

Suaimhneas Clubhouse is a dynamic programme of support for individuals embarking on their journey towards mental health recovery. It's first and foremost a community that offers individuals hope and an opportunity to achieve their full potential! The Clubhouse is a non medical model and therefore the focus is on the strengths of the individual rather than their illness. Clubhouse provides an environment of support, acceptance and is committed to enhancing the potential of each member, enabling individuals with mental health difficulties to live full and productive lives in the community.



SUMMER EDITION

Issue 2

June 2018

Also Inside!

Employment & Education

Social Events & Occasions

Health & Wellbeing

Green Ribbon Campaign 2018

'KICK THE STIGMA'



On May 18th we held a *'Kick The Stigma'* penalty shoot out event in The Darndale Belcamp Village Centre to support the Green Ribbon Campaign. 2018! There was an amazing turn out which included *Sean Haughey* TD and Dublin GAA players *Philly McMahon* & *Jack McCaffrey*...

Read the full article on page 7...

Information, views or opinions expressed in the *Suaimhneas Voice* originate from many different sources with contributions from throughout our Clubhouse community. Please note that content does not necessarily represent or reflect the views and opinions of Suaimhneas Clubhouse HSE/EVE or our affiliates.

Any feedback or contributions are most welcome!

We Hope You Enjoy!



Career & Administration Update



Martin is a member of the career and admin unit. Here we learn what this unit have been up to over the last few months!

“Over the past month we have been very busy in the career and admin unit. There have been lots of new and exciting projects to get our teeth into! There is a supportive culture in our unit and everyone is happy to share their skills. I enjoy updating the Suaimhneas news and outreach board!”

May was a very busy month for all of us here in Suaimhneas Clubhouse! We hosted lots of events for the green ribbon campaign throughout the month and I'm delighted to say they were all a huge success!

We also had several socials including Bloom in the park which everyone really enjoyed. There were no lows this month except of course my absence...I was off sunning myself in France and word on the street is the clubhouse missed me terribly (ha-ha). We also presented a recovery module for the 'Not so Different' programme run by Northside Partnership which included a video of some Suaimhneas members sharing their stories of recovery which I was involved in. It was a heart wrenching and inspiring video which highlighted the excellent work of Suaimhneas Clubhouse. We are all extremely proud of it and look forward to sharing it with you all! Overall it was a great month for us here in Suaimhneas and the beautiful weather made it even better!

By Robert Mc



monthly RECAP

FEED BACK

What have people been saying about our previous Edition?

"The Spring edition of the Suaimhneas Voice was an excellent example of co-production. It was colourful and portrayed the standards of the clubhouse very well!"

- Robert McC
Suaimhneas Member

"The Suaimhneas Voice gets better and better. The spring edition showed the colourful energy of the Clubhouse"

- John O'D
Suaimhneas Member

"Heartiest congratulations to the Suaimhneas Voice team for another rich and artistic newsletter"

- Liam F
Suaimhneas Member

Catering & Maintenance Update



Mick is a member of the Catering and Maintenance unit. Here we learn what this unit have been up to over the last few months!

“Personally, I enjoy the hustle and bustle of this unit and the warm inviting atmosphere. Although we have a small space we have been making the most out of it and coming up with inventive and creative ideas to keep ourselves busy! Over the last month we have been adding recipes to our smoothies and fruit cups menu and keeping up with general day to day maintenance!”



Contact Us

Darndale/Belcamp Village Centre
The Link Road, Darndale
Dublin 17
086 057 9105



Request A Tour

If you or someone you know would like further information or to visit Suaimhneas Clubhouse, Please drop in any day at 11.00am for an introductory tour.



Find Us Online

www.eve.ie

Don't forget to visit the Blog Area!

Facebook

@Suaimhneas Clubhouse

Twitter

@Suaimhneasclubhouse



We're here to help!

Also Inside!
Employment & Education
Social Events & Occasions
Health & Wellbeing
Plus Much More!

Read the full article on page

We Hope You Enjoy!

MEMBER JOB FEEDBACK!



