

# HOT WHEELS

## Crumlin

Summer 2010 Issue n. 6

### The Editor's Letter

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### It's Summer time yippee!

Sunshine and ice-cream Yummy! Who doesn't love that?

Now summer is here it's time to go places, but I can hear you saying "Where?".

We'll check out the summer holidays feature on page 3 for good ideas.

Have you ever wondered how to have a healthy lifestyle? We'll check out page 2 for healthy tips.

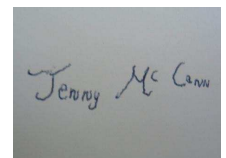
To find out what it's like for someone's dream to come true read page 1.



Never give up on your dreams, believe and your dreams will come true.

For more great reads check out pages 4 and 5.

Hope you enjoy reading this, have a great summer and don't forget your sun cream ; )



### My Dream Came true

By Marian Cullen

My dream came true the day I went to see Liverpool playing. It was so the best experience that I've ever had. Going to Liverpool was one of my PCP goals and with the help of my key-worker Barbara and the Community Development Coordinator Christy Keeley, I finally achieved it. Marie and Trish picked me up and together we got the boat to Liverpool, we stayed in a Hostel and we did a little bit of shopping before heading to the match at 3pm. To see my favourite team playing in front of my eyes was great, the crowd and the singing was brilliant, I had an amazing time.

I would like to thank everyone that made my dream possible!



Action on Disability

Here I am on the right with Trish Wheelan and Marie Winters

## Enable Ireland

This publication was devised, written and edited by the service users, Crumlin, Dublin 12



By Laura Dempsey

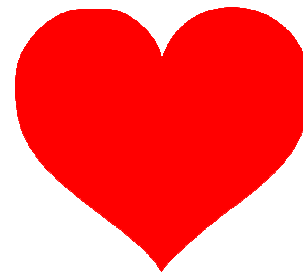
Hi everybody! This is my Healthy living page. I hope you'll enjoy it!

It is very important to have a healthy lifestyle so I am going to give you some ideas on how to do this.

I'm sure you heard a lot about healthy living but what does that really mean?



# Healthy Living



In general a healthy person doesn't smoke, is at a healthy weight, eats healthy and exercises. Sound simple doesn't it?

The trick to healthy living is making small changes...taking more steps, having an extra glass of water...there are a few ways you can start living healthy without drastic changes.

## **.Eat Healthy.**

Eating a healthy diet is part of the healthy lifestyle.

Try and eat more fruits, even adding them to your cereals in the morning, sneak in some veggies, like a tomato in a sandwich, have a corn on the cob at a BBQ and try not to eat too many take aways!

Don't forget to drink plenty of water and if you have a cold, like I do at this very moment : ) remember to take all your vitamin C. You can find it in oranges but also in broccoli, cauliflower and strawberries!

## **.Exercise.**

Just adding a bit of movement to your life you can:

- reduce the risk of heart disease, stroke and diabetes
- Improve joint stability
- Increase and improve range of movement
- Help maintain flexibility
- Improve your mood and self esteem
- Improve your memory and reduce stress

So turn off the TV and go for a walk or do some cleaning, just add more activity in your life and you'll see the results.



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# The Holiday Feature

## Summer Holidays

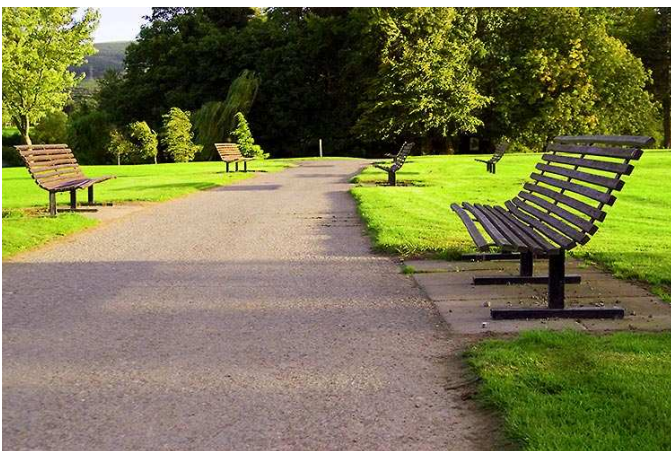
By Andrew Fagan

I always spend my summer holidays at a respite centre in Donnybrook called the Royal Hospital. I like to go there to have a break from the normal routine. We go on many great trips, I really enjoy it. We also do some pottery every Friday, Monday and Sunday. There is always something to do in the centre and the people are very nice. There are many shops and cafes in the area and there is actually a café in the centre itself. I spend two weeks there every summer, I know most of the people from over the years and I always have a great time.

