



# Arch Blast



*Since our first issue in June 2022 there has been a lot of activity and progress within Clubs and the Federation*

*We had our first in-person AGM since 2019 in Portlaoise, the ball has started rolling on the Nature Wellbeing Programme and thankfully the majority of our clubs have reopened*

*Not to forget TEN new clubs in the pipelines*



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## *Aster Hope Arch Club*



On the 6<sup>th</sup> August 2022, The Aster Hope Arch Club held its very first family fun day in Castlelands Community Centre Balbriggan, Co Dublin. The club is a brand new social club for children with autism and their parents/guardians. On the day, we had over 30 children attend with their parents/guardians, and they took part in many fun activities such as slime making, balloon modelling, giant jenga, sumo wrestling suits, bubble machines, football and much more. The local ice cream van also showed up which was a huge hit with the children. A sensory corner was set up for children who needed to take a break and chill out. It is anticipated that the club will go from strength to strength with 'meet and greets' already set up for October. We look forward to the year ahead.



*Balrothery (St. Joseph's) Arch Club*



*This summer we had a day trip on the Shannon, a trip to Bray and a dinner night out. We also had a sports night at the end of June where our coach Lee gave our medals to all our members.*



## *Laois Arch Club*



In addition to our monthly discos, our club held a sponsored walk in Emo Court in June. This was a new method of fundraising for our club as we adjust to a cashless society. We posted a sponsorship card to all of our members and invited them to join us in Emo Court. However, we made clear to them that even if they were unable to attend they could still get sponsorship for the club and other members would do the walk on their behalf. What we didn't

realise was that this was actually a social event, as well as a fundraiser, for our members. The weather was poor on the day, but we still had quite a crowd and our resident Arch Club DJ was there to put everyone in good spirits. It turned out to be a wonderful afternoon with dancing, snacks, and lots of laughter., and we also raised €6,700! Many Community Houses are looking for events for their service users to take part in, and many of our members turned up with their families, siblings, and friends. We were thrilled that Valerie from The Federation traveled down to Laois to give her support. While it probably couldn't become a yearly event, as the same people would be expected to contribute over and over again, it made us realise that involving our members in fundraising is also an important aspect of inclusion and sharing of responsibilities - and they loved it!



*Navan Arch Club*



Thursday 15th September, saw Navan Arch Club return to activities after their summer break. They returned with a bang and had a Sports evening where everyone, members and volunteers, took part in games, such as egg and spoon race, 3-legged race, sack race, and tug of war, to name but a few. The volunteers set up the courses early on the lovely grounds of An Tobar, home to the Spiritan Fathers who are very kind to Navan Arch and allow them use of their grounds when needed. The members arrived around 6.30 pm, full of smiles, delighted to be back at their club and meeting up with their friends again.

The evening ended with refreshments and goodies, everyone went home tired but happy and looking forward to their next outing to see Kells Music Society's adaption of Darby O'Gill



*North Kildare (Leixlip) Arch Club*

Leixlip Arch Club Summer Celebrations & Members Awards 13<sup>th</sup> July 2022



*Member of the Year 2022*



*Cambrils Spain September 2022