

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.



SPRING EDITION

Issue 1

March 2019

## Also Inside!

Employment

Education

Health & Wellbeing

Social Events & Occasions

## CHANGE FOR LIFE!



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!

This year as part of our commitment to a healthier Clubhouse we took part in 'Change for life'. Read about our weekly fitness regimes, our participation in Operation Transformation 5k run and the final celebration in The Mansion House.

Read the full article on page 5...

We Hope You Enjoy!

## Career & Administration Update



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

“ We cannot wait to move to our new premises to dig our teeth into some new and exciting projects. All will be revealed very soon! Captain Standards has been a huge hit with some budding actors. The Suaimhneas Scoop daily newsletter has also been redesigned and contains more information including The Suaimhneas Spotlight which is an area for member achievements!

Well Excitement levels are through the roof at the moment in Suaimhneas Clubhouse as we are getting very close to our big move to our new premises in Raheny.

In other news we have completed a Change for Life health and fitness programme and are looking forward to the celebrations in the Mansion House, We also took part in a nationwide Operation Transformation run in the Phoenix Park which was a great achievement for the Clubhouse! Hopefully my next review will come from our brand new head quarters!

By Robert



# monthly RECAP

## FEED BACK

What have people been saying about our previous Edition?

“Congratulations on winning gold 2 years in a row. A great achievement. Loved the newsletter and seeing the people behind Suaimhneas Clubhouse!”

-Theresa  
HSE- EVE GHIS

“Well done on the newsletter and we love your blog”

- Mairead  
Phoenix Clubhouse

“Well done all! I really enjoy receiving the Suaimhneas newsletter”

- Karolyn  
Hail Housing

## Catering & Maintenance Update



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

“The Catering & Maintenance unit is buzzing as usual. We have introduced some new smoothies to our menu which include a lot of vegetables but taste delicious. It's a great healthy option to have available. We are looking forward to our move to Raheny so we'll have a fully functional kitchen and coffee area. We have lots of new and exciting ideas for our unit that we cant wait to share with you! Watch this space...”



### 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!

# MEMBER JOB FEEDBACK!



Nicky's Plaice, Howth

Mattress Micks, Coolock

Recently I was sick and Thomas stepped in for me in Nicky's Plaice on my absence. It was great knowing that the job was covered and I could just pick up where I left off on my return. This is one of the benefits of Transitional Employment if you are absent the job will always get done!

I have worked in Transitional Employment positions before and I really enjoy it. It's a great way of getting work experience and still having support from Suaimhneas. Mattress Micks is a great company to work for. Mick and the staff are always there to help and I really enjoy it. I work one day a week for six hours.

## Careers Dinner in The Beech Comber

At a recent House Meeting we decided a change of scenery was needed for our Careers Dinner. So after much debate we agreed on "The Beechcomer" in Killester. I must say the ambiance of the restaurant was very convivial. They gave us a table on our own so we could have our meeting without disturbing anyone. The Staff were very helpful and attentive. The food was top notch, there was something for everyone, You could choose from the a lá carte menu, the early bird menu, the tapas menu or the bar menu so there was something there for everyone's budget. All in all it was a great night and we'll be back! The meeting was lively as usual with great discussions. It was good to hear feedback from members in T.E positions.



By Robert



### Tesco Drumcondra

Sales Assistant

Part time - Temporary

Shift Pattern - Flexible

Closing Date: 26th March 2019

### Carraig Donn, Santry

Omni Park Shopping Centre

Sales Advisor

Part Time - Permanent

### B&Q, Airside, Swords

Customer Advisor

Part time - Permanent

25 hours per week

Closing Date: 25th March 2019

Apply for all jobs on company sites or [www.indeed.ie](http://www.indeed.ie)

NEW

We have revamped our daily newsletter from the Suaimhneas news to "The Suaimhneas Scoop". It now includes a daily schedule, a job of the day, Important reminders and who's in the Suaimhneas Spotlight. We also included the Standard of the week along with a simplified version! These are available daily on the unit boards!

*"Never be kept out of the loop with the Suaimhneas Scoop"*



# 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...

**086 057 9105**

# EDUCATION NEWS

**How are our Students getting on?**

## Arts & Crafts


Every Monday Myself and another member Caroline head over to The New Life Centre to participate in an Arts & Crafts programme. It is €5 per class and that includes the tutor, art materials and you can bring your creations home. We also get tea and scones which is a bonus! We have made some truly beautiful and unique pieces which we are very proud of. I love coming back into Suaimhneas after the class on Tuesdays and showing off my works of art. I would highly recommend this class to others.



