

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.



**SPECIAL
EDITION**

Winter 2020

**Also
Inside!**

Employment

Education

Health & Wellbeing

Members corner

Merry Christmas!



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 would like to wish all our members, staff, supporters and their families a very Happy Christmas and a prosperous New Year. 2020 tested us all more than any of us imagined, but Suaimhneas has remained a community. Read on to get a taste of how our service and members adapted to ensure Suaimhneas remained a safe environment, where people are respected and encouraged to grow and recover together.

Read the full article on page 6



We Hope You Enjoy!



CLAIRE'S CORNER

It's hard to believe that Christmas is already so close - what a year it's been!

'Suaimhneas...probably the best Clubhouse in the world' has, courtesy of one of our members become our motto – something that we tease the other Irish Clubs about and gives us all a good laugh. All jokes aside though this pandemic has reminded us how incredibly strong our community is and how ready we are to support, adapt and challenge ourselves.

After a difficult number of months and with the necessary safety procedures in place, we saw all the friendly faces coming back through our door, making our Clubhouse thrive again. We've been very busy reimagining our Work Ordered Day, the virtual side of our programme, connecting with members and community resources. 2021 may pose further challenges but we'll meet them as creatively and thoughtfully as ever and have lots of exciting plans for the year ahead.



To all those who supported Suaimhneas to ease the impact of this crisis on our members... thank you.

Wishing all our dedicated and passionate members, staff and supporters a very Happy and Safe Christmas and New Year.

Let's Keep Up the Good Work!

The nations' hands have never been so clean. Facemasks are now the must have accessory (plain or designer). Everyone knows what 2 meters is. Yes, 2020 has been the year of staying safe.

We are all heroes for NOT going out. Things at home that needed to be done, but we were putting off, have been now been attended to, haven't they? Pets have had more attention than ever before. The list of ways to pass the time on the sofa is noticeably longer.

Recent news of a number of vaccines in approval stage means that covid-19 could be consigned to the history books by summer 2021. In the meantime we all must continue to stay safe until the HSE gives the all clear.

So let's enjoy the festive season carefully and look forward to everything getting back to normal in a few months. Merry Christmas and Happy New Year to all!

By Breedra



In this special winter edition of the Suaimhneas Voice we focus on how Suaimhneas is trying to return to normality in these unpredictable times. To begin with, we get up to speed with how some of our employed members are getting on, working in the pandemic. We then have an education update and you'll be pleased to learn that despite the pandemic, Suaimhneas still has many members in education. We then look at how our members got on in the lockdown along with some tips on how to keep yourself well in the pandemic and over the Christmas period. Finally, we have members corner, where there is an excellent assortment of recipes', movie previews and poems. We really hope you enjoy this edition, and we hope you have as much fun reading it as we did putting it all together.



Contact Us

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(01) 921 2620

Suaimhneasclubhouse.eve@hse.ie

Request A Tour

Unfortunately, due to the current restrictions we are unable to offer tours of the Clubhouse at this time. Please keep an eye on our blog and social media site to keep up to date with news about tours.

Find Us Online

www.eve.ie

Don't forget to visit
the Blog Area!

Facebook

@Suaimhneas Clubhouse

Twitter

@Suaimhneasclubhouse

We're here to help!

WHAT'S INSIDE?

Meal Delivery Service

When the Coronavirus hit back in March, and Suaimhneas had to close its doors, EVE gladly said the would supply nutritious dinners to its members. Some members availed of a nice gesture of healthy meal every day. The meals were delicious and cooked by qualified chef based in Castlevue. They were delivered by EVE staff all over Dublin, Kildare, Wicklow and Meath. My own dinner was delivered by Suaimhneas staff member Linda. It was brilliant for me to have a meal delivered, as it meant I didn't have to cook and it meant I didn't have to leave the house as much as normal. Each day was a different dinner, and there was great variety in the food. For the weekends we were given a goody bag with lovely treats to get us through. There were apples, oranges, crisps, and granola bars. The meals delivery finished up in July as the service and the Country opened up again. I want to take this opportunity to say a very warm thank you to EVE for the meal service. It was much appreciated. Thank you.

By Maria



What did our team do?

