

SAOL SCÉAL

NOVEMBER - DECEMBER 2024



hello
winter



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On Friday 6th December, we went to the Christmas Markets in Smithfield. They were all lovely decorated. Plenty of stalls. They had a new addition to the market, in the way of an ice museum, which was very interesting. I got to visit myself and thought it was brilliant! Before we went to the markets, we went to the Generator Hostel for something to eat, the hostel was huge and had plenty to offer. they even had pool tables which kept us entertained for ages. I had tea and pancakes, which was great value and delicious. We then made our way to Smithfield Market, which had an ice rink and a big wheel and lots of stalls. Afterwards, we headed to the city centre for lunch and a bit of shopping. For those who still had the energy on that rainy day, we made our way to the Dublin Castle Market, which was also beautiful decorated. All in all it was a great day despite the oncoming storm, but we were lucky it held off until the evening. I enjoy visiting the markets, you could feel that Christmas was coming. On that note, I hope you enjoy reading our Newsletter. Wishing you a Merry Christmas and a Wonderful New Year!

- Paul K



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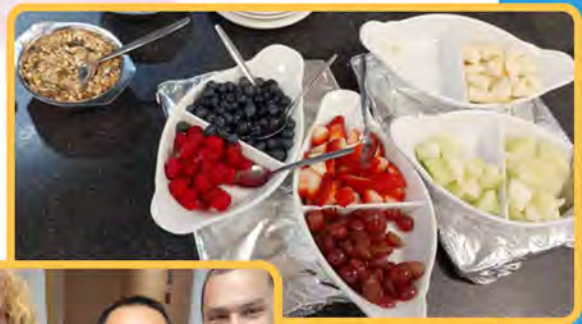
Saol Clubhouse is a dynamic programme of support for individuals embarking on their journey towards mental health recovery. Saol is committed to supporting individuals to live full and productive lives in the community. Members participate in the running of the service and gain support in Employment, Education and Housing.

Unit Updates

Business Updates

The Business Unit had been very busy researching places for Christmas dinner, and after going back and forth between the Gresham and Skylon Hotel, we finally booked the Skylon for the 19th December. Our creative juices are being squeezed out creating posters for all our inhouse activities and social media content. It's great we have Declan coming in on Wednesdays to teach us basic computer skills.

We are sad to see Emma leaving for Tuiscont but we wish her all the best and we hope to see her on Eve Connect events (*interview with Emma on Page 7*). We created a feedback form, for any ideas, feedback to help the Business unit improve in the next year. If you would like to have your say, get in contact with us or find the survey link on our Facebook account.



Henry, Aspek, Johnny



We are enjoying the busy time of year at the moment within our catering and maintenance unit. We organised and prepared for our in house Christmas dinner which took place on the 12th of December which was a huge success. We have planned the menus, arranged, tidied and decorated the space. It's all systems go here at Saol.

Henry (pictured above) established himself as one of our strong servers in the unit. He has worked hard to perfect his coffee making. Our eats and treats have been going well. We made brownies, homemade granola, jam puffs and our breakfast menu is going well.

Lastly, we would like to wish our member Patrick the best of luck in his new job and welcome Martina to the unit we are delighted to be working alongside you.



Christmas Card Making

The business unit have hosted 3 card making events on Monday afternoons leading up to Christmas to make sure all our cherished members and valued friends of the Clubhouse receives a beautiful handmade card. The maintenance unit have made sure the Christmas spirit is alive by decorating our trees beautifully and supplying delicious minced pies for our events and morning breaks.

Catering & Maintenance Updates



Employment was a huge focus for the clubhouse this year. Members have been very proactive and diligent in finding job opportunities, attending Jobs Club and Employment Meetings and Dinners. The clubhouse facilitated a breakfast talk with local employers, we hosted a Job Workshop with Mr Price and invited other clubhouses to join in on this opportunity.



Employment Meeting
Today @ 12pm

Employment



Jobs Club

Thinking of going back to work? We can support you in Cover Letter Writing, CV prep, Mock Interviews and Job Search. Job Club is on every Monday at 2:15

Transitional Employment Program (Richard Molloy)

I began working in Mr. price around Christmas time 2023. My first impressions of the store were how vast it was in size and how friendly and welcoming the staff were. I settled in quickly enough and the job I was assigned was pricing.

Pricing gave me the responsibility of checking the items and making sure that each item was priced correctly on the isle I was assigned to on each day. Eventually I was assigned the task of looking after the mops and brushes section of the cleaning isle. This partook of stacking the shelves with incoming stock and the general upkeep of the isle. This gave me more of a sense of pride regards towards the shop as having my own isle gave me more responsibility.

I enjoyed working on the tasks that were set for me each day and I made friends with the people that worked there as time went by. As of everything, things come and things go, and eventually the time came for me to finish up in the job as the Transitional Employment time came to end.

It was hard to say good bye to the fellow staff there and I miss working there however I hope that I have laid a good foundation for the Clubhouse and those that are future employees on the Transitional Employment program. I feel that I have gained good work experience through the program and I am currently looking for employment. I feel that the experience that I have gained through the employment will benefit me as I move forward and hopefully move onto another employment opportunity.

