



SUAIMHNEAS

VOICE

**CHRISTMAS
EDITION**

Employment

Education



**Health, Wellbeing
Social Events & More!**



See Inside!



Suaimhneas
CLUBHOUSE

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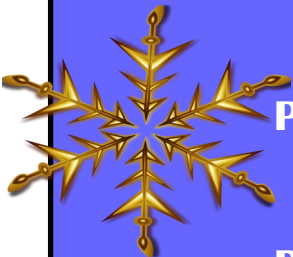


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Happy holidays from Claire and Ciaran and welcome to this Christmas edition of the voice so read on and remember be merry!!!

Career & Administration Update By (Ciaran Page)



We've been ticking along nicely getting tasks done and are really enjoying our new pod cast sessions every week. We are busy most days with our usual admin tasks and could do with more hands so don't be shy!



Catering & Maintenance Updatedate (By Kieron Smith)

The catering unit is great place to work!

We learn a lot of new skills.

In this unit, you learn how to make a nice cuppa and to manage various tasks. Multi-tasking is important. We do everything from cleaning tables, serving food, preparing lunches, managing recycling and cleaning. All while having a chat!

Allotments update

After an unsuccessful attempt to grow pumpkins (we planted seeds too late) ,it was time to shut up shop for winter so we covered beds with tarpaulin until springtime arrives so we can harvest again, we all can't wait!!!

previous



Feedback and comments from social media and emails on the last edition of the Suaimhneas voice!

"The best quarterly out there"
Rolling stone magazine

"The voice is too hot to handle"
Playboy magazine



EDUCATION NEWS

WHAT'S NEW!



Northside Partnership

+353 1 848 5630 Coolock
+353 1 832



About us:

The Northside Partnership is a local company working with local people, representatives from communities, the state, employers, trade unions and elected representatives.

We work to improve the opportunities for people and communities in north east Dublin to bring about positive changes in their own lives and in their community.

We offer a range of programmes and services to support individuals, local organisations, groups and communities in the areas where we work. To see the areas that we prioritise in Dublin 3, 5, 13 and 17, [please click here](#).

We support all people and groups in our community including people looking for work, students, people starting their own business, children and families, young people, older people, parents and guardians, and childcare providers.

Our work is funded by the Irish Government, charitable organisations and private sources.

Contact:

info@northsidepartnership.ie

Joining our Literacy Service is based on the student's needs and you can meet in confidence, with our organiser, to discuss your needs and goals.

There is a special welcome for unemployed people who need to build up their basic skills to prepare them for further education/ training towards employment.

This is a free and confidential service. Contact (01) 8671845



CDCFE offers more than 70 Post Leaving Certificate Courses across 13 faculty departments, ranging from Animation to Art Portfolio, Barbering to Business, Psychology to Science, Engineering to Outdoor Education etc. We offer courses at QQI Levels 4, 5 & 6, Traineeships, Apprenticeship, Entrepreneurship and Level Eight BA Hons Degrees in Animation, and Film Production. Prospective students do not need to register for this event, just come on the day. Applicants do not need CAO points to study with us, just a willingness to learn. Our disability support and guidance counselling services will be on hand to answer any questions about learner supports and funding. You will also be able to find out about our Erasmus+ foreign placement opportunities. Coláiste Dhúlaigh CFE offers excellent progression routes to university. Many of our courses are one-year long and lead directly to a college place through CAO. Beat exam stress with continuous assessment and let our tutors share their academic and industry experience with you.

CDCFE has three campuses, Coolock, Raheny and Kilbarrack, all with excellent transport links. Our Shackleton Outdoor Education course do their water-based activities in Broadmeadows, Malahide Estuary.



EDUCATION NEWS

WHAT'S NEW!



In-house courses:

Healthy food made easy: (with Maria)

Maria has been dispensing really helpful recipe's and diet ideas in the course so far we've made bruschetta brown bread and omelette with salad, great stuff.

Art course : (with Olivia)

A big thanks to Olivia for her awesome and fun art class everybody is enjoying getting creative!!!

Stress management: (with Patricia)

Well done to Patricia for expert techniques in mindfulness and relaxation we all learnt a little bit on how to chill!

Yoga: (with Siobhain)

THANKS SIOBHAIN FOR A RELAXING AND ENGAGING YOGA CLASS, WE LOOK FORWARD TO MORE!



Smartphone course: (with Ger OSullivan)

Smart phone was great as we learnt a lot old new phones and smart phones, we learnt a lot about phones. The teacher was great and helpful and she thought us a lot about smartphones like how to the apps work and how to use whats app etc., thanks Ger!



Career dinner



A successful career dinner at the river café was enjoyed by all with everyone agreeing the café was nice and friendly. Here's an update from our members.

Mick Dyer: not working at the moment but would be interested in a T.E. Chess course going well, yoga enjoying it.

Eddie: T.E. job is going well. Finishing up at the end of January. Start looking at this after XMAS. Eddie will have someone in so if anyone is interested in the job let us know. Not doing my courses for now but looking forward to the gym starting up again.

ritchie: back to college full time in Nov for 8 months. Doing "Healthy Food Made Easy" every Thursday. Don't be a stranger when you go back to college we are still here for you.

Roy: Maths class in Colaiste Dhulaigh. Still working 2 days a week, Thursday & Friday, and doing well in it.

Work Update by Thomas Crosby:



Since my last article, I have settled in well in my new Job and have had my contract extended until the New Year. I am learning a great amount, and with a new member of the Team starting I am currently passing on what I have learned.

My Job is to work with members of the Team, and see a resolution to a number of IT issues. The Team is very supportive and we all work together to help everyone in the Gallery.

It took me a period of time to settle in after a period away from work, and if I can get back to work so can you.