From mid March to the end of June, Suaimhneas did the following:

- ♦ We made 1902 phone calls to members, totalling 22647 minutes!
- ♦ We sent 4274 texts and 128 email to members!
- ♦ AND, we delivered 2257 meals to Suaimhneas members



MEMBER JOB FEEDBACK!



Dominican College, Collins Avenue



Mattress Micks, Coolock

I work in Dominican College on Collins Avenue. It is a Supported Employment position. I work part time, 10 hours per week and I have been working there for 17 years. I am a general operative, which means that I Hoover the floor, empty bins and do other cleaning. I returned to work in September after the school reopened. Now I have to sanitise tables, chairs, the teachers desk, whiteboard and window ledges in 3 rooms. I also empty the bins and sweep the classroom floors. I really enjoy my job.

By Roy

I have been working in Mattress Mick's for the past 18 months in a Supported Employment position. I really enjoy my work and the banter with the lads is really good. My job involves loading and unloading delivery trucks and ensuring the warehouse is kept safe and tidy. As there are many different sizes of mattress, it is important to be careful when lifting and moving them. The job is very physically demanding. When it is quiet in the warehouse and there are no deliveries, I clean up, sweep and do some weeding at the front of the shop.

By Donal

Thank you to Nicky's Plaice

Unfortunately, our Transitional Employment position with Nicky's Plaice came to an end recently. This was no one's fault, under the current economic situation, there was no way for the role to continue. Nicky's Plaice have been, and continue to be one of Suaimhneas' biggest supporters and everyone associated with Suaimhneas would like to thank them for all their support over the years. Many, many Suaimhneas members had the privilege of working there over the years and it was a springboard for so many to return to employment and education while acting as a confident boost to all those who accessed the TE. A huge thank you to Martin, manager of Nicky's Plaice for all the belief he has shown in Suaimhneas and our members over the years. Martin is still a member of the Suaimhneas Advisory Board, and we look forward to working with him long into the future.



Aldi - Coolock

Store Assistant

Part time - Temporary

Shift Pattern - Flexible

Reliable Security - Drumcondra

Administrator

Part time

Café Provence - Malahide

Kitchen Porter

Full time - Permanent

25 hours per week

Apply for all jobs on company sites or ask in the Clubhouse for support

Thank you to our Community

The staff and members of Suaimhneas Clubhouse would like to thank those in our local community who have supported us throughout the year. We would particularly like to thank the management and staff of Super Valu, and all the businesses in Raheny Shopping Centre. We would also like to thank our landlord Aiden Crowe, his PA Louise and especially maintenance manager 'nice' Paddy who has helped up out numerous times this year.

Congratulations to Laurence!!

Congratulations to Suaimhneas member Laurence who has secured seasonal employment in Mr Price in

Glasnevin. Well done Laurence, this is well deserved and we are all delighted for you!!



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 on...

(01) 921 2620

**How are
our Students
getting on?**

**Back to
Education!**

I was offered to take part in a further education course at the college. I was pleasantly surprised at how good it was and how good the teachers were. I chose a course in computers which was very interesting and I got a brilliant teacher in Mary Skipton. I was one of the lucky ones that ended up with one to one tuition which was very beneficial to me. I would like to say a big thank you to all the staff at the college for all their help and encouragement through the course. I would also like to say a big thank you to all the staff and members of Suaimhneas clubhouse and wish them all a very happy Christmas and a happy and healthy New Year.



Larkin College

My name is Edward and I am doing a computer course in Larkin Community College C.D.E.T.B., Dublin 1.

This term I am doing desktop publishing level 3. I did it before but I am learning more. I have been a student for the last few years and I find the course very good. I get a great buzz out of doing the course and I enjoy getting out and about the city centre.

I like the course tutor Jackie who is from Scotland, just like my grandmother. I get on well in the class with everybody. Unfortunately, because of Covid 19 there is only four students per class.

I would highly recommend this computer class at Larkin College.



Computer Class

I got a chance lately to do a computer course in the local College, Choláiste Dhulaigh in Coolock. It was a perfect course for me as it was a beginner's course for people who want to improve their search skills on the internet. The course is called 'internet skills' and the instructor Mary is very helpful and always friendly and welcoming to beginners. I recommend it to beginners and improvers.