Hi my name is Serena. I am writing about my new job. I haven't worked in 14 years. I have started doing deliveries for all different places like Chippers and some little cafes. I am really enjoying meeting new people and working in different environments. I don't have to tell anybody knowing about my mental health. My favourite place to work is in Ten10. I just love working! It's really building up my confidence. Having some extra money is brilliant I can treat my grandchildren for Christmas.

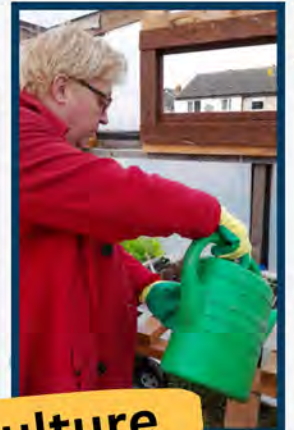
"The other day we started planting Spring flowers like daffodils and zinnias, I can't wait to see them bloom in the Spring. We also planted potato seeds using old tyres and filling them in with soil. The potatoes will be ready next year in August next year. I love going to the allotment on Thursdays for a couple of hours with Aoife from the ETB".

-Henry M

Computer Workshop

Brush up or learn new basic computer skills with Declan in the Business Room every Wednesday at 2pm.

Geraldine in action



Horticulture



What's KEEPING

us busy

"I had a good time doing the garden work and looking forward to doing more. It's going to be nice to grow some flowers and veg and watch them grow in the summer time"

- Geraldine T

Feet on the Street



On 26th November, Richard, Christine, myself (Freddie) and Edel H., who was the supervisor and driver of the people carrier, set off at 10:30 to be at Summerhill at 11 o'clock. As I can recall, the traffic was really bad that day. We got to the health centre at 11:05 and low and behold Dominick was waiting for us at the clinic. We had to wait for a while for the centre manager to come out and call us in when she was ready. Unfortunately, all her clients were out but the manager was very attentive and listened to us promoting the clubhouse, afterwards she gave us tea, coffee and biscuits. This was our most recent visit but we have been doing many presentations in the community and try to schedule two a month which keeps us busy. It's great letting everyone know about our service and hopefully help others who might be in need of support.

Cafe Club

What is Cafe Club?

Cafe Club was set up in September 2023 to host social events, gathering Clubhouse members, friends from Eve Centres and local partnerships and more recently, has opened to members of the public. Saol's café club has kept us super busy over the year with lots of work in preparing, planning and organising sessions. We recently held a swap shop in November. Louise spoke about the swap shop calling it "sustainability in action". Sometimes we are prone to overspending, it's great to see our unwanted clothes go to a new home. Since the swap shop I am encouraged to shop in second hand shops. I never really knew what sustainability was before the swap shop. The atmosphere was lovely, very joyful and grateful. Everyone went home with a happy face, delighted with their bags of joy. It was retail therapy without spending. At the swap shop I got valuable designer treasures I am all set for Christmas now. I have my look accomplished I got everything I needed".

Swap Shop

Café Club hosted a Swap Shop on the 28th November where people brought in unwanted gifts or preloved items to share with others. This event encouraged circulating items that we already own to share the community instead of buying new ones, to reduce unnecessary consumption and to repurpose things we would otherwise throw in the bin. We had a great turnout from members, other Eve centres and local partnerships. The Swap Shop was a great success and we hope to host this event again in the Summer. Keep an eye out on our social media for dates.





CHRISTMAS PUDDING RECIPE

Method

- Put the dried fruit and glacé cherries in a bowl, then pour in the brown ale. Stir, then cover and leave to steep overnight.
- The next day, peel and mash the banana with a fork until smooth, then mix into the bowl of fruit with the orange zest and juice. Add the remaining pudding ingredients and stir with a wooden spoon.
- Grease the pudding basin with butter. Lay out a sheet of baking paper with a sheet of foil the same size on top. Fold both in half, then take the top half and fold all but around 3cm of it back to leave a small pleat. Pour the pudding mixture into the basin, smooth the top, then cover with the paper, ensuring the foil is on the outside and the pleat runs down the centre (the pleat will let it expand if it needs to). Shape the foil tightly round the edge of the bowl, then secure it in place with a loop of butcher's string. Tie another loop of string to either side of the basin to create a handle, then trim off any excess paper with scissors. To steam the pudding, use a large lidded saucepan with an upturned saucer in the bottom to create a trivet. Put the pudding on top of the saucer, then carefully fill the pan with just-boiled water from the kettle to halfway up the basin. Cover the pan, put over a low-medium heat and steam for 4 hours, topping up the water every hour or so. Once steamed, remove the foil and paper, let the pudding dry off and cool, then cover in new foil and paper and store in a cool dark place until Christmas.
- To reheat, steam the pudding as before for another 2 hours.
- Meanwhile, to make the brandy butter, beat the icing sugar bit by bit into the softened butter, followed by the brandy a spoonful at a time. Don't add the brandy too quickly or it might split the mixture.
- To serve, turn the lights down low and briefly warm a little brandy in a pan. Ladle it over the pudding and set alight.