Thomas



Maria



Dermot

I recently started a new T.E position in Nicky's Plaice in Howth. It's a step up from Voluntary work with this being paid employment. The work itself is quite physical but as a result I am much fitter. I'm enjoying meeting new people and feel much more confident in myself.

I started a voluntary position in the Darndale Belcamp Village centre as a receptionist. I work for an hour and a half Mondays, Wednesdays and Fridays. I feel this job has given me structure to my day and I'm learning new skills and how to conduct myself in a professional way. There is a great sense of community and I am very grateful for the opportunity.

I'm now doing a T.E in *Mattress Micks* eleven weeks. The job is quite physical and can be challenging at times but I feel I'm getting stronger and more confident every week. I work every Thursday from 8.30am - 3.00pm (approx. six hours per week) and I'm delighted to get the work experience and of course the extra money. It will also look great on my CV!



Customer Assistant LIDL

Lidl Swords & Portmarnock
Contact Type - Part Time
 €11.70 per hour— rising to €13.20 within four years.
 Retail experience beneficial but not essential.
 Apply on Lidl.ie or indeed.ie

Customer Service Advisor

Argos Omni Park Santry
Contract Type - Part Time
 €9.65 per hour plus benefits
 Retail or hospitality experience beneficial but not essential.
 Apply on indeed.ie

Store Assistant

Aldi Swords
Contract Type - Permanent
 €11.70 - €14.00 per hour
 Retail experience beneficial but not essential.
 Apply on indeed.ie

"Bridging The Gap" Certification Day

Suaimhneas ran a 10 week employment programme in Darndale Belcamp Village Centre called 'Bridging the Gap'. The course was very beneficial covering a number of topics from interview preparations, a mock interview, worker's rights and a comprehensive look at how to keep your job. We were delighted to be joined by *Jibrail Younis* who previously worked in Genesis Clubhouse. The members enjoyed tea, cakes and refreshments as we finished the course. *Jibrail* presented each member with their certificate and gave a very nice speech in honour of each participant.

I hope Suaimhneas members take this knowledge and push on to education or employment. I myself feel more confident going to interviews and pursuing employment in general as a result of participating in this programme. I would strongly encourage others to take part in the next session of this programme.

By Thomas C



Employment Update

So far this year 9 members have entered employment, be it Transitional, Supported, Independent or C.E scheme. We would like to congratulate the effort that everyone has made in terms of putting their foot on the career ladder and every success on their new ventures! After the success of our employment programme 'Bridging the Gap' we have developed a Career Café which runs on Thursdays from 2pm. The idea of this is for members who have experience in employment to offer support and guidance to others who might be interested in accessing employment opportunities. The career and admin unit are currently re-vamping the career handbook, We are very excited about it and look forward to showcasing it! As part of our weekly career meetings we have developed teams consisting of both members and staff. We hope to target employers and build new relationships in the locality with the hope of securing possible employment opportunities for members. One of our goals for 2018 is to hopefully secure more Transitional Employment opportunities. So watch this space!

By John O' D

CALLING ALL EMPLOYERS!

Are you interested in providing employment opportunities for Suaimhneas members? If you have an opening in your company and would like to explore becoming part of the Suaimhneas Clubhouse Employment programme, please contact us [Suaimhneas on...](http://Suaimhneas.on...)

086 057 9105

EDUCATION NEWS



Digital Skills For Citizens Programme

Recently I began a Digital Skills course in Suaimhneas and I am really enjoying it. The lady who facilitates the course is really nice and I feel very at ease and very comfortable. It is a five week course on every Monday between 2 and 4. I'm looking forward to learning how to book a holiday online and do online banking in the next classes. Its really beneficial and we are learning really useful things that will help us in our everyday lives. I'm "getting down" with the kids, you never know soon I might even give twitter a go!



