



SAOL Sceal



Photos by: Frederick Griffith



JANUARY – FEBRUARY 2025



There's always something exciting and nerve-wracking about starting a new year. Whether you're looking for new adventures or challenging yourself to a new course or job, it's great to know there's people and supports available when needed. Here at Saol, we are delighted to see familiar and new faces come in through our doors everyday. We love getting to share our Café Club events with our friends and local communities, and see our membership grow. We hope this newsletter reaches old and new readers so that we can showcase our talents and activities in the clubhouse within the Eve and Clubhouse spaces as well as the wider communities. Many of the photos featured in this newsletter are taken by our talented photographer, Freddie G. We have also enjoyed many delicious tray bakes baked by Sharon and new member Michael. Here's to many more opportunities to see our members shine! We hope you enjoy reading or flicking through our newsletter!

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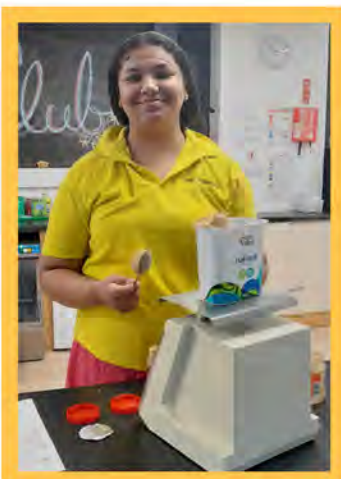
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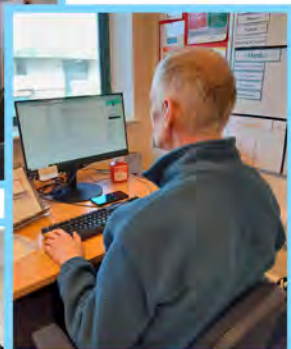
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I helped make two different bakewell this month. The first one was chocolate with coconut and various nuts. The second bakewell was chocolate, dates and peanut butter flavoured. I worked together with Anita and Michael to create these. We had good banter while baking. What made me satisfied with my contribution is that both bake-wells were greatly liked by the members and staff at the clubhouse. This boosted my confidence and made me realise I forgot how enjoyable cooking/baking can be for me. We are trying out unique flavours for the bake-wells.

-Sharon

Unit Updates



Business Updates



Since the new year, the business unit have been refreshing timetables for our activities within the clubhouse, doing tours and presentations for potential members. So far we've welcomed one new member and are expecting a few more to join in the coming weeks. Since we've been getting more tours and presentation requests, we are working on strengthening our Tour Guides, Orientation and Buddies, as well as improving our Presentations.

We have been organizing our socials and employment dinners, which we all take part in deciding during the House Meetings on Thursdays at 2pm. Our next employment dinner will be at Shouk, Drumcondra. The business unit also advertise these events on our social media as well as our noticeboards with posters we create using Canva. Husna attended a 3-day Canva course in Eve Tuiscint so she can learn more tips and tricks. We will then be able to carry out tutorials in the unit for anyone interested in learning how to use Canva.

The business unit have been brainstorming ideas on how to improve our Social Media presence. We have some exciting ideas but it's yet to come into fruition depending on a particular Wishlist item being approved. Fingers crossed!

We are looking forward to all the fun experiences (and all the work) that is yet to come this year.

Currently we are thinking about St. Patrick's Day in the unit and what we can do to make it special. Ideas so far are a green smoothie and something traditional for dinner. We will be hosting a fry-up on Saturday the 15th of March at the clubhouse. We are looking forward to celebrating our Irish-ness and test how well we know Ireland with a good old quiz.

Our work ordered day is busy with meetings, planning socials, making soups, different tray-bakes, tutorials, outreach, as well as serving and keeping the clubhouse clean and tidy. We will be doing a Spring Clean on the 21st of March, making sure the clubhouse is in good shape.