By John



EDUCATION NEWS

Recovery College

In September, I enrolled in two courses with the Recovery College DCU. The courses were Thoughts Feelings and Actions and My Home My Sanctuary. They ran for four weeks each respectively. I found the courses really interesting and learned a lot from other people on the courses.

In the Thoughts Feelings and Actions course we talked about how our thoughts, feelings and actions interact and inform wellbeing. The facilitators used the metaphor of our thoughts being a book pressed up to our face and therefore blocking and stressing us. They said it's better to have the book on your lap where you can relax and accept your thoughts.

While discussing emotional intelligence in groups we found out emotional intelligence is about compassion, awareness about yourself, empathy and effective management of your emotions. It is also about humility – having the capacity to admit when you are wrong and forgiving yourself after saying sorry.

I got lots of ideas on how to deal with thoughts including a 'Tomorrow List' where you list 5 goals for the coming day which are not related to mental health. The importance of getting things done despite our mental health issues was emphasised. If you can't sleep due to ruminating have a pen and paper at your bedside to write them down. It's good to externalise your thoughts. Journaling at the end of the day to reflect on your day was also mentioned. Another coping strategy is to look at conflicting evidence. Try to find evidence to support your thoughts. Challenge to not assess evidence selectively or invent evidence.

In the My Home My Sanctuary course we used collaboration to come up with ideas to stay motivated. Ideas included 1)supports like family/friends/animals 2)start small (little steps) 3)Hope 4)smaller things like going for a coffee 5)very important to be kind to yourself 6)Determination 7)Will to succeed 8)Willpower 9)Perseverance and 10)Spirituality.

Other topics we explored were hobbies and how much news is too much. On the topic of hobbies we came up with baking, art, jigsaws, hillwalking, photography, walking in nature, horse riding, crochet, puzzles and Sudoku, reading and listening to music, free events at the library, travelling – seeing what is in your 5km, online quizzes, home decorating and gardening.

On how much news is too much we found that news can be repetitive and negative. It's about getting the balance right: staying informed and also looking after our mental health.

Overall I enjoyed the two courses because they were fun, interactive and collaborative. It was great to share ideas and get other people's perspectives. I would highly recommend the Recovery College DCU.

By Andrew

WHAT'S NEW!



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!

BREAKING NEWS

We are delighted to announce that Suaimhneas Clubhouse has two very exciting courses starting in the New Year. The CDETB have confirmed that next year they will facilitate; 'Managing Stress' and 'Connecting Through Creativity' two really exciting courses. At the time of publication we do not have the exact start date of the courses, but keep your eyes peeled for information in the Clubhouse.

'Managing Stress' will allow students to learn about stress management and meditation techniques at home. The course will be a space for individuals to learn tools to minimise stress to help deal with the various challenges people are faced with. Meanwhile, 'Connecting Through Creativity' will help members to unlock their hidden artistic potential by working on art projects and visiting online art galleries. Students will work on projects and share and discuss art work.

Both of these courses sound really interesting and exactly what our members are looking for at this time. We would like to thank the CDETB for all their support over the years and we look forward, not only to these courses in the New Year but continuing our relationship long into the future.

WebEx Calendar

Dec/Jan 2020/2021

Monday

10.30: Coffee and Conversations
11.00: Reeling In The Years

Tuesday

10.30: Coffee and Conversations
11.00: House Meeting

Wednesday

10.30: Coffee and Conversations
11.00: Quiz (Castlevue)

Thursday

10.30: Coffee and Conversations
11.00: Living Lavishly With Linda

Friday

10.30: Coffee and Conversations
11.00: Sit Down and Shape Up



Christmas Opening Hours

Thursday 24th December

8.30 - 1.00 (Appointment Only)

Tuesday 29th December

10.00 - 2.30 (Appointment Only)

Thursday 31st December

10.00 - 2.30 (Appointment Only)

Monday 4th January

8.30 - 4.00 (Appointment Only)

Please note that we will be available for inreach and outreach on the days that the clubhouse is open

Have You Any Ideas?