By Deirdre A

C.D.E.T.B Drama

A drama course started a few weeks ago. Cormac was the facilitator. It was a 10 week course. The first day he eased us into it. At the start we did some warm ups, shaking our hands and feet. Then we sat and talked about our favourite films. We played games which helped show us the awareness of the stage. As the course went on over the weeks we experimented with silent movie acting. At one stage we watched trailers of different films and discussed them. After a while we got into using scripts and we acted them out. Coming near the end of the course we went on a day trip to The Abbey, we were shown the dressing room and we went onto the stage. We had a full tour of the theatre, It was a good day. The last week of the course we organised a trip to a play in town. It was in Bewley's and it was a one man show. (Read more about this play on page 4) We had soup and sandwiches at the play. All in all it was a great experience and it made me come out of my comfort zone!

By John Mc



How are our Students getting on? Maths

I started a maths course two months ago in Colaiste Dhulaigh and I really like it. It will be September before it resumes again and I cant wait. I recommend returning to education to anyone who will listen and I would like to say a special thank you to Liam F who helped me apply for the course.

By Paddy K



As Gaelige Course

I am after finishing an Irish course through Suaimhneas with Coláiste Dhúlaigh in Coolock library. All my life Irish language is a subject close to my heart! My tutors name was Heather and a what a marvellous teacher she was. I feel much more confident in my ability to speak Irish and look forward to striking up conversations with other Irish speakers! I thoroughly enjoyed the course and would encourage others to take part next term.

By Gerard M



Literacy

Recently I started a CDETB English course in Ballymun. It is for two hours every Friday morning. It's great for improving your Literacy and great for crosswords. I find the class very beneficial and helpful plus all the staff are lovely!

The course will continue after the Summer holidays.

By Joe W



WHAT'S NEW!

You Might Be Interested in...

FREE COMPUTER CLASSES !

The transition year students in St. Marys Secondary School, Baldoyle are offering free one to one Computer Classes to senior citizens every Friday from 11.05am - 12.15pm. All are welcome including beginners. Participants can learn: Sending and receiving emails, adding an attachment to an email, paying bills, shopping online, booking flights, using Skype, searching the internet , social media and much more! Contact (01) 832 5591 for more info!

Are you interested in Education?

- ✔ Not sure where to start?
- ✔ Not sure what courses are available?
- ✔ Feeling nervous or overwhelmed?

If the answer is 'yes' to any of the above, why not ask your unit for some support, speak to your keyworker or speak with our resident 'Education Guru'...Liam!



Remember, We're here to help!

Members of Suaimhneas have been participating in education programmes in the various colleges in our catchment area for a number of years now. This year was no different except we're seeing an increase in participation rates each year.

Last year we had 11 members in community education and this year we have 17 and rising! We have even surpassed the target we had for ourselves. We have seen an increase in those taking up literacy and we have one member doing a woodcraft course. A number of our members are doing hobby courses, wisely building up fulfilment for the years ahead.

Our In-house programmes are popular every year. This year we have Drama, Creative Writing and Digital Skills - we have 17 members involved. All are responding very positively to the classes. We look forward with enthusiasm to next year's challenges.

By Liam F

Social Calendar

June/July 2018

28th June 2018

Employment Dinner
Masterson's, Swords

11th July 2018

Social

15th July 2018

St. Anne's Rose Festival

26th July 2018

Employment Dinner

Out & About



North Central Area

Irish Conversation Exchange

20th & 27th June 2018

Raheny Library - 6.30pm

Adult Art Group

22nd & 29th June 2018

Coolock Library - 11.00am - 1.00pm

Sewing Group

21st & 28th June

Coolock Library - 10.00am - 1.00pm

St. Anne's Park Run

Weekly Free 5K Park Run

23rd & 30th June 2018

Every Saturday @ 9.30am

Have You Any Social Ideas?



Here in Suaimhneas we are always open to new ideas.

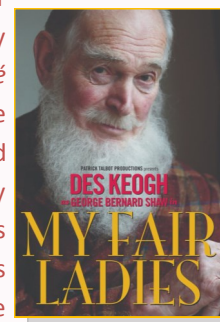
If you have social activity ideas, we'd love to hear them.

Please share them with us at our weekly house meeting,

Wednesdays at 2.00pm!

Bewley's Café & Theatre

As part of my drama class in Suaimhneas the tutor Cormac arranged for us to see a professional play "My Fair Lady" in the newly opened Bewleys Café theatre on Grafton Street. The play was about the romantic life of *George Bernard Shaw*. Des Keogh played him with a charismatic performance we found very enjoyable especially since we tried acting ourselves and Des made it look easy! Having seen this performance its given me a greater appreciation for the arts and has given me the motivation to pursue more drama classes in the future.



By Maria D

A Musical Tour of Richmond Barracks

We all gathered at Amiens street dart station and boarded the 10.30am dart to James street station. We made our way to Richmond Barracks and were met at the door by our guide who duly brought us around and told us all about the 1916 rising and how conditions were during that period. Lots of tourists were present on the tour and it seems to be very popular. It was a unique way to learn about history through the enjoyment of music. Songs from a bygone age were sang throughout the tour which everyone enjoyed, These included the song "it's a long way to Tipperary" which our members from Co. Tipp especially enjoyed! I would highly recommend this tour and would encourage people to go along!

By Gerard M



Trip to Dun Laoghaire

About twelve of us got the bus from Darndale to Fairview. We then walked across to the Dart Station in Clontarf we waited for the train and we had a journey of about twenty eight minutes to our destination. We were lucky with the weather, actually we were spoiled. When we arrived the group split up and went shopping, we met at a shop called Meadows & Byrne at about 12.30 pm. A group of us then went for fish and chips and the remainder went to a restaurant called Weatherspoon's. After our food we went for a long walk where some of us bought ice cream cones At about 1.45pm we walked back to the dart station and got the Dart home. We arrived back in Clontarf at about 2.45. A good day was had by all and personally speaking I had a great day!

By Dermot O'M

Keep Your Eyes Peeled!

Keep an eye on your unit boards for any upcoming special events and socials information.

Don't forget to sign up if you are interested!

Steps to Health

Here in Suaimhneas we encourage each other to be active. This year we decided to take part in The Steps Challenge, we put our application forward and were accepted. We called ourselves 'The Bod Squad'.

After signing up we received pedometers and log books to record our steps. These were given out to anyone who wished to take part in the challenge. We all kept all log of the steps we took and were excited to compare notes with each other every week. The routine gave members a greater awareness of the benefits of exercising and most of them who took part continue to use the pedometers everyday as they felt it gave them more determination to exercise to reach their daily goal.



By Geraldine M

Summer Allotment Update!



What fabulous weather we have been having and our allotment certainly has been reaping the rewards. We go down to our allotment at least once a week and it is an excellent facility to have.

So far this year we have given our allotment a fresh new look with new bark which was gifted to us by the allotments. We made a new entrance to our allotment using stepping stones and successfully grew various crops including lettuce, scallions and strawberries.

I would encourage everyone to come down and have a look at the work members and staff have put in as its truly something to be proud of!

We also have been asked to help maintain another allotment called Whiskey Corner, This allotment consists of small hedges which are shaped into animals including chickens and rabbits.

To keep up with what's going on in our allotment and for regular updates and pictures, check out our Blog, you never know you might even get a tip or two!



By Chris D



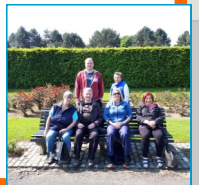
Catherine's Top Tip!



"For me, I try to be positive and acknowledge to myself when I'm doing well"

Walking Club

For the past two years the clubhouse has organised a walk every morning at 10.30am. Our route takes us through the local public park around the lake in the centre. Until recently we enjoyed the spectacle of two graceful swans paddling gently across the lake under the beady eyes of a local sheepdog moving stealthily along the bank hoping in vain for an early breakfast. Alas! All have disappeared in recent weeks. Bereft of such fun and spectacle we the "Walking Talking Club" nevertheless continue each morning to enjoy the many other features that the local park and community have to offer. Foremost among our experiences are the many conversations and discussions that take place while we walk. We solve the problems of the world and of space as well sometimes. Overall we derive great fun and enjoyment from our morning walk!



By Liam F

Meal Planning

You know what they say 'a healthy body a healthy mind'. After a bout of ill health, I realised that food is very important to keep everything in proportion and if we want to keep our bodies operating at optimal performance. It is important we eat a variety of foods from all the food groups with every meal. Everything in moderation as they say. Especially, as we get older, the importance of a 'square meal' really prevents our health deteriorating and this must be maintained. With this in mind, I started a cookery course in the 'New Life Centre' in 'Darndale Village Centre'. It is going well. Not only am I learning about cooking techniques but I am meeting a lot of new interesting people who make the course enjoyable. Also, my health has improved! I have got a lot from this course already. Looking forward to the rest of my classes!



By John O'D

Not So Different Recovery Module

A couple of months ago Suaimhneas Clubhouse were asked to be part of a programme run by Northside Partnership. This was an exciting event as we were asked to be involved not just as students but as presenters.

The subject was 'Recovery in the context of mental health'. Staff and members working side by side got down to the task and we came up with a real gem. The module was to last 2 hours and it included the history of mental health in Ireland and how we have changed to what we have today, it also explained the recovery model which included WRAP, an exercise demonstration and a mindfulness session. We also gave an insight into Suaimhneas and how the Clubhouse model has been such a huge success in helping people to stay well. One of the highlights of the presentation was a video of members stories and how far they have come as a result of attending the clubhouse. Some of the audience became emotional as these stories were all very much from the heart and totally genuine and honest.

We got very positive feedback from the students and staff of Northside Partnership and feel very proud of a job well done. Congratulations to all involved.

We would like to say a special thank you to the "Not so Different" co-ordinator *Deirdre Lynch* for involving us in the programme!

By Geraldine M



Course Facilitator Dominic



Course Facilitator Liam

Jibrail Visits Suaimhneas

Recently we had a visitor all the way from Worcester, Massachusetts, U.S.A! *Jibrail Younis* who previously worked in Genesis Clubhouse in Boston presented our 'Bridging the Gap' employment program certification and was impressed with our employment handbook. He gave us further employment advice from his vast experience in this area with special emphasis on Transitional Employment. He also visited our allotment and was delighted with what we had achieved in Saint Anne's Park, Raheny. We would like to thank Jibrail for visiting us and for his advise. You are always welcome in Suaimhneas!!!

By John O' D



'Leaf Stigma Behind'

Launch of Positivity Tree

"A tree represents Strength, Trees which endure the stormiest times grow the strongest and most beautiful, Like the branches of a tree our lives will grow in different directions, Leafs are like people all individual and unique, So like a tree stand tall and be proud of who you are!"

On May 1st to kick off mental health awareness month, we launched our 'Leaf Stigma Behind' positivity tree in the main hall of the Darndale/Belcamp village centre. I was delighted to be asked to speak alongside Robert about the meaning behind our tree, the see change campaign and what Suaimhneas Clubhouse is and what we have to offer. The audience were handed out paper leaves and asked to write a message of positivity or an affirmation on them. These leaves were then displayed on the tree. The tree looked elegant and inviting and was eye catching for passers by. We hope it helped spark some conversations and help "leaf stigma behind".

By Catherine B



'Time To Talk'

Breakfast Morning with See Change Ambassador 'Miriam Dowling'



Suaimhneas Clubhouse held a breakfast morning in the Darndale Belcamp Village centre. This was part of the Green Ribbon 2018 preparations. All staff enjoyed cakes and refreshments while chatting and having a good time. There was a great turnout with staff from all departments in attendance.

See Change ambassador and founder of *Mentality Miriam Dowling* gave a rousing speech about her personal experience and how she overcame Mental Health Difficulties. Claire Brennan closed proceedings thanking Miriam, the staff of the Darndale Belcamp Village Centre and everyone who came along!

By Thomas C





Geraldine & Jack McCaffrey



Green Ribbon Campaign 2018



Philly McMahon "Kicking Things Off"



End Mental Health Stigma

A team of members and staff in Suaimhneas came up with a brilliant idea this year to support the Green Ribbon Campaign. They developed a penalty shoot out day with the aim of raising mental health awareness within our community. They called it **'Kick The Stigma!'**

They made a large football board with a hole cut out in the middle for the ball to be kicked through. They painted a footballer on it with a green ribbon football kit. The board was bright and inviting—you couldn't miss it!

The day grew legs and before we knew it *'Philly McMahon'* and *'Jack McCaffrey'* from the Dublin GAA team agreed to come along at the request of *Sean Haughey T.D.* We couldn't believe our luck and we advertised the day with posters and flyers throughout the Darndale Belcamp Village Centre, surrounding businesses and on our social media accounts. We were hoping for a good turn out and we weren't disappointed!

The day itself went off without a hitch and the crowd got bigger and bigger. *Sean Haughey T.D.* welcomed the crowd and thanked them for their support. Our very own *Catherine B* did the same before the event kicked off. Everyone then had a turn at trying to kick the ball through the hole. Surprise! Surprise! It was more difficult than it looked. It even tested the Dublin GAA players. For those who scored we gave out 'mind your mental health' goodie bags.

Everybody in Suaimhneas was overwhelmed with the support from the members of the community. We all felt we had made an impact and got people talking openly about mental health. We would like to thank the Darndale Belcamp Village Centre for their help during the event. A special thank you to our distinguished guests *Sean Haughey T.D.*, *Philly McMahon* and *Jack McCaffrey*. We would also like to thank *Jim Gavin* for his support.

By Liam

To view more photos and read about our other Green Ribbon events, Check out our Blog!

www.suaimhneasclubhouse.wordpress.com

Members Corner!

Poetry!

Every year for the month of May,

We support what is called green ribbon day,

We wore our ribbons with pride and organised events,

To help raise awareness To help represent,

Its time to talk, time for change,

How boring it would be if we were all just the same?

So lets stand together and hold our heads high and once and for all wave stigma goodbye!

By John McE

Review!



A group of us from Suaimhneas go to see a film every Tuesday in the Odeon. We recently went to see 'The Post' and here's what I thought...

The Post is a 2017 American historical political thriller directed and produced by Stephen Spielberg and written by Liz Hannah and Josh Signer starring Tom Hanks! Set in the early 1970's, The Post depicts the true story of attempts by journalists at The Washington Post to publish the Pentagon Papers, classified documents regarding the 30-year involvement of the United States Government in the Vietnam War. I really enjoyed this movie, it was great acting. I would give it **** stars

By Eddie C

Jokes!

How do you cook a monkey?

You "GRILL IT!"



By John Mc

bloom in the park



This month a group of us attended Bloom in the phoenix park. Bloom is a festival held every year in the Phoenix Park. It has grown into an annual event over the years. It cost over a 1,000,000 euro to get it up and running. Admission fee was 15 euro. The themes of the show are flowers and agriculture. There are different foods on sale as well as the plants. You could sample the foods if you wanted to. There were sausages, jams, and dairy products as well as numerous other products. The only thing I didn't like was there were so many people there that it was hard to move around or find a seat. One section of the tour showed a number of allotments and it reminded me of our own allotment. We also seen the gardens that were created and there was a prize for the best looking. We were delighted to see a "The Green Ribbon Garden" in the postcard gardens section of Bloom this year. It was a collaboration between Shine Cork and See Change to help promote mental health awareness! There was even livestock such as pigs in a pen. We stayed there for a couple of hours and when everything was seen we left. Bloom is one of the biggest and most successful Flower shows and is nearly on a par with the Chelsea flower show.

Meet The Team



Geraldine

Editor & Writing Support



John

Articles Manger



Liam

Proof Reader & Writing Support



Gemma

Formatting



Robert

Photographer



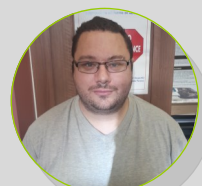
Claire

Mailing



Thomas

Social Media Manager & Articles Typist



Mark

Articles Typist

JOIN OUR TEAM

If you think you might be interested in joining our Suaimhneas Voice Team why not come along to our Suaimhneas Voice meetings which are held every Thursday from 12.30pm in the Career & Administration Unit! We will be looking for articles for our Autumn Edition coming this August so if you have anything you'd like to submit, Speak to our articles Manger John or email them to: suaimhneasclubhouse@eve.ie