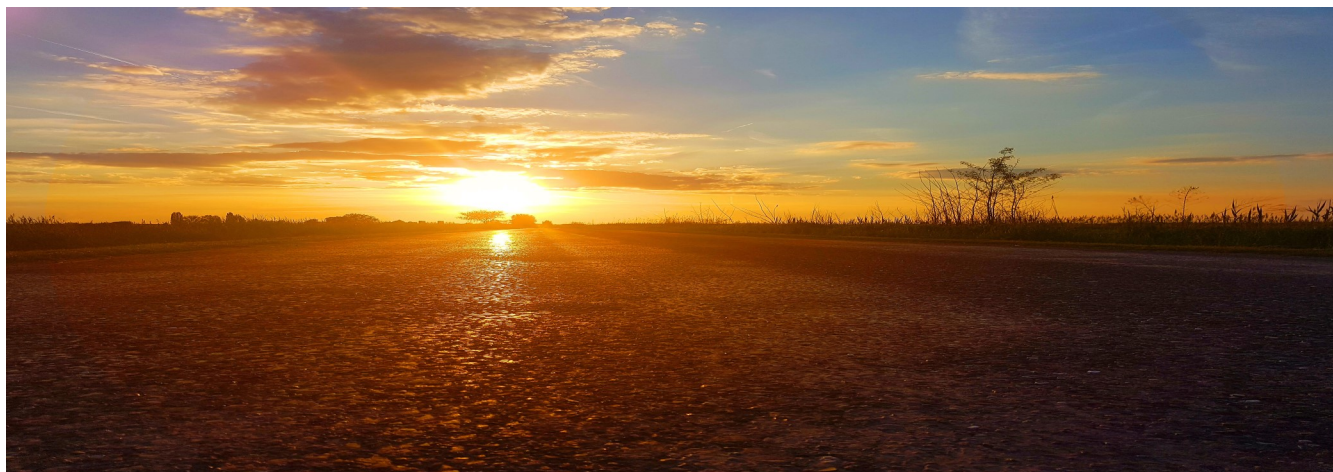
# The Client's Eye

Quarterly Newsletter

Summer 2021



Dublin  
**Simon**  
Community



## Inside:

- Poetry
- Tips on Cold Water Swimming
- Information
- And more!



Thank you for picking up this edition of the Client's Eye, Summer 2021. We hope you enjoy the wonderful poetry, promotional material and tips on cold water swimming inside this issue.

Please also check out this issue online, on the [dubsimon.ie](https://dubsimon.ie) website.

Please remember that you can have your work published in the Client's Eye!

We would love if you would share your poetry, artwork, photographs or jokes with us, by emailing [cd@dubsimon.ie](mailto:cd@dubsimon.ie) and we can include it in the next issue. Or ask a staff member in your service.

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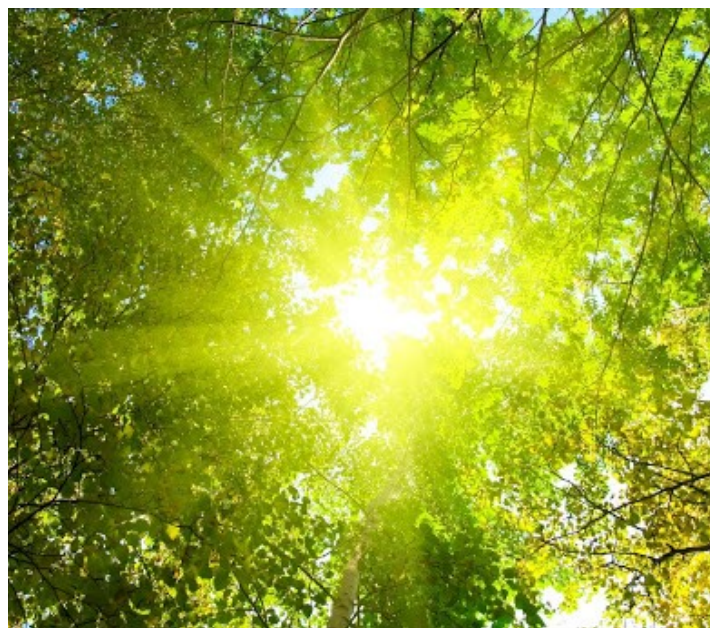
## Autumn Holidays

**7th June:** Bank holiday

**20th June:** Father's Day

**4th July:** Independence day

**2nd August:** Bank holiday



“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

John Lubbock

# Scrappy But Happy

The Client Development Team are looking for content for the next edition of Scrappy but Happy!