Here in Suaimhneas we are always open to new ideas. If you have an idea for a new class on WebEx or anything else we can do remotely, we'd love to hear from you.

You can let us know at our weekly house meeting.

Tuesday at 11.00AM!

Coming back to Suaimhneas by Thomas

It's been a very difficult time for everyone and it's been hard to keep going. Since March we have been confined to our homes and have been unable to see family and friends. I personally found it very difficult and was very lucky to have a good support system.

For the first couple of months it was the unknown, and everyone would just stay at home with limited exercise. The Suaimhneas BLOG interactions with Staff and members combined with the Outreach calls were of great help during this time.

As things progressed Suaimhneas staff came to visit us in Swords, with a POD of four members meeting up and walking in River Valley Park. It's a beautiful park with a good walk and give us all a chance to catch up. It was a massive boost to us all to see staff and interact with other members. Any prior communication was over the phone or on WebEx.



Visits have now started back in the clubhouse, and after nine months seeing staff and chatting with members virtually it really gave me a lift and was great motivation. It was so good to back in Suaimhneas even if only for a short period and I hope to catch up with more members in the new year.

Coffee & Conversations

Since Suaimhneas has returned from lockdown, we have a new feature of the service; tea/coffee and a chat on WebEx each morning. A number of members log on each morning to have a quick chat about what's going on with them, in the club and in the wider world. The chats are very beneficial, especially for those that are isolated. For myself it has been a lifeline to see all the friendly and familiar faces of the club. There is no pressure on taking part, if you can't make it that's not a problem, you can always log in the next day they are free. Its been great catching up with other members again.

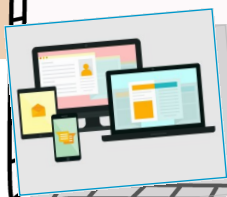
By Catherine



WebEx Meetings in Suaimhneas

In the last 9 months Suaimhneas has achieved a lot using the latest software platform of WebEx video calling. The staff and members have found new ways to interact with each other and learn a lot more skills in the process. Each day we do something different, on Monday's we watch Reeling In The Years', on Tuesday its our weekly House Meeting, Wednesday we join up with Castlevue for their weekly quiz, our cooking class, 'Living Lavishly With Linda' takes place on Thursday's and we end the week in a healthy fashion by doing our exercise class, 'Sit Down and Shape Up' with Catherine. It has been great to see all of us trying to go online and smiling and getting to know each other in a different way. From now on we will be able to do many more things online in 2021. Are we all up for the challenge? Of course we are!

By John



Keep Your Eyes Peeled!
Keep an eye out for any upcoming special events and socials information.

Nora's Story

Well this is almost the end of a year that I or may I say we won't miss or forget. The year that the pandemic came and made a lot of people very sick, and sadly many people passed away not only in Ireland but the whole world. But I'm glad and relieved that there is hope of vaccination on the way.

The elderly and the vulnerable had to cocoon at the start of the pandemic that was in the lockdown in March. Now, however, the elderly can get out and about and I'm glad of that.

It's great that we are seeing and meeting other members either by attending the Clubhouse for an hour or on WebEx. I enjoy that.

The staff of Suaimehneas are great by arranging all the hard work for the meetings.

I enjoy going for walks, its great exercise. I also enjoy going into the Clubhouse even if it's only for an hour. I also enjoy doing exercise on my Wonder Core, doing 200 sit ups or more, it depends if I can manage them.

I also enjoy the cooking class. I'm cooking healthier meals now as I used to eat a lot of unhealthy food.

It cannot be helped that we won't be having a Christmas party this year. At the house meeting it was suggested that we could have a cuppa with a couple of mince pies. Another suggestion is to have a very small group to meet at the Clubhouse at Christmas. What a great idea even for an hour, it's better than waiting until Christmas Eve.

I'll end this article by wishing you all a very Happy Christmas and please God a vaccination will be brought out in the New Year so that life will get back to normal and start attending the Clubhouse full time again.

PS My Bird Clock that makes wonderful bird tunes is still working, not bad for €5!