If you are looking for a job.... Don't forget to check IrishJobs.ie and indeed.ie as well as your local papers, such as the **Northside News**.



Staff are always on hand to help and offer support with getting a job... whether it's a transitional position, a supported role or an independent job!

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

YOUR WELLNESS MATTERS!



The Affirmation wall

How many roads must a man walk down, the answer is blowing in the wind!

Its ok not to be okay.

Be proud of yourself for how far you've come and never stop pushing to be the best you can be.

An eye for an eye makes the world blind.!

Yesterday is gone today is a present and tomorrow has not come, so stay in the moment for that is why its called the present.

*Self Love is not selfish. Its Important!
every day is a day you have never seen before !*

*Nothing is impossible ,the word itself says ,I am Possible.
No one can make you feel inferior without your consent.*





Welcome to bot or not!

**Round
2**

In this months edition of bot or not we pit your wits against the AI Overlord Dall E an infamous image generator, good luck!

Congratulations to those who answered round 1 correctly you'll survive the oncoming AI apocalypse but those who got it wrong your future looks grim but this is your chance of redemption .

In round 2 try to answer correctly which is AI and human generated, don't let the AI fool you and good luck your future depends upon it!!! (Answer Overleaf)



a



b



VS

c



d

VS



Gig review

Band : [The Warning](#)

By : Ciaran page

Venue : The Academy



Newcomers the Warning three sisters from Mexico have quite a name for themselves with slick song writing skills and big vocals, so me and my bro turned up early at 7 pm and caught the support band emily7 at which point Gary turned and said to me “what the hell does Emily7 mean?”, simple I said seven Emilys! We both had a chuckle at that one but the Dublin band were young and energetic bouncing around the stage for 2 hours almost made me tired just looking at them.

At about 9pm the main act arrived on stage and immediately the girls showed the boys how to do it with their trademark catchy tunes and stage presence, the song “more” kicked off proceedings the crowd singing every word AND in no time flew through their song catalogue with highlights like “sick” and “evolve”.A great gig by the girls and with their stars in ascension I suspect next time arrive on these shore they’ll be filling stadiums and not nightclubs.New album “keep me fed” is out now, highly recommended have a listen, and keep an ear out for the Warning !



Poetry Corner

Avondale Tree Top Walk

By Megan Mc Nicholas



We set off in our people carrier, started off a dull day,
The sun eventually came out and what a beautiful day.
Arrived on time, sun cream on, off we went and away we skipped,
Coffee and cakes so much to be picked.

We began our walk up in the forest, 38 m up high,
Catherine was afraid to look down,
We went up a little more and we had
a beautiful view of Wicklow town.

Eventually we reached our main attraction,
in our view, a big tower,
We all sucked up the fear,
together we found the power!

Up and up and up to the top ,
three counties we could see.
With the fresh air in our lungs,
we had a sense of being free.

Myself, Gina Richie and Dermot were brave
We went down the slide,
Wizzed down within about 12 seconds
But it was worth the short ride!

Happy as larry we went to get some food,
Everyone was hungry and in a great mood.
Sausage's, goujon's and chips - our bellies were full,
The day ended up being scorching and not cloudy cold or dull

We then headed back to the cars, tired but filled with happiness,
everyone had a brilliant time,
All falling asleep on the way home,
that must've been a great sign!!

Social Calendar

A SHORT REVIEW OF SOME
SOCIALS.



We close this year with our Wonderful Socials for November/December 2024:

28 November: In-house Christmas style dinner

04 December: Movie Night in Odeon, Coolock on Wednesday - Film: 'Wicked'. Burger king afterwards.

5th December: Christmas Dinner in Blackbanks, Kilbarrack.

Blackbanks Christmas DINNER!!! (Alan Quinn)

The meal itself was okay ,but! Only 1 staff serving for 27 people and that made the meals cold. And some were disappointed that xmas dinner was not available.

Stress Managment with Patricia (Ciaran page)

In December 2024, Patricia has provided an wonderful in-house course in stress management which has proven very popular with members. We are hoping to continue this course again next year as this session draws to a close for 2024.

Movie night (Wicked) (Martin Maloney)

The film wicked was very good, it was about witches and it went on for 2 and a half hours, we had food to eat like popcorn and drinks, it was something like wizard of OZ. Bring on the sequel!

Useful Information



Suaimhneas Clubhouse
2nd Floor River House
Raheny Shopping Centre
Howth Road
Raheny
Dublin 5



Contact Us

T: 01 921 2620
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M: 087 406 5049



https://www.instagram.com/suaimhneas_raheny/



www.facebook.com/suaimhneasclubhouse



@suaimhneasclub

<https://suaimhneasclubhouse.wordpress.com/>



Suaimhneas Clubhouse

Travel by bus?

- H1 Baldoyle – Raheny - Lower Abbey Street
- H2 Malahide – Raheny – Lower Abbey Street
- H3 Howth – Raheny – Lower Abbey Street
- 17A Tonlegee Road – Killbarack Fire Station, then take the H1 to Raheny



Travelling by Car?

A car park available to the rear of the building. Please note your car is parked at your own risk.



We are located just **5 minutes** from Raheny train station!

Our opening hours

Monday-Thursday
8.30am-4.00pm
Friday 3pm



Each Pod has a strict appointment time due to Covid-19!

There are regular DARTS running from morning to evening to and from Raheny train station. You can view timetables at: www.irishrail.ie



We are always very thankful and appreciate all the articles, hard work, writing and typing from all our members and staff in both our units.

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 fortnightly. We will be looking for articles for our next edition coming soon so if you have anything you'd like to submit speak to a member of The Suaimhneas Voice Team or email them to:

csuaimhneas@gmail.com
Suaimhneasclubhouse.eve@hse.ie