

# The Client's Eye

Quarterly Newsletter

SPRING 2023



**Welcome to the 2023 Spring edition of The Client's Eye!**

**This time we bring a compilation of arts, crafts and literary works, followed by pictures of some of our Health and Wellbeing walks and classes.**

**You will also find inside: games, tips, recipes and much more!**



Make your submission to The Client's Eye  
by contacting [cd@dubsimon.ie](mailto:cd@dubsimon.ie)



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**The Snow Queen (1916)  
by Harry Clarke**

## HOLIDAYS

**Monday, April 10 - Easter Monday**

**Monday, May 1 - May Day**

**Monday, June 5 - June Bank Holiday**

**Sunday, 18 June - Father's Day**

## CLIENT DEVELOPMENT PROGRAMMES

Nutrition

Healthy Cooking

Hiking Group

Yoga Classes

Arts and Crafts

Creative Writing

Literacy

Computer Skills

Employability and Education Guidance

Education Grant

Client Action Group (CAG)

Women's Group

Volunteering Programme

**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 referral form  
Client Development referral form with you.**

## Community Employment Engagement Scheme

Are you unemployed and accessing homeless services? Would you like to return to work or/and training? You may be eligible for a CE Engagement opportunity in Dublin Simon Community!

What do we offer:

- ⇒ QQI accredited trainings;
- ⇒ Group work on topics such as life skills, goal setting and teamwork;
- ⇒ One-to-one sessions to work on career development;
- ⇒ Work experience in a variety of roles within Dublin Simon Community and external employers;
- ⇒ The option to work on core skills such as reading, writing and maths if relevant.



## LITERARY CORNER

### A beautiful town

A summer evening, a winter morn  
In beautiful Wicklow where the love was born  
As years goes by with memories it brings  
Up by the Murrough as you hear the sea sing .

Places where dreams was born  
Black castle for thousands of years singing drunken songs  
A town built on a hill unless you live down the castle street ways  
How many memories have there been  
back through the days .

Characters we all knew with stories been told  
The young on the prom been all so bold  
In differ ways we asked the girls out  
Yet I'd say back In the day you was greeted with a slap .

Many a hand held on the old pier as the boats went by  
Thinking of the departed with a tear in the eye  
Many left and said goodbye  
To better lives as but then there wings did fly .

Beautiful Wicklow with stories to tell  
To many to say but we all know well  
Memories are forever and never sought  
Drink up my friends in memory of the Wicklow ghosts Last year, I  
nearly died.

Craig





## PTSD

Please think and stop distressing  
No need for suicide or wanting heaven  
Its call trauma and it does fade  
Remember your wanted every day,

Your not to blame cause of your life  
Plenty of others go through such strife  
Your wanted among as we love you dear  
So don't let trauma become a fear.

Respect yourself and know what's wrong  
Never forget thou you do among us belong  
Yes you hate people saying stay strong  
But your entitled to cry even to your favorite song.

Your a warrior and always believe  
If you belive in faith get down on your knees  
Pray to who you find in your soul  
Remember living every day is the ultimate goal.