We welcomed a new member Michael, to our Catering unit, a trained chef. We are excited to learn some tips and tricks from him. He has already shown us loads. Michael brought in lots of tray bake recipes and we can't wait to try them.



Catering & Maintenance Updates

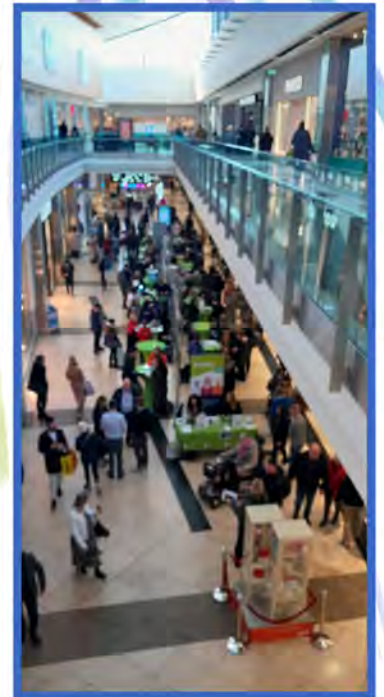


CE Scheme Experience

My name is Christine and I am a member of Saol Clubhouse. I also work 7 hours a week as a peer support worker in the Star Project Ballymun, where I help to run a group called Seeking Safety. Seeking Safety is a program designed to support women with dual diagnosis, this means they may have some mental health difficulties or trauma/PTSD as well as substance abuse issues. It began in America in 1992 and came to Ireland in 2022 where 7 projects were given the opportunity to roll it out. I was fortunate to get the job as a peer support worker in my service in Star Ballymun. We meet as a group every two weeks and cover different topics such as Asking for Help, Compassion, Taking Good Care of Yourself, Honesty, Commitment, Healing from Anger and much more. The women have taken really well to the group and we all get a lot out of it. It feels really good to be a part of it. When I'm not working I attend the Saol Clubhouse where I help out in the business unit. I really enjoy attending Saol.

Saol Clubhouse have linked in with Castleview Hub who were hosting Workability to support members with Employment. One member from Saol Clubhouse attended and continues to attend workshops and preparation for interviews. We will be hosting a 3-day STEPS Workshop in the clubhouse in March and have linked in with Conai Clubhouse and Castleview Hub as a follow-up from the Workability programme and help to support our members to better prepare themselves for future work as well as work on their self-confidence in general.

Jobs Fair @ the Pavilions in Swords



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



Employment



Employment Dinner & Restaurant Review

★★☆☆☆ (the Bohemian) - 22nd January 2025

A group of us met up at Doyle's Corner at 5pm. Unfortunately they weren't serving food so we decided to go to Gough's across the road or as some of us call it, the Bohemian. We went upstairs to the restaurant and placed our orders, I (Freddie G.) chose fish and chips. There weren't other customers in the restaurant but ourselves. We waited and waited until our stomachs began to rumble. I'm sure if we waited any longer we would've turned into skeletons. When our food arrived, I wish it came with a hammer and chisel as the fish and the batter was so hard. The company was nice but the service was very poor. More importantly, we caught up with Christine and David who have been in work during the week. We have been getting great attendance at the weekly Employment Meeting where we discuss the current job affairs regarding employers we've contacted, research companies to be contacted and all things employment.

If anyone out there has an employment opportunity for us, feel free to get in contact with us (see back of newsletter for contact details).

Computers with ETB

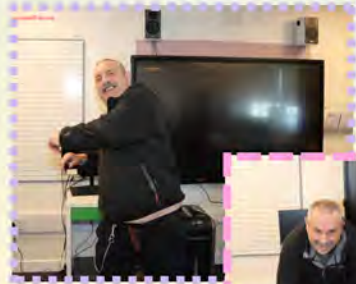
There is Computers with Declan from ETB every Wednesday afternoon in the Business Unit at Saol Clubhouse from 2.00p.m. He focuses on computer basics using Microsoft Word and also touches upon E-mails, Internet Skills and Social Media. He is a very helpful tutor. I myself attend this computer class and find that it improves my confidence. Many other members of the Clubhouse attend as well.