Ingredients

- | | |
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| • 150g raisins, | • 170g plain flour, |
| • 150g sultanas, | • 85g soft brown sugar, |
| • 100g currants, | • ½ tsp cinnamon, |
| • 60g dried apricots, roughly chopped, | • ½ tsp ground nutmeg, |
| • 110g soft prunes, pitted and halved, | • ½ tsp allspice, |
| • 60g glacé cherries | • ¼ tsp ground cloves, |
| • 140ml brown ale, | • 1 tsp mixed spice, |
| • 1 banana (ideally brown), | • 85g brioche, whizzed into breadcrumbs, |
| • 1 orange, Grated zest and juice | • 110g beef suet. |
| | • 2 medium free-range eggs |



Interview with Emma Daly by Ryan O'Sullivan

- Where are you going?

I am moving to Tuiscint, which is a hub service in Bru Chaoimhin in cork street. I've worked there before, for about a year and I really enjoyed it. It will be nice to be in town again.

- What was your first impressions of the clubhouse when you first started?

I was surprised at how big the space was, it was such a building size. It also struck us how kind and how helpful everybody was.

- What was your favourite part of Saol?

The members were my favourite part, working with them and getting to know them.

- What was your favourite meal from the catering unit?

Probably the vegetable curry

- Did you have a favourite Social? Going to Kilmainham Gaol, by far one of the best fun I had. It was really interesting and everyone had a great time

- Do you have a funny memory or story from your time here?

Myles says I had a fight with a bin one time.

- What will you miss most?

The members. Everyone is so supportive to one another and I will miss that.

- Do you have anything you think you learned from the clubhouse?

I was unaware that a service like this existed. So learning about the clubhouse model and seeing how it works has been eye opening

- Anything you'd like to say before you go?

I would like to say a very big thank you to everyone for all of your kindness and support shown to me throughout my time here in Saol. I will miss you all very much.

What do you call people who are afraid of Santa Claus?
Claustrophobic!

Why doesn't Santa go to the hospital?
He has private elf care!

What happened to the thief who stole an Advent calendar?
He got 25 days!



What do you get if you cross Santa with a duck?
A Christmas Quacker!

What do you get when Santa becomes a detective?
Santa Clues!

What did Luke Skywalker say after he planted a Christmas tree farm?
"May the forest be with you!"

Who is a Christmas tree's favorite singer?
Spruce Springsteen!



Eve Connect Christmas Carols

Saol Clubhouse travelled to Eve Cherryfield to take part in the annual Christmas Caroling. Each center got to sing one song. We sang 'Grandma Got Run Over By A Reindeer'. We practiced the song a couple times in the Clubhouse and played it on repeat to make sure we knew the words. The event was a huge success with all clubhouses doing a great job and a lot of fun was had. It was great for all the clubhouses to have the opportunity to meet up and mingle and after the caroling there was plenty of food which was enjoyed by all. Our member Freddie took some amazing photos and some members also got to play pool. Overall a very successful day enjoyed by all. It was a fun way to get the festive season started!



In House Christmas Lunch

Saol Clubhouse Christmas lunch is an event everyone looks forward to each year. This year, we had such a treat with a 3 course meal by Edel W. Yum! We don't know how we fit all that food in our stomach but everyone left with big smiles and a happy tummy. Big thanks to Edel and Anita, and the catering crew for organising and cooking. We are looking forward to our dinner at the Skylon Hotel on the 19th and see everyone dressed up and not have to do a work ordered day. No clean up tasks for the day!





Life in Recovery by Izabella McKeown



It's been 8 years since my last hospitalisation. Since then a lot has happened. I've sorted out my family affairs. I've done various courses like Fetac 5 in Applied social studies, Wrap workshops and Paranoia workshop in Castlebar, Mental health in the Community in UCC online course in 2021. Certificate in Peer Support and worked in Mental Health in DCU in 2018. I also have a masters in Library Science in UCD and a postgraduate diploma in Educational Studies which I completed in 2009 in Trinity college. I had various jobs, like library assistant, learning support teacher, and project worker in Novas. At the moment I work in the Department of Justice as a Clerical officer.

I found Saol Clubhouse and the employment specialist in the Health Centre where I attend for the regular check up with my Psychiatrist very helpful. I had a CV which I sent to her and she fixed it up. She also helped me to write a cover letter and an introduction for my interview in the civil service. There were some desperate times in my life when just about everything went wrong: I failed a FAS course, I was in Hospital, living in a dirty bedsit, court cases about family affairs, unemployment, drinking alcohol, in solo bereavement. But, at some point, everything worked out. The thing is never to give up. If we work for it, things do get better. It may take some time. Change takes time. I made some wonderful friends along the way. I happy I attended Saol Clubhouse. I got a lot of hope and help here.



Get in contact

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Become a Member

Call or Email to book a visit with us from 10:00am Monday to Friday

Opening Hours

Monday - Thursday:
8.30am - 4.00pm
Friday: 8.30am - 3.00pm
Social Activities
4:00pm - 6:00pm