For more information please check: [www.rhd.ie](http://www.rhd.ie)

## A walk in the Park

By Avril Jordan



Marlay Park is a big park and it has lovely walks, a few lakes and a lot of seats if you get tired going around. One of the lakes has ducks and swans and you can throw bread to them. I went there last Saturday with my P.A. for my social hours and I enjoyed so much I went back on Sunday with my mum. We saw newborn ducklings, they were very cute, one of them looked like it had drowned though surprisingly it came back up after a few minutes...

## C.A.S.A.

By James Coughlan

C.A.S.A. stands for Caring and Sharing Association and I am part of it. It's a voluntary organization that provides social activities for people with different disabilities, anything from a nice dinner in a Hotel or Sports Events. Last Saturday I saw Bernard Dunne, Packie Bonner and Jason Sherlock at the C.A.S.A. Celebrity Soccer Classic in Tallaght Stadium. They were very friendly and it was great to meet them. C.A.S.A. also have two Respite Houses in Malahide and Swords, it's nice to go there and have a break, spend time with friends.

[www.casa.ie](http://www.casa.ie)



## Holiday in Co. Wicklow

By Donna Quinn



Every year I spend some time in Ardeen Cheshire Home in Shillelagh, a tranquil village in County Wicklow. I like it there because I get to go shopping, to the pictures or to the seaside but I also get to do my own thing which sometimes it's just taking a break from everything and relax.

For more information on their Respite Service please check: [www.ardeencheshirehome.com](http://www.ardeencheshirehome.com)

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# A Festival of Football

By A.J. Walsh

The 2010 FIFA World Cup will be the 19<sup>th</sup> World Cup international football tournament to date. It will take place between the 11<sup>th</sup> of June until the final game on the 11<sup>th</sup> of July in South Africa. Since August 2007, 204 teams have played to try and get to the finals. The 32 teams/countries who have reached the finals in South Africa are:

## Group A

South Africa  
Mexico  
Uruguay  
France

## Group B

Argentina  
Nigeria  
Sth. Korea  
Greece

## Group C

England  
USA  
Algeria  
Slovenia

## Group D

Germany  
Australia  
Serbia  
Ghana

## Group E

Holland  
Denmark  
Japan  
Cameroon

## Group F

Italy  
Paraguay  
New Zealand  
Slovakia

## Group G

Brazil  
Nth. Korea  
Ivory Coast  
Portugal

## Group H

Spain  
Switzerland  
Honduras  
Chile



Ireland is not playing and we all know the reason why, unfortunately we drew with France in our final group game.

# Friendship

By Jean Kelly

*We've joined together as classmates*

*As the new year begins...*

*A year full of learning while we become  
friends.*

*We'll share and be kind*

*As we work and play.*

*And our friendship will grow  
with each passing day.*

*Friendship is a priceless gift that cannot be  
bought or sold but its value is far greater than  
the mountain made of gold*

*For gold is cold and lifeless it can neither see  
nor hear and in the time of trouble it is power-  
less to cheer,*

*It has no ears to listen nor heart to understand,  
it cannot bring you comfort or reach out a help-  
ing hand so when you ask God for a gift*

*Be thankful if he sends not diamonds, pearls or  
riches*

*But the love of a real true friend.*

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# "All the Lovely Ladies...all the lovely Ladies"

Jenny Mc Cann



Back about a couple of months ago we had a local lovely lady competition.

To see which two ladies would go onto represent their centre in the Limerick you are Lady Contest.

Before I went to present myself to the judges and everyone, I was so nervous.

I had no reason to be nervous but hey that's me a nervous wreck.

Everyone presented themselves so well. I don't know how the judges were going to decide.

The judges came back with the results. Ciara O'Dwyer and I were chosen to represent Crumlin in Limerick. I couldn't believe it as everyone was so good. I was shaken in disbelief.

Ciara O'Dwyer



Then we had to pick our escorts. It was a hard decision for me but then I finally, decided to take Wayne Keogh and Ciara decided to take Martin Stokes as our escorts.

The lady representing Sandyford is Ciara Broughan and her escort is Arun and the lady representing Dun Laoghaire is Bobbie Connolly and her escort is Padraig.

On the 25<sup>th</sup> of June myself and my escort Wayne, Ciara and her escort Martin, Bobbie and her escort Padraig and Ciara Browne and her escort Arun will be heading down to Limerick. We have to wear formal wear and there will be hair and make-up down there. I'm looking forward to meeting the other ladies and their escorts.

It's so exciting and I can't wait.

The Ladies



From left to right: Avril O'Brien, Marian Cullen, Ciara O'Dwyer, Jenny Mc Cann, Caroline Farrell and Amy Waldron

The Escorts



And the Judges!

James Coughland, A.J. Walsh, Martin Stokes and Stephen Kavanagh with Marie Winters, Christy Keeley and Leah O'Tool