By Frances Hession

Computer Workshop

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

Saol started a thing called the "Healthy Stretch" some time ago. It curtails of Freddie G playing out of his vast collection of his music library. While the music is playing at 12pm, people who are encouraged to take a break and do some healthy stretches and gentle exercise for the duration of the song.



What's **KEEPING** **us** busy

The Fureys Brothers

One of the members loves the Fureys and suggested a concert to us as a social activity for the Christmas holidays. It turned out that many of us wanted to see them too. We met at Helix Centre on 27th December. The concert started at 8:30 pm and finish at 10:30pm. I had a good time enjoying the songs and singing the chorus with a full arena.

My name is Kevin Warren, I thank you all for having a good time.



A Trip to the Botanic Gardens

We finished the year with a walk, some fresh air and a coffee in the Botanic Gardens in Glasnevin. For some, it was their first time visiting the greenhouses which kept us warm during that cold day. Unfortunately, we haven't been out for our healthy walks in the new year due to the freezing cold weather and icy conditions. We continue to play funky music during our everyday healthy stretches at 12pm, which we all enjoy and help keep us awake during the mid-afternoon slump. Fred has been diligent with bringing his speakers and always have a tune or two ready once the clock strikes 12. We hope to get back to our walks soon now that the mornings are getting brighter again. We might take a challenge this year, any ideas?



Cafe Club



Games Night

Our clubhouse loves a bit of healthy competition, be it from a quiz, a game (or many) of pool or some board games. One of our café club activities in January was a board games night. Everyone had a great time playing Jenga, 30 seconds, and Pictionary.

Upcoming Café Club Events:

- March 11th - MABS / Money Advice & Budgeting Services (2-4pm)
 - March 27th - Food & Nutrition with the Partnership (4-6pm)
 - April 8th - Easter Card Making (2-4pm)
 - April 24th - Library Supports Service Talk (4-6pm)
- All are welcome to attend. Please RSVP beforehand.

For Valentines this year we made a delicious Chicken Caesar Salad with a White Chocolate and Raspberry Cheesecake for dessert. Jan and Myles put together a quiz and our resident DJ and photographer Freddie G created a love tunes playlist, it was a great accompaniment to the afternoon. Then there was a section of the quiz "people we love" guess the person by looking at a photo from their youth. It was great fun. The Business Unit as always made sure to send cards out as part of Outreach. On V-Day, we had high tea in the Skylon Hotel. Everyone loved the cakes and sandwiches, and there were plenty of food to share.

FEBRUARY 14TH



Valentine's Day



Sage Advocacy



Food Waste Talk by Stefan from the Dublin Northwest Partnership

We've had several informative talks from Sage Advocacy and Food Waste by the DNW Partnership. Sage Advocacy is the national advocacy service for older people, and they were great at answering questions from the members. We learned about the types of supports they provide, especially in independent advocacy and safeguarding in many different settings. You can learn more about their service by visiting their website at <https://sageadvocacy.ie/about/>.

Stefan was our guest speaker for Food Waste, and he also sprinkled some nutritional facts throughout to help us be mindful of the things we eat. We received plates with portion size guidelines and cards with the Traffic Light food labelling system that uses red, amber, and green colours on food packaging to indicate the nutritional quality of products.

Humans of Saol

New Member - Michael C.

My name is Michael. I just had my induction in mid-February and I really enjoyed it. Although I have only started coming to the Clubhouse, I have found it to be a very positive experience. Before I started in the Clubhouse, I attended a Café club Games Night. We played different types of games and sampled some tasty tray bakes. If I was to list out all the positive aspects of the clubhouse, it would take me a long time to do so. One of my favourite part of it is the team spirit and working together as part of a team. I quite like that. For anyone thinking about joining the clubhouse, best wishes to you all. I hope that it is a time for new beginnings and that things work out for you, in your own time and in your own way.