Until we can meet again Take care and stay safe

By Nora



Keeping Well Over Christmas

Whatever your circumstances, keeping 'well' over Christmas can be easier said than done, especially this year, in the middle of the Covid19 pandemic.

Christmas is a hectic, fun, chaotic, sad and memorable time of year in Ireland. We have a long tradition of making a massive song and dance out of the whole thing, and that doesn't just mean overspending and overindulging. Christmas is a really big deal for a lot of Irish people, but Christmas isn't all fun and games. It can be stressful and overwhelming in so many ways and stress and anxiety can reach us for different reasons. If you struggle with your mental health throughout the rest of the year, chances are Christmas will be a challenge. Or maybe Christmas is always hard for you because of memories and losses. Even if you are generally in good mental health, the stress of the season can still take its toll.

We've compiled some tips to help keep your wellness in check over the festive period.

Be realistic

Don't force yourself to endure a certain type of Christmas if you know it won't be beneficial to your mental health.

Prioritise

Don't sweat the small stuff. The 'perfect Christmas' does not exist. It can be wonderful and happy, but like everything from weddings to births, it probably won't go to plan.

Stay active

Keeping up to a routine is one good method for keeping well, but at Christmas, all sense of regimen and time gets lost. Exercise can help clear your head and make you feel better; try to keep it up over the holidays.

Meditate

Even if it's just for 20 minutes, some downtime alone can really help with calming down and de-stressing.

Don't forget, there is no shame in asking for help if you're not feeling well this Christmas - or at any time of year.



Supporting your mental health during the pandemic

My experience of the pandemic has been tough at times especially with regard to my mental health.

Right through it all Suaimehneas has been a huge support. When the going gets tough Suaimehneas are always there.

I won't ever forget the first face to face meeting with the staff after the long period of not being able to meet anyone. They were like angels coming to rescue us.

During the first lockdown they were providing a delivery service of lunches to member's every day. For some members this was the only interaction they had with the outside world.

During these days it is really important for us to mind our mental health.

Here are a few suggestions which might be helpful:

- ♦ Stay connected to others e.g. by phone, video, e-mail, or social media.
- ♦ Stay informed but set limits for how much time you spend watching news or social media. Always get your information from a reliable source. If you find the coverage on Covid19 too intense and become overwhelmed, contact someone you trust for support.
- ♦ Keep up healthy routines; Exercise, sticking to a healthy diet, relaxation techniques, read a good book, do something creative.
- ♦ Find mental health supports and services online at HSE website.



Some other things you can do

- ♦ Make a list of relatives and friends and their contact details that you can call on for support
- ♦ Be sure to keep taking your medication
- ♦ If your condition gets worse contact your mental health team or GP. Samaritans offer a friendly and non-judgemental ear if you need to talk right now, you can call them for free on (01) 671 0071.

By Geraldine

Mental Health & Coronavirus

In 2020, the coronavirus has made me reflect on how we live our lives and how we relate to others on a daily basis. Also, on how good mental health is so easily achievable if we make a few adjustments to our daily lives.

Working with nature is important as we come from nature in the first place. Everybody has rediscovered nature once again as we now take walks in the local parks as we realise it is one of the best ways to isolate and beat the virus. In so doing, we can take a moment for ourselves and realise what nature has to offer.

Some of these things are flowing rivers, leaves blowing in the wind, and sunshine on our backs, friend [Thomas] to walk and talk with and making space for other people to enjoy their day out with or without their pets. We all have time now to enjoy all this and I do not contemplate going back to 'Normal Life' having rediscovered these simple things. The virus has reminded us how the simple things in life are so important to the maintenance of good mental health and how nature is always there in the background of our lives waiting to assist us. I suppose you could call it 'Mother Nature' because it is always there for us.

In addition, I have done things I would not normally do in the last 9 months. I have done a lot more walking and talking and cooking. Me & Thomas & Catherine have rediscovered the parks of Swords and some new road bridges that we never knew existed. It is nice to drink coffee in the open air sitting between bug hotels... yes... bug hotels are small wooden houses which are set up to attract insects. Catherine and Linda came to Swords and helped us maintain our healthy regime going and I would like to thank them for all their companionship & assistance. It was a real boost for us.

Yes, I think I have discovered new ways of living my life that will assist my mental health in the future.

By John



GAA Games—Therapy for Young & Old

'You never miss water until the well runs dry'

This year we had the longest dry spell in sport in living memory. With the arrival of Covid19, all contact sports had to cease. The loss of our traditional Gaelic games was devastating for the people of Ireland of all age groups.

From early childhood I followed hurling and Gaelic football on the radio. My uncle, a Tipp man, brought me to matches. In hurling, my star was Jimmy Doyle of Tipp. The excitement and enjoyment I experienced as a child at these games has stayed with me for life.

As I grew up, we all played Gaelic sport—hurling being the most popular. Physically playing these games was healthy exercise. They were played out doors, in the fresh air. Socially and emotionally they provided a tremendous mental enhancement for all who took part.

From Lockdown we all know of empty Saturdays and Sundays with no sport. What we always took for granted was suddenly gone. It had a terrible effect on many of us, while the psychological and mental deprivation impinged on many lives, both young and old. However, thankfully, in the summer the decision was taken for sport to return. There was a huge lacuna that only sport could fill. We were all delighted and celebrating when our games started up again and life retuned to some normality.

By Liam



Mental Health Reform

Mental Health Reform was set up a number years ago to provide a voice to a different organizations in the mental health field. The purpose of the organisation was to unite these groups and speak with one voice in dealing with the HSE, the government and other relevant bodies and organisations. There are 30 different organizations involved, as diverse as Focus Ireland, Bodywhys and Pavee Point. This year has been a very tough year on all charities as regard fundraising. On top of this Mental Health Reform has gone through a number of changes. This year our CEO Shari McDaid who was an inspirational leader for our MHR, has moved on and we wish her all the best in her future career. Similarly, Kate Smith, who was senior policy research officer, has also moved on to pastures new and she too will be sadly missed. However they have both been replaced by two very competent people in Fiona Coyle and Audrey Deane and we would like to wish them both all the best in their new roles. Next year we hope the vaccine will be come available and we will beat the virus and get somewhat back to normal and be able to continue our valuable work.

By Robert



Meet Robert!

Ask a Silly Question

In each edition of the Suaimhneas Voice we like to get know our members and staff by asking them some burning questions. This month, Suaimhneas member Robert is in the hot seat.

If you could invite 5 people to a dinner party, alive or dead – who would you invite?

Answer: Nelson Mandela, Winston Churchill, John F Kennedy, Naomi Campbell, and Billy Connolly.

If you had to listen to one song for the rest of your life, what would it be?

Answer: 'Hey Jude' by the Beatles because I remember them singing it in the Locarno Ballroom in Glasgow.

If you could play in any sports team from history – what team would you play for?

Answer: I would have loved to have played on the Scottish team that beat England after they won the World Cup in 1966. Scotland won 3-2. I remember the celebrations.

If you had a pet parrot, what would you teach it to say?

Answer: If I had a parrot I would teach it to sing 'You will never walk alone'

If you could change your name, what would it be?

Answer: I would like to change my name because I was named after a Scottish King, Robert the Bruce!

If you were a superhero, what superhero would you be?

Answer: If I was a superhero I would be superman so I could fly!

If you had to flee the country, where would you go and why?

Answer: If I had to flee the country I would go to Inverness in Scotland which is a gateway to the highlands which is pretty remote. I used to go camping there as a young lad.



Cooking Demonstrations over WebEx

As level 5 lock down came into operation the end of October our staff and members put on their thinking caps and the suggestion was made for cookery demonstrations over WebEx. The idea was that a member or staff member would cook in the Suaimhneas kitchen and other members could follow the steps in their own kitchen over WebEx.

We decided to have it on a Thursday morning 11 am and 4 – 6 people signed up. The first week Linda cooked a savoury omelette and it was to die for. The following week I agreed to cook meatballs with pasta. We all got our ingredients together and keep it as simple as possible. Two weeks later I did a simple lasagne. Other members have led the class too, and we have cooked a range of dishes, including chicken curry, a chicken stir fry, chili con carne and gourmet burgers. Dominic is our main taster and he is getting very health lunches!

I am very much looking forward to this class continuing in the New Year.

By Catherine



Review!



We have no film review in this edition because the cinemas are closed. I am really looking forward to watching new films again. A group of us from Suaimhneas like to go to the Odeon Coolock Cinema to see a film and a bite to eat in Burger King as a social, with staff and members.

Because of Covid 19 the cinema has been closed a few months. Now they are back open, us members cannot wait to see the new James Bond movie, "No Time to Die".

There was a big mix up in the film world on the release date of this film due to Covid 19 and now I am looking forward to this blockbuster film.

By Eddie

What Do we think?

Steak and Onion Pie

This is one of my recipes I cook. I do something different every Sunday. I cook for myself and I then have it for the next few days. I usually put it into the fridge after I cook or if needed I could put it into the freezer.

Here is the recipe;

Ingredients:

- 450 grams Beef steak
- 2 finely chopped carrots
- 1 medium onion
- 2 cloves garlic
- 1 roll puff pastry
- 1 beaten egg
- 1 vegetable stock cube
- 300 ml's hot water

Method:

Heat the oil in the pan then put in steak and fry until brown. Separately, boil carrots for 6 minutes. Cut onion and garlic and mix with beef steak on the pan. Add boiled carrots to the mixture and fry. Put vegetable stock into hot water, stir then add to mixture. Simmer for 10 minutes. Line a Pyrex dish with pastry. Then add mixture, cover with pastry on top. Spread beaten egg over top of pie. Have oven heated at 180 degrees. Put in the pie and cook for 40 minutes.

That's all, it's an easy recipe. Enjoy!!

By David

Chess Club

I have been playing chess since I was a youth. I joined Phibsborough chess club a few years ago and before the pandemic I used to play there every week. Now everything is a bit different, some of the club play online but that's not something I am interested in. However, before the lockdown, I was a member of a team and played in a league against different chess clubs. I have a good rating and have won many prizes over the years. I really enjoy playing chess and find it very good for my mental health. I hope to get back to playing in person with my club mates next year.

By Mick



Covid19 by John Mc

*We're in the middle of Covid19
The worst virus the world has ever seen
This terrible pandemic makes me want to scream
It's so contagious if you know what I mean*

*It travels through touch and in the air
You have to be vigilant and take care
It's easily contacted to be fair
So try and be careful and be aware*

*Maybe a vaccine can be found
The scientists are looking all around
Thank God they are duty bound
If they come up with something we'll all be sound*

Meet The Team



John

Articles Manger



Geraldine

Editor & Writing Support



Dominic

Formatting



Liam

Proof Reader & Writing Support



Claire

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Thomas

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Kathleen RIP



In August of this year, Suaimhneas member Kathleen passed away. Our friend Kathleen was a kind, warm,

hardworking and funny person who lit up Suaimhneas for over 10 years. Kathleen was one of our founding members and she accompanied us on our club's journey from Coolock to Darndale to Raheny. Kathleen's friends and family have been telling us how much she loved coming to Suaimhneas, but equally, we loved having her in the club. Some of our staff (Fiona and Catherine) were lucky enough to know her for over 20 years, having worked with her in Kilrock House, before they were reunited in Suaimhneas. Kathleen was hugely popular among members and staff, and her passing was a shock to all. Our thoughts are with Kathleen's family and her partner Francis. She was so important to us, and the Suaimhneas community miss her terribly.



With the FAI final done and dusted the domestic season has come to an end after a difficult year for Irish football. As a diehard Shamrock Rovers fan I was so delighted when the side remained unbeaten in their league campaign, and just narrowly missed out on a historic cup and league double by losing to Dundalk by 4-2 after extra time on a cold December Sunday evening.

The league season started on the 26th of January with a nil all draw against Waterford and ended with a two- nil league win against Shelbourne on the 9th of November.

In the FAI cup quarter final after winning their 18th league of Ireland win they beat Finn Harps to progress to the semi final to beat Sligo Rovers two- nil. This set up a show case final were they only lost to Dundalk who are now European royalty after qualifying to the Europa group sages for the second time.

Stephen Bradley the rovers manger quoted "we had enough of chances to win the game and hopefully we can do the double next season" Hear, hear!!

By Ken