*By Deirdre*

## CDETB

Recently we were granted funding for Horticulture. Our instructor Des is excellent and really knows his stuff. He has shown us some really exciting new things and has helped us get our raised beds in tip top shape. He has great knowledge on horticulture and gardening and explains things really well so we can all understand. We cant wait to move to Raheny as we will only be a stones throw away from our allotment. We are also keen to start cooking our home grown produce.



*By Paddy*

## Computer Literacy

Last September I started a course in Coláiste Dhulaigh learning about computer literacy. At the moment we are learning all about booking flights. I'm doing really well and love learning about the newest technology...I never knew that the I Pad could be used like the iPhone, I am amazed at what it can do. I feel I am making great progress and what happens next who knows?




*By Roy*

## CDETB Drama

Meeting every Tuesday in Suaimhneas Clubhouse from 2.00 - 4.00p.m.


The drama group look at and practice performance techniques and analysis of communication. That sounds serious but it's actually a lot of fun and interesting. These activities are great at developing confidence. The Drama group also got to see plays and have done the theatre tours. New members are welcome. Feel free to ask for details on how you can join.

**Read more on our trip to Bewley's Lunch time theatre and our theatre criticism on page 4!**



## CDETB Basic Computers

10 members including myself commenced a Basic Computer course recently. The class is on every Monday from 1-3pm. Our tutors name is Leah and she has a great knowledge of computers. We have been learning how to type properly as well as how to set up an email which I am particularly excited about as you need an email for everything these days! I hope to keep practising my new found skills and use them in the Career and Admin unit!



*By Gerard M*

# WHAT'S NEW!

*You Might Be Interested in...*

### CDETB Coolock/Darndale Adult Literacy Services

January - May 2019  
Classes begin Monday 14th January 2019

**ENROL ANYTIME!**

All Welcome! FREE CLASSES! Payments not affected!  
Classes include: Read, Write, Spell. Computers & Devices, One to One, Functional Maths, Health & Wellbeing, Drivers Theory Practice plus much more!

Talk to Fionnuala or Rosaleen  
Coláiste Dhulaigh, Barryscourt Road, Coolock, Dublin 17.  
Tel: 01-8487172

## 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!**

The New Year has commenced with a great flourish in Suaimhneas. Members have gone out to schools and colleges and are already making great strides on the courses of their choice. There are two in-house courses in Drama and Computers which are very well attended. There is a small increase in numbers participating overall on previous years and there is a great enthusiasm among the student members about their respective courses. Literacy and Numeracy programmes are still the majority of the courses chosen this year. Yet there is still an increase in the Vocational and Hobby courses taken. We wish all our students every success in their respective endeavours for the months ahead!

*Liam*

COMING  
SOON!

Suaimhneas will be hosting Socials every Tuesday evening in the new premises!

# Social Calendar

March - April 2019

Thursday 28th March

Careers Dinner The Watermill

Wednesday 10th April

Social

Thursday 25th April

Career Dinner



## North Central Area Stardust Walking Club

All levels of fitness, no booking needed!  
Meeting point—Stardust Memorial Park  
Every Tuesday @ 9.45am  
Contact 0876525001

## Men's Shed Raheny

Cara Hall, Raheny, Dublin 5.  
Contact: Hugh 0868150292

## St. Anne's Park Run

Weekly Free 5k Timed Run  
Every Saturday @ 9.30am  
Register with parkrun.ie

## Line Dancing For Seniors

Contact: Madeline 0868150286

## Have You Any Social Ideas?



Here in Suaimhneas we are always open to new ideas. If you have a social activity ideas, we'd love to hear them.

Please share them with us at our weekly house meeting,  
**Wednesdays at 2.00pm!**

## "Mary Queen of Scots" Movie

We got a chance recently to visit a part of Scottish and English history that vividly portrayed the rivalry and importance that rival Queens played in the two kingdoms Scotland and Wales. The venue was the film 'Mary Queen of Scots' in our local Odeon Cinema here in Coolock. Mary, The Queen of Scotland proved to be a worthy rival and was a constant thorn in Queen Elisabeth's side and constantly threatened to take the throne from her. Our own Irish actress, Saoirse Ronan played Mary Stuart, Queen of Scots. She looked very well always in the film. After the movie we all went over to Burger King, the movie was a hot topic of discussion during the meal and was enjoyed by all.