Interview with Michael C.

Freddie: Where are you from?

Michael: Donegal

Freddie: What education did you receive?

Michael: Catering third level cert

Freddie: How do you like Saol Clubhouse so far?

Michael: I love Saol and enjoys been part of a group and I'm looking forward to learning new skills.

Freddie: Where did you hear about Saol?

Michael: Through a presentation by the clubhouse in Centric Clinic Navan Rd.

Freddie: Where do you see yourself in five years' time?

Michael: Hopefully continuing working in catering

Did you hear about the two
radios who got married?
The reception was amazing

What did one tomato say to
the other on Valentines Day?
Love you from my head
tomatoes.

Why shouldn't you fall in love
with a pastry chef?

He'll dessert
you.

Who always has a date on
Valentine's Day?

A calendar.

What do Italians say to each
other on Valentine's Day?

You've got a pizza
my heart

What did the magnet say to
the fridge?

I find you so attractive

Isabella's Wellness Toolbox

This February will be the 9th year since my last psychiatric hospitalisation. I was in pieces both physically and emotionally with my marriage broken down, unemployed with insecure renting arrangements. I was sick and had no friends, family or connections.

I found attending Saol Clubhouse gave structure to my day. It enabled me to socialise and build connections. I was fairly active in the Clubhouse work ordered day and also took on Tai Chi, aqua aerobics, gardening in allotments, helped to prepare food and clean up. We went on walks to the Botanic Gardens and I attended social activities regularly.

I also finished the WRAP Programme and I thought the experience was very helpful in teaching me to come up with many "tools" for my wellness toolbox. A wellness toolbox is a list of things that could help or has helped make you feel better when you are not feeling well. Some examples of mine would be keeping hobbies. I like gardening and caring for my indoor plants. You can learn a lot from plants; they have a lot of resilience. Caring for plants can help them grow and thrive, but sometimes they can still die without any reason and you have to learn to accept it. Plants can also be revived with some more TLC. I enjoy walking and getting fresh air, also catching up with friends. Getting to exercise every day and socialise every now and again is great. I also try to stay in routine, eating well and getting a good night sleep to keep me well. Other things I do regularly but not every day is to attend my medical appointments, changing my bedlinen, keeping my apartment tidy and paying my bills. It's important to keep your surroundings clean, keep a routine, stay active to keep well.

Nowadays I try to keep up the above. Besides doing stuff, it's also important to have days off to recover and not overdo it. I love enjoying a duvet day on my days off and reflect. Even God himself rested on the 7th day of creation. I used to ring The Samaritans often at night or on weekends when I felt down, but these days I recall the prayer of St Francis, the one that goes, "Lord, grant that I may seek rather to comfort than to be comforted...". I love to yap, and sometimes I record myself talking and listen to it, and look at myself from a different perspective. I realise it's okay to be fearful, or jealous, or have self-pity. We don't have to be winners every day. I often remind myself that it's okay not to feel okay. We need to be aware of ourselves more. To be gentle and kind with ourselves. Even the darkest night will end and the sun will rise again. I hope I can inspire someone else to be brave and face their fear.



Dublin Northwest Partnership Social Inclusion Seminar

We had a great day at the Social Inclusion Seminar on the 7th of February, organised by the Dublin Northwest Partnership. It was an amazing opportunity to meet different community groups, see the activities in the local areas and hear about their stories and how the partnership have helped these groups throughout the years. We also had the opportunity to promote Saol Clubhouse. We were delighted to hear from all the inspiring speakers, especially keynote speaker, Katriona O'Sullivan and her empowering story of hardship. We have received so much support from the partnership throughout the years; through their free workshops and classes, guest speakers, and grants which have enabled us to procure employment packs which included leaflets and booklets, a newspaper ad and a video advertisement for our Transitional Employment (T.E) Programme. We are grateful to have the DNWP as part of our Saol Clubhouse community and we are very thankful for the opportunities they have shared with us.



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

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