Scrappy but Happy is a beautiful annual publication of artwork and creative writing by people who access Dublin Simon Community services. The Scrappy but Happy books are always so special as it includes creative contributions made by clients over the year.

If you are interested in having your creative pieces included in Scrappy but Happy 11, **please email us at [cd@dubsimon.ie](mailto:cd@dubsimon.ie)**.

## Jokes!

- Q. Why is it so easy to weigh a fish?
- A. Because they have their own scales
- Q. What did one fish say to another fish?
- A. Keep your mouth shut and you won't get caught
- Q. What do you call a snowman in summer?
- A. A puddle



# Client Action Group

**The Client Action Group (CAG) is a group with experience of homelessness, who work on projects with the aim of helping others who are experiencing homelessness.**

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We meet every 2 weeks. If you are interested in learning more, please email **cd@dubsimon.ie**.



# Spotlight on: The Client Development Team



## We have a lot of programmes to offer you!

### 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.

### International Computer Driving License

Complete an online ICDL module and receive an international recognised certificate.

## We also have some new programmes:

### Meaningful Activities

We are running meaningful activities via Zoom and we welcome participation in our creative writing, art and dance sessions.

### Personal Development Online Class

We also are delivering self directed learning opportunities via google classroom in teamwork, goal setting and communication. We will be expanding our content library in the coming months. Complete the short, online modules and you could receive a certificate from Client Development.

#### **If you are interested:**

Contact [cd@dubsimon.ie](mailto:cd@dubsimon.ie) 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](mailto:cd@dubsimon.ie).



# The Perks of Cold Water Swimming

## 1. It boosts your immune system

The effects of cold water on the immune system have been studied widely. Cold water helps to boost the white blood cell count because the body is forced to react to changing conditions. Over time, your body becomes better at activating its defences.



## 2. It gives you a natural high

Cold water swimming activates endorphins. This chemical is what the brain produces to make us feel good during activities. Cold water swimming is also a form of exercise, and exercise has been proven to treat depression. Cold water swimming brings us close to the pain barrier. Endorphins are released when we're in pain, to help us cope with it.

## 3. It improves your circulation

Cold water swimming flushes your veins, arteries, and capillaries. It forces blood to the surface and helps to warm our extremities. Repeated exposure adapts us to the cold.

## 4. It burns calories

The heart has to pump faster in cold water and the body must work harder to keep everything warm while swimming. Overall, far more calories are burned during cold water swimming than swimming in warmer conditions. The idea that drinking cold water increases the number of calories you burn may be a myth, but it is a fact that cold water decreases your body temperature so much that the body must act.

## 5. It reduces stress

Cold water swimming places stress on the body physically and mentally. Many studies have identified the link between cold water and stress reduction. Cold water swimmers become calmer and more relaxed.

## 6. It is a great way of socialising and making new friends

There is a great sense of community and camaraderie amongst cold water swimmers. There is nothing that brings people together like facing a challenge and sharing the experience as a group.

# Tips for being safe in the water



## 1. Be safe

Open water can be dangerous. Only ever swim where it is safe, and make sure you can enter and exit the water quickly and easily. Never swim on your own.

## 2. No diving

Do not dive or jump in unless you are used to the cold water. Cold water can cause gasping of breath and cold water shock, which can be dangerous.

## 3. Know your limits

As the temperature drops, decrease the amount of time you spend in the water. In winter, swimmers often only swim for one or two minutes at a time.

## 4. Check the weather and water temperature

During winter, it's not just wind that you have to watch out for, ice can make entry and exit points treacherous, and freezing air temperatures will severely limit your time in the water.



# Poetry

## My Fears

I fear I might fail this test, then be back in here, back down from the top!

I'll be doomed, and doomed, as I'll get lost!

As it's stuck in my head that I can't achieve a goal on my own!

I feel the pressure hitting my chest, and the fear it never ends.

My moods are swinging, heart is racing!

And I'm not even near the house.....well, not yet!

I know in my heart it's what I need, and to thank you all for picking me!

I'll try my damn hardest not to let any of you down,

Stupid stuff like this has me crying and down on my knees.

I'm so afraid of losing the plot, fecking the house up before I get a step.

I'm sorry! But may I admit I'm afraid, mostly being alone!

But only God knows

This is my start!

**Chaz**





# Poetry

## Goodbye

From the moment we met,  
We spent everyday together,  
Always on my mind,  
You were really something special,  
I remember it so vividly,  
When we got introduced,  
I fell in love with you immediately,  
You had me seduced.  
You gave me so much confidence,  
I know I was young, when I was with you,  
It was better, you made everything fun.  
But the good times ended quickly,  
And it didn't take long,  
Until my friends were disappearing,  
Every one of them gone.  
At the time I couldn't see it,  
I didn't take any notice,  
You got exactly what you wanted,  
You got all of my focus.  
You helped me lose my family,  
My job and my sanity,  
And every time I tried get rid of you,  
You just kept coming back to me.  
So many times you had me beaten,  
Both my emotions and physically,  
I couldn't get away from you,  
Even in my dreams you would visit me.  
But you left too many scars,  
You were no longer thrilling me,  
All the times I'd been in hospital,  
You didn't care you were killing me.  
You always had me thinking,

I was Mr invincible, but inside me,  
You destroyed me and the pain wasn't  
visible,  
From the outside looking in,  
You couldn't see what's invisible,  
You're my enemy, I'm stronger now,  
Our relationships over,  
You're my opponent, I'm formidable,  
I'm taking back my freedom,  
Because it's mine, I'm the owner.  
My love for you was bittersweet,  
The taste of you sour,  
You had total domination,  
The control and the power.  
But this time since I left you,  
I'm committed, I'm single,  
No more taking risks it's simple,  
I don't even go out and mingle.  
I remember all you did to me,  
And by the end how I hated you,  
You were hurting me on purpose,  
It was far too uncomfortable,  
I'm sober now without you,  
And my life is just wonderful.  
Goodbye Alcohol.....

**Kevin**

# Living in a Non Autistic World



I live in your abnormal world,  
Your arrogance is hidden by your subtly,  
Yet we are the arrogant ones in your eyes.  
Can you just listen to what I have to say?  
Though we find it hard to listen,  
As we find it threatening living in your abnormal world,  
You allow your environment to toxify and expect us to be bound.  
What's normal? Is it normal?  
It just seems normal.  
Can you not just give us an ear despite the eccentricity of our behaviour?  
Can you see that there is significance  
in what you term as insanity practiced?  
Why should we have to explain what you deemed as madness,  
our methods differ.  
But you can't and don't want to understand us,  
You even say that we are a product of an abnormal birth,  
Or a reaction to chemicals inserted into our body,  
We are odd, yes, we are eccentric,  
Yes we stand out but we are not abnormal.  
Please give us credit in that we can function in your abnormal world,  
Your world was and is never designed for us,  
Your experts gave us diagnoses that did not fit  
Silicon city is the proud owner of what we have to offer,  
Of course there was the greatness of Albert E and Vincent VG,  
The latter you never took serious in your abnormal world.  
Is arrogance surmounting or is it you don't listen,  
that the voice has to surface to say look at me?  
I exist.  
Life on the spectrum is a journey you will never have.  
I'm sorry for you in your abnormal world,  
Don't be sorry for us,  
As life on the spectrum is not a curse.

**Dezi Jay M**



**Dezi Jay M is a regular art contributor to Dublin Simon Community. He is a comic, actor and poet. He is a published author and excerpts from his book or poems 'Would You Believe' have been published online and in the Client's Eye. Dezi Jay M has won 'Best Solo Act' at the 2019 Dublin Simon Talent for his stand up comedy. His other poems have been shared in Scrappy but Happy and Dezi has been interviewed by Brian Dobson at the Scrappy but Happy Exhibition 2019 about his poetry. Dezi has had a long history with homelessness, and he says that his artwork and being able to share his work through Dublin Simon, has helped him in his resettlement for the last 13 years.**

# Written Piece

*If I have learned anything in life and recovery, it's that the darkest of times have brought me to the brightest of places... here... now... today!*

*I have learned that no matter how powerless I may feel at times or how insurmountable things may seem, I cannot give up!*

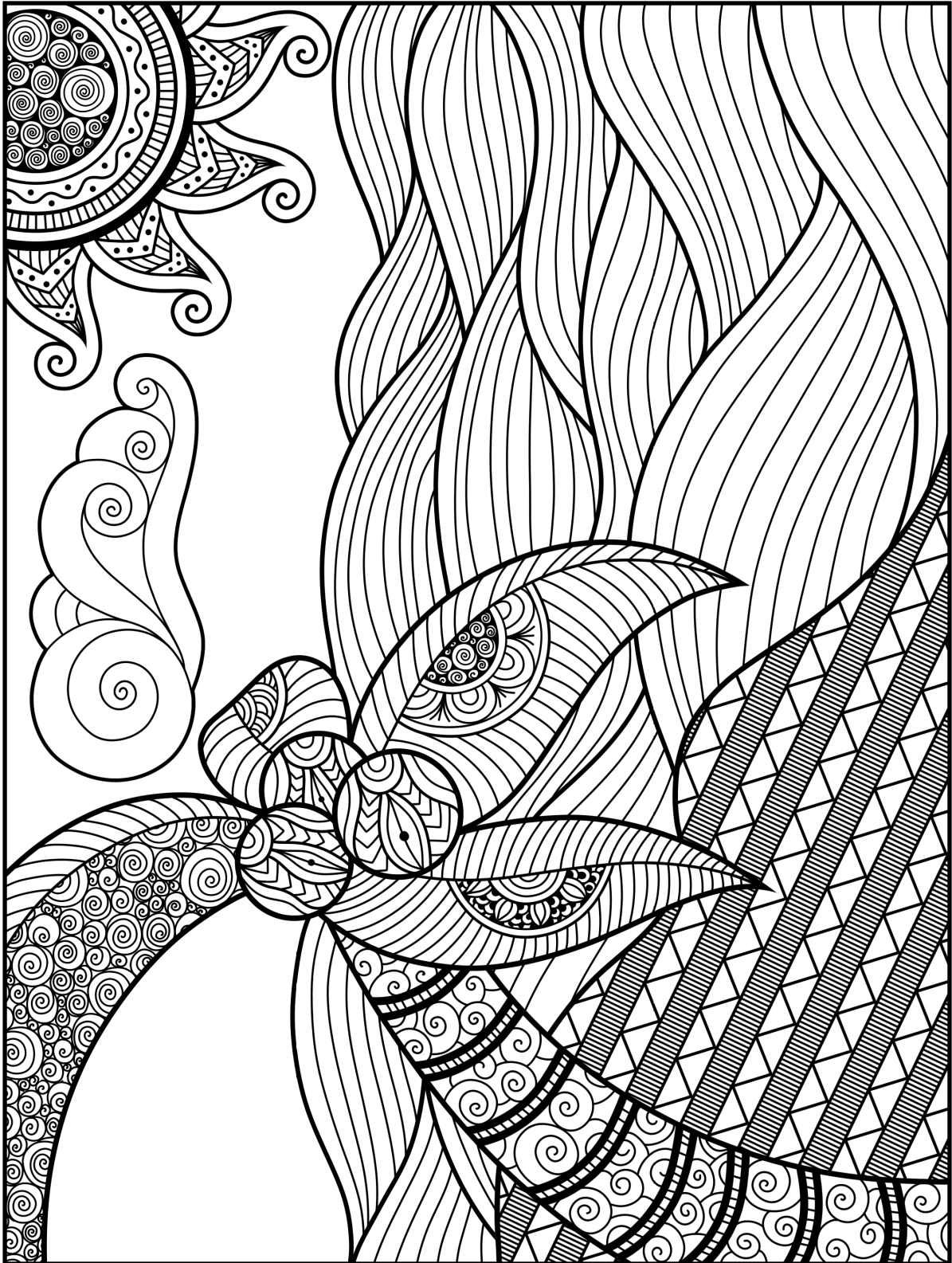
*I have to keep going... I cannot stop... I cannot give in... I cannot retreat. I have to push through all those scary emotions and they can be scary at times because I haven't dealt with them before I became sober.... It's like a new born baby opening their eyes for the first time!*

*The more I deal with them the easier they become. I know what they are now, I didn't before. I have the tools to deal with them now... I don't hide from them now, I welcome them... I want growth... I want freedom!!*

*Whatever I am battling in the moment, it will pass. I will make it through... I will learn from it. I have made it this far and I will never ever ever stop... I will make it through whatever comes next!!*

*Mark Casey, Recovery, 2nd February 2021*

# Colouring



# Basic Omelette Recipe

**Master the omelette with our simple recipe. Add extra fillings of your choice – grated cheese, ham, fresh herbs, mushrooms and smoked salmon are favourites.**

## Ingredients:

- 3 eggs, beaten
- 1 teaspoon of sunflower oil
- 1 teaspoon of butter
- Salt and pepper



## Method:

### Step 1

Season the beaten eggs well with salt and pepper. Heat the oil and butter in a non-stick frying pan over a medium heat until the butter has melted and is foaming.

### Step 2

Pour the eggs into the pan. Tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.

### Step 3

Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.

### Step 4

At this point you can fill the omelette with any extra fillings of your choice, such as some grated cheese, sliced ham, fresh herbs, mushrooms or smoked salmon all work well. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve.



# Wordsearch

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

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

barbeque

sunglasses

shells

icecream

beach

sunshine

spade

bucket

fruit

sandcastle

holiday

swimming

# Horoscopes

## Aries

21 March - 20 April



This summer will be incredible for you. Summer recharges your energy and gives you the strength to ignore stressful things.

## Taurus

21 April - 21 May



Don't forget yourself this summer. There is no point fighting for someone's attention. Withdraw and focus on having a good time.

## Gemini

22 May - 21 June



This year will be anything but boring for you. But be careful that you don't get used to it and that you become unable to relate through all the adventures.

## Cancer

22 June - 22 July



Spring starts badly but the highlight comes in summer, bringing back good humour, inner happiness, and also interesting events.

## Leo

23 July - 22 August



This summer will inspire the pride of achievement and boost your faith in friendships. The spotlight will be on you so do something to make sure you are feeling good.

## Virgo

23 August - 23 September



Uncertainty will be with you the summer of 2021. With clear communication and your determination, the whole mess will be cleared up in Autumn 2021.

## Libra

24 September - 23 October



In summer, there is a burst of hope, fresh ideas and an overall sense of inspiring possibilities. Take hold of this inspiration and enjoy!

## Scorpio

24 October - 22 November



You can expect a few disruptions and some dilemmas to crop up this summer. However, you will be brave and intuitive enough to avoid traps.

## Sagittarius

23 November - 21 December



From your workflow to your windows, it's time to bring sparkling clarity back into your life. Polish up the performance of anything inefficient.

## Capricorn

22 December - 20 January



Life is blossoming for you, Capricorn and in June, what's flowering is a healthy dose of fun. You've surely earned yourself the right to enjoy these things.

## Aquarius

21 January - 19 February



June finds you ready, willing and able to get down to business. You're going to be seen and appreciated while you're at it.

## Pisces

20 February - 20 March



You've been working your fins off, Pisces. You're ready for a fresh start. Here it comes! Lucky Jupiter is entering your sign and a new chapter is starting.

# Free Events Around Town

## National Botanic Gardens, Guided Tours

**Free of charge for the month of June**

Visit the National Botanic Gardens in Glasnevin and join the guided tour to discover the most interesting plants in their collection. There is no admission fee at any time of the year, but there is usually a small cost for the guided tours.

**Location:** Glasnevin

**Admission:** Booking is essential

**Visit their website:** <https://botanicgardens.ie/glasnevin/tours/>

## National Heritage Week

**Saturday 14th August — Sunday 22nd August**

Heritage groups and organisations will organise events all across Ireland. This events include organised walks or visits to heritage sites. There will also be online talks, exhibitions and videos to enjoy.

**Location:** Online and some locations across Ireland

**Admission:** Check online for list of events and further details

**Website:** <https://www.heritageweek.ie/about/heritage-week>



### 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](mailto:cd@dubsimon.ie)

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