By John O

## 14 Henrietta Street

Recently we spent the day down memory lane at Henrietta Street, Dublin 1. A small group of us left Suaimhneas at 11am and boarded the bus for town. On arrival, we then boarded the LUAS at O'Connell Street, arrived at Henrietta Street at 11.30am where we were met by our guide, who then brought us around the building. The place itself was eerie as it dated back as far back as far as the early 1700's to late 1970's. It was full of history and gave us an inside of how poverty was in those days. There was no such thing as gas or electricity or heating in them days the war took over all families and people were forced to immigrate. There were makeshift fireplaces in the museum and the children ran up and down the cobblestone streets outside as they played away from their homes all day long. Afterwards we went for dinner in the Harbour Master. It was truly a great day!

By Gerard M



## Bewley's Café Lunch Time Theatre

On February 26 the Suaimhneas Drama group attended *Guna Nua's* new play *The Morning After the Life Before* by Anne Blake. This engaging and thought provoking two hander takes a humorous yet empathetic look at Ireland's marriage equality referendum. The play has been staged in Canada, the USA, UK and Ireland. Suaimhneas caught up with the production in Dublin at Bewleys Café Theatre for lunchtime performance.

For their next two classes the Drama group discusses the play and will look at how theatre criticism works. A theatre critic has only 500 words (This article is 158 words.) to evaluate six elements of the play. These are Introduction, Information, Style, Audience Reaction, Staging and summation.

Studying three reviews from publications in Galway, Toronto and Montreal the group enjoyed engaging with the analytical, educational and conversational process of Theatre Criticism. This was yet another fun and productive series of classes that the Drama group engage in.



By The Drama Group

## 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!

## As You Travel Through Life

*As you travel through life there are always those times  
When decisions just have to be made,  
When the choices are hard, and solutions seem scarce,  
And the rain seems to soak your parade.  
There are some situations where all you can do  
Is simply let go and move on,  
Gather your courage and choose a direction  
That carries you toward a new dawn.  
So pack up your troubles and take a step forward  
The process of change can be tough,  
But think of all the excitement ahead  
Don't dwell on the trivial stuff.  
There might be adventures you never imagined  
Just waiting around the next bend,  
And wished and dreams just about to come true  
In ways you cant yet comprehend!  
Perhaps you'll go places you never expected  
And see things that you've never seen,  
Or travel to fabulous, faraway worlds  
And wonderful spots in between!  
Perhaps you'll find warmth and affection and caring  
And somebody special who's there  
To help you stay centred and listen with interest  
To storied and feelings you share.  
Perhaps you'll find comfort in knowing your friends are  
supportive of all that you do,  
And believe that whatever decisions you make,  
They'll be the right choices for you.  
So keep putting one foot in front of the other,  
And taking your life day by day...  
There's a brighter tomorrow that's just down the road.  
Don't look back! You're not going that way.*

**Author Unknown**  
From Geraldine

## Spring Allotment Update!

A new year, A fresh start and what a start it's already been. We have made plans for what we would like to achieve this year in our allotment which includes plans for this years theme for the St. Anne's Rose Festival. We have decided to give our allotment an Alice in Wonderland makeover and will hopefully take home another 1st prize!

Our fortnightly Horticulture programme is in full swing and the we are learning a lot. We have also rented an area in the polytunnell so we can grow some more exciting new crops which we cant wait to serve daily in our new kitchen in Raheny!

By Chris

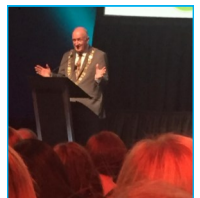


## Change for Life



This year together as a Clubhouse we made a commitment to getting fit and healthy in 2019. We teamed up with *Olivia Shaddock* from Dublin City Health & Wellbeing partnership. It started with assessment's of our weight, height and blood pressure etc. We then took part in a weekly fitness programme which included Couch to 5k, Swimming, Yoga and Nutritional talks. *Olivia* really knew her stuff and gave us all great tips and advice throughout the programme. The programme lasted from the 8th of January to the 8th of March finishing off in style with a celebration in the *Mansion House* which we all really enjoyed. *Mary Byrne* from the *X-factor* performed at the ceremony and two of our own members *Geraldine* and *Maria* were awarded for their dedication throughout the programme. We also took part in *Operation Transformations* nationwide Couch to 5k walk/run in the Phoenix park which we are all really proud of. After the completion of the programme we all got our final assessments. We all lost weight and inches and some of us lowered our blood pressure which is amazing. Well done to everyone who participated in the programme. We would like to say a really special thank you to *Olivia* for all her hard work and support over the past couple of weeks!