**Craig**

## ART CORNER

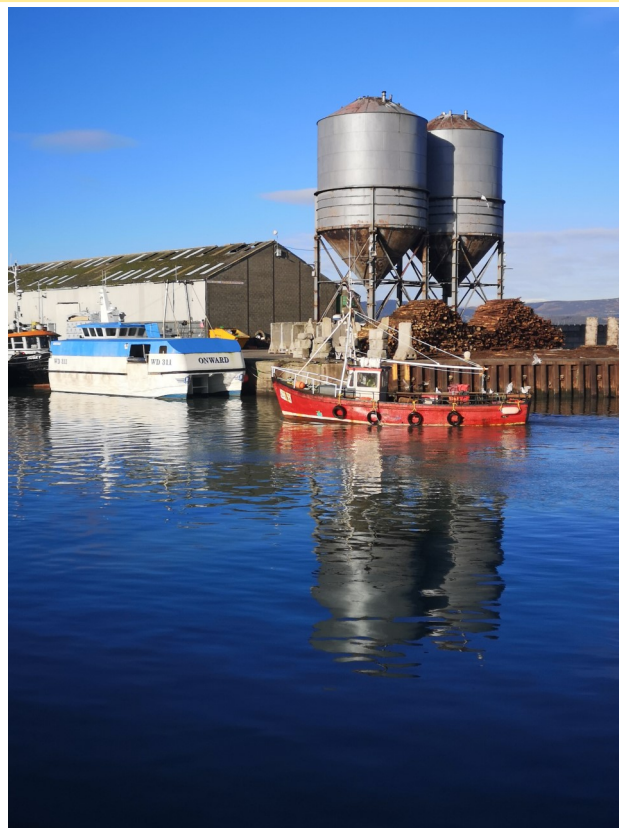
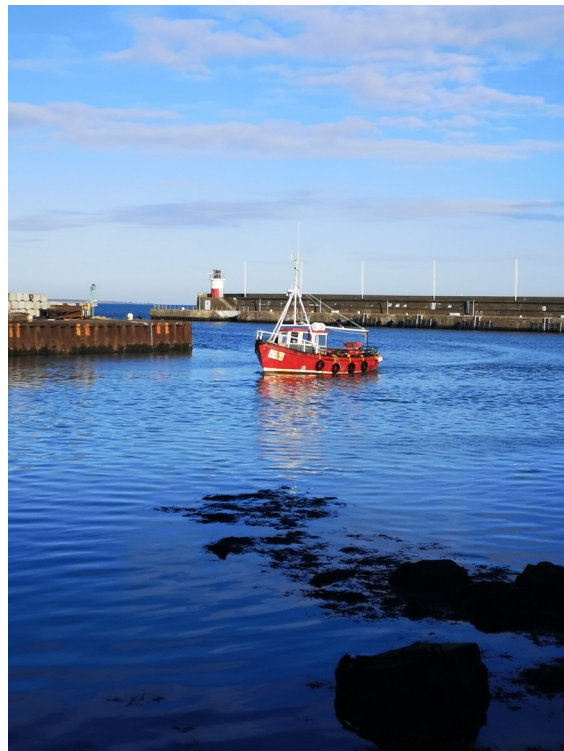
### Computer Group

Computer group in BBVU created this amazing Valentines Day Card using Publisher.





## Photos By Crag





# HEALTH AND WELLBEING

## Hiking Group

Do you like Hikes? Socialise with people? Do you sometimes struggle to find something fun to do on the weekend? Join Health & Wellbeing in one of their monthly hikes!

If you aren't sure take a look at some amazing photos that our clients took during the Howth Cliff Walk, on the 18th of February.

**“Ireland, once you live there, you're seduced by it.”**

– Frank McCourt





## Cooking Class

The Health & Wellbeing Team have restarted their in service cooking class. Here's some photos of the homemade Curry and Naan bread made by the clients in Dorset.

**“Let food be thy medicine, thy medicine shall be thy food.”**

**Hippocrates**





## NEWS

### Gormleys Pop Art Exhibition

Visit Gormleys between the 25th of February to the 18th of March.  
Free Admission, from Monday to Saturday (10am- 5:30 pm).

Gormleys will showcase a wide range of Pop Art pieces created by Warhol, Lichtenstein, Haring and Indiana.



Andy Warhol was an American visual artist, film director, and producer who was a leading figure in the visual art movement known as pop art.

Keith Allen Haring was an American artist whose pop art emerged from the New York City graffiti subculture of the 1980s. His animated imagery has "become a widely recognized visual language".



At a very young age Warhol was diagnosed with an autoimmune disease, the young artist was bullied at school after having episodes of involuntary shaking. Trying to escape reality, Warhol falls into the world of Comics. His passion for Superman, influenced him decades later to create the star of this exhibition "Superman", worth almost €300,000.