By John & Joe



We have developed a programme which explains the Clubhouse International Standards in a fun and simplified way through the art of comedy.

Watch Captain Standards stop his arch nemesis Dr. Chaos from causing havoc and attempting to break the Clubhouse Standards every Monday on our YouTube Channel!

## CAPTAIN STANDARDS

In a world of no standards, a place where chaos reigns and where members have no direction, the people of Suaimhneas are calling out for a hero! Captain Standards hears their call!

Wherever Standards are broken, rules ignored or principles compromised, Captain Standards is there to save the day. With the courage to fight the enemies' of progress, the selflessness to out the standards first and the patience to teach us all, Captain Standards is the hero that Suaimhneas needs.

He's flown throughout the galaxy, swam the seven seas, climbed the highest mountains to learn the ways of the International Clubhouse Elders and share their 36 standards with Suaimhneas members.

Captain Standards, you are our mentor, our guardian,

**OUR SUPERHERO!**

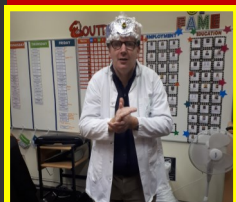


## OH NO... IT'S DR. CHAOS!

Born deep within the depth of the deranged underworld, educated by brutes and scoundrels' and endorsed by those who believe in turmoil and disorder comes Dr. Chaos...The most appalling, deranged, disorganised and unorthodox supervillain the world has ever known.

Suaimhneas Clubhouse is the target of his ire, the destination of his fury. His goal...to destroy the Clubhouse by dismantling the Clubhouse International Standards one by one. He will not cease until Suaimhneas is reduced to rubble. Until it is a place of NO STANDARDS!

Will he succeed?  
Can Captain Standards stop him?  
Only time will tell!



**You Tube**

Subscribe to our YouTube channel!  
You can watch episodes on our YouTube or over on our Social Media sites



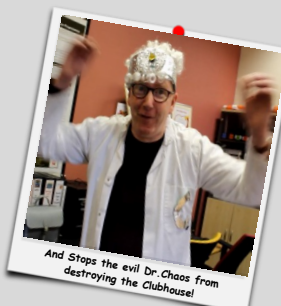
Protecting the Clubhouse. One Standard at a time!



HAVE NO FEAR! Captain Standards is here!



He appears whenever Clubhouse Standards are being broken!



And Stops the evil Dr. Chaos from destroying the Clubhouse!



Thank You Captain Standards!!!

**We're Moving!!!**



**2nd Floor River House Raheny Shopping Centre Dublin 5**

We're thrilled to report that we are only weeks away from our move to our new Clubhouse in Raheny. We'll be sad to leave our friends in the Darndale/Belcamp Village Centre but are looking forward to exploring our new community and creating some new Clubhouse memories.

They say moving is one of the most stressful experiences you can have so we've been doing lots of planning and with the support of our auspice agency (HSE/EVE) and the HSE Estates Department, particularly *Patrick Quearney* we've felt in control and fully involved in the process. We've been excitedly deciding how we want the space to look and feel and as the building has had a complete revamp we really got the opportunity to put the Clubhouse stamp on it.

Raheny is a vibrant village with lots of amenities and a very active, friendly community. We're fortunate enough to have developed a number of links already as our allotment is in St. Anne's Park. We're proud that Suaimhneas Clubhouse will be another resource that Raheny has to offer and we'll continue to provide an environment of support and acceptance, powerfully demonstrating that people with mental health difficulties can and do lead happy and productive lives.

Planning our *Clubhouse Warming Party* is keeping us particularly motivated and we're looking forward to inviting our friends, family, community neighbours and a number of supporters to whom we owe a debt of gratitude, to our new Raheny Clubhouse!

By Claire & Robert

Review!



Lá Fhéile Pádraig



Tá an tEarrach againn agus tá féile mór thart ó seachtú lá déag Márta. Seo Lá Fhéile Pádraig.

Bíonn alán daoine ag ullmhú don lá sín ina lán tíortha ar fud an domhain. Aon áit a bhuil cónaí ar daoine Éireannach, sa bhaile agus thar lear, bíonn said ullmhaithe don ceiliúradh mór.

Téann muintir an Oireachtais, go háirithe na hAí, thar lear go tíortha éagsúla ar fud an domhain. Tugann siad bronntanaisí leo agus ina measc bíonn babhla glaine. Port Láirge lán de Seamróga. Bronnann siad iad ar na hIlachtaráin éagsúla.

Bíonn mórshuíleanna móra in Eirinn agus ar fud an domhain I Nua Eabhrach cur í gcás. Bíonn dinnéar mór acu don Taoiseach agus an tIlachtaráin le chéile. Cuireann siad soilís glasa ar na forginimh móra agus fiú amháin cuireann siad dath glas ar na haibhneacha.

I bPáras bíonn dath glas arna Túr Eiffel agus ar L'arc de Triumph. Bíonn uisce glas san Seinne.

I London bíonn na Tithe Parlaiminte glas, agus "Big Ben" agus uisce glas san Thames!

San Astráil bíonn an Opera House glas agus driúchid eagsúla.

Tagann alán daoine go hÉirinn don lá sin - Ó Americá, an Bhreactain agus alán tíortha eile. Bíonn alán daoine ag ceiliúradh, ag seinim ceol Gaelach, ag dul ar siúlóidí mar "Wild Atlantic Way". Bíonn daoine eile ag rinice, ag canadh amhráin—agus ag ól!

Caitheann alán daoine píosa seamróige ar a gotaí agus casóga agus bíonn bratacha Eireannach acu. T an ghrá acu do gach run Eirannach.

Téann cuid acu go Páirc an Chrócaigh an lá sin chun cluichí peil agus iománaíochta a fheiceáil. Gléasann cuid acu suas l éadaí glasa—go háirithe na leanaí óga.

Tá an-ghrá ag alán daoine agus ag alán tíortha ar mhuintir na hÉireann.

Is mór an onóir dúinn go léir gur mhian leo ceangailt linn san comóradh seo gach bliain d'ár bPátrún Naofa Naomh Pádraig.

Liam

FAREWELL GEMMA!

After five wonderful years unfortunately my time in Suaimhneas has come to an end. I have enjoyed every moment of my time here and coming into Suaimhneas everyday never felt like work. I'm really going to miss all of the members and staff and I will always look back fondly upon my time here.

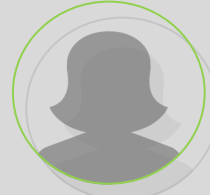
Together we have achieved some wonderful things, and I am especially proud of all the co-produced activities we have completed over the years, most notably last year's Green Ribbon campaign, our allotment projects, Listen To This news and of course Captain Standards.

So it is with a heavy heart that I say goodbye and I want to take the opportunity to thank everyone in the Suaimhneas Community for all your support over the years!



Gemma

Meet The Team



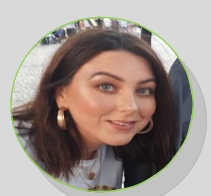
Geraldine  
Editor & Writing Support



John  
Articles Manger



Liam  
Proof Reader & Writing Support



Gemma  
Formatting



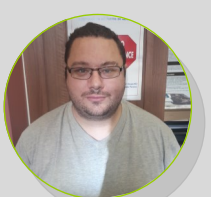
Robert  
Photographer



Claire  
Mailing



Thomas  
Social Media Manager & Articles Typist



Mark  
Articles Typist

The Harbour Master

Following an incredible tour of Dublin Tenements, Henrietta Street, Dublin we all headed off to the North Star Hotel where we had pre-booked a table. We had got a great response to this social, as we had 12 members and 2 staff. We quickly settled down to enjoying ourselves and studied the vast menu and then on the blackboard the specials of the day. To some peoples great delight there was a shrimp pasta on the specials and I believe it was delicious. The waitress that was serving us had a lovely manner and noted every detail of our requests. Then there was a very jolly waiter and he had a bit of banter with us. Everybody was in great spirits and all enjoyed their meal and evening out.

By Catherine B

Review!



We gathered last Wednesday in Suaimhneas to see a beautiful 19<sup>th</sup> century French film in the Odeon cinema in Coolock. The film itself was set in Paris .it was about a couple of writers working together. Later on in life Collette played by Keira Knightly becomes involved with a failing philanderer Willy who was not a successful writer. Willy referred to himself as a 'literary entrepreneur' employing a number of ghost-writers. He was a frustrated writer and looked around for inspiration. He asked his wife, Collette for help. She was a successful writer but he betrayed her in marriage. To me it was an enjoyable film and would highly recommend it!

By Gerard & John

J  
O  
K  
E

"Why cant you borrow money from a Leprechaun?"

Because they are always a little short!

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](mailto:suaimhneasclubhouse@eve.ie)