## Sleep

For 2023 let's make it our goal, improve our sleep.

### Benefits?

Maintain or lose weight; Improve concentration and productivity; Better athletic performance; Strengthen your heart; Prevents diabetes 2, improves your metabolism; Prevents depression; Supports your immune system; Helps regulate emotions.

### *Find out how many hours of sleep you need ?*



Teen 13–18 years	8–10 hours
Adult 18–64 years	7 - 9 hours (Women 8-10 hours)
65 +	7–8 hours

### Now, how to have a good sleep?

The 10-3-2-1-0 sleep rule isn't really a rule at all – it's a routine. Let's take a look:

- Cut out caffeine 10 hours before bed.
- Don't eat or drink alcohol 3 hours before bed.
- Stop working 2 hours before bed.
- Get away from your screens 2 hours before bed.
- Hit the snooze button zero times.

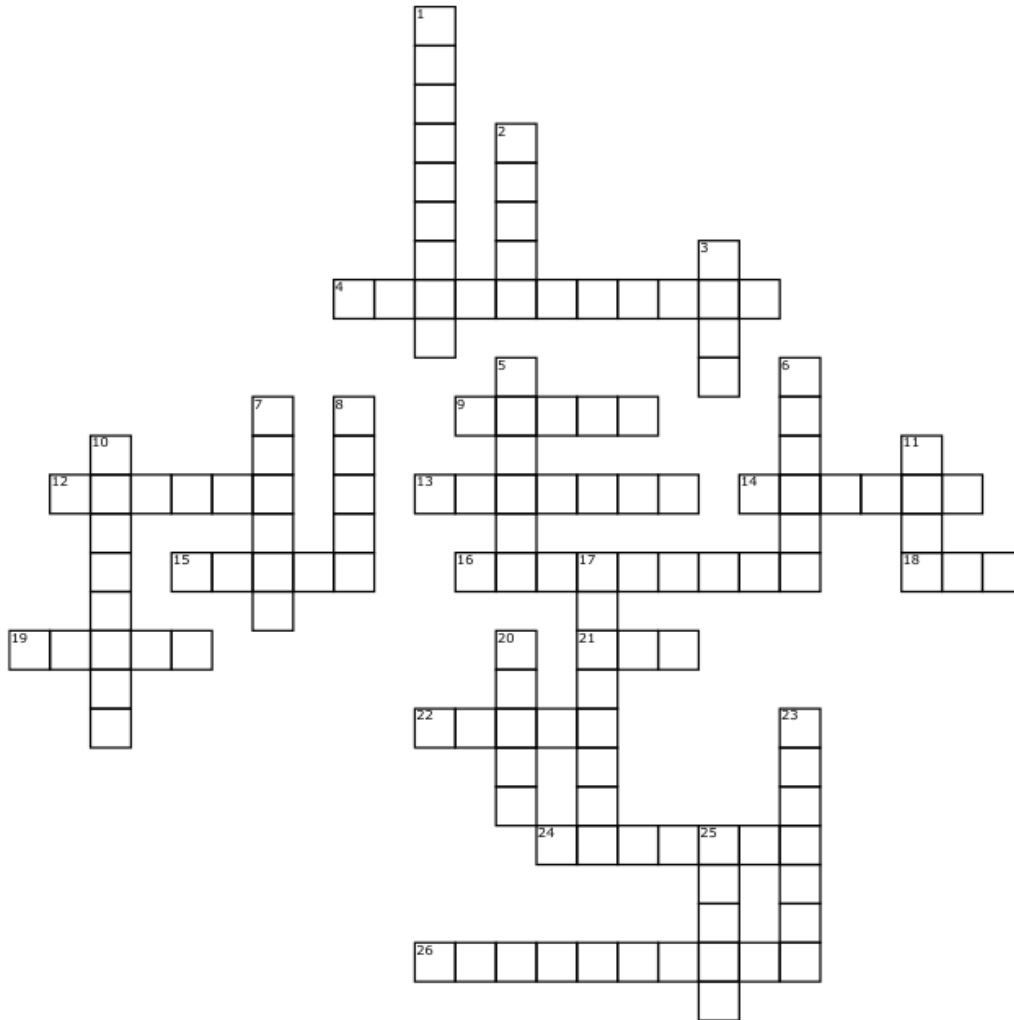
Other tips that you may already know:

- Create a sleep ritual. (Have a warm cup of milk/tea before bed, read a book or take a warm shower)
- Exercise daily. (go for a walk)
- Give your mind time to relax. (listen to music, read, write, take your mind from your worries of the day)
- Make it comfortable. (warm room, clean sheets, dark and quite room)

# PLAY AND UNWIND

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Spring Time



### Across

4. the larva of a butterfly or moth  
 9. A month in Spring  
 12. a small pool of water  
 13. small round beetles that are often red with black spots  
 14. when you bring food and a blanket to a park and sit on the grass eating  
 15. The first month of spring.  
 16. An animal that wakes up in Spring  
 18. Easter \_ \_ \_ .

19. baby chicken

21. bumble \_ \_ \_  
 22. birds that fly north in Spring; black, grey, and white  
 24. what you see sometimes after rain stops  
 26. a day for pranks  
**Down**  
 1. shoes you wear in the rain  
 2. In spring, farmers \_ \_ \_ \_ \_ crops.  
 3. young sheep  
 5. these bugs have eight legs and spin webs

6. The season after Winter  
 7. \_ \_ \_ \_ \_ blossom trees.

8. what do eggs eventually do?  
 10. baby duck  
 11. what you can fly on a windy day  
 17. you use this to keep you dry from the rain  
 20. Spring \_ \_ \_ \_ \_ ; vacation.  
 23. April showers bring May \_ \_ \_ \_ \_  
 25. flowers \_ \_ \_ \_ \_ in Spring



### Baked potatoes

#### Ingredients:

2 tsp olive oil

4 large baking potatoes

200ml soured cream

Plus any or all of the following

50g cheddar, grated

4 crispy bacon rashers, chopped

4 spring onions, thinly sliced



#### Directions

##### STEP 1

Heat the oven to 220C/200C fan/gas 7. Rub the olive oil over the potatoes and put on the top shelf of the oven. Bake for 20 mins.

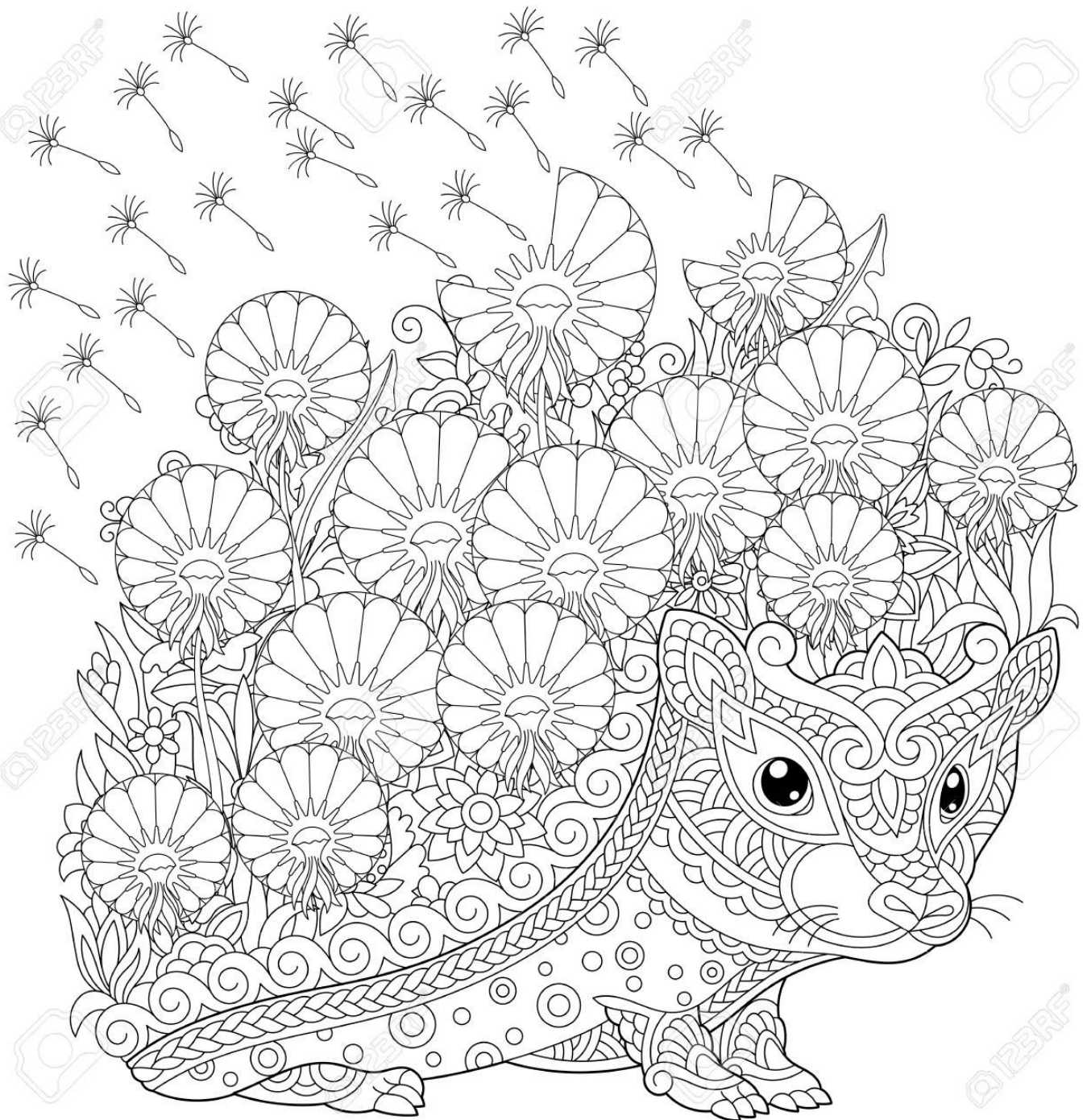
##### STEP 2

Turn down the oven to 190C/170C fan/gas 5 and bake for 45 mins-1 hr until the skin is crisp and the flesh soft.

##### STEP 3

Cut a cross on top of each potato, squeeze the sides, add the soured cream and your favourite toppings.

## MINDFUL COLOURING





## Spring Frames

### What will you need?

- Frames
- Mod Podge Gloss
- Fresh flowers
- Heavy books
- Paper towels
- Scrapbook paper
- Scissors or paper trimmer
- Paintbrush



### What to do?

Start by picking your fresh flowers and leaves, place them on a flat surface with paper towels.

Place the heavy books on top. Then you need to wait 2 – 3 weeks until they are fully dry.

Chose your frame and papers for your background. Remove the frame backer and trim down the papers to fit using a paper cutter or scissors.

Remove your flowers and leaves from the press very gently, using tweezers if necessary. Lay them out on the scrapbook paper in a way that you like.

Cover your work surface. Gently add a layer of Mod Podge to the top of the dried flowers. You can sponge a layer on first

Let dry and then apply a second coat of Mod Podge. Let dry.

Final step – place your DIY pressed flowers in their frame. You can use the glass that came with your frame, or leave it out.

## FUNNY CORNER

Why do we  
tell actors to  
“break a leg?”

Because every play  
has a cast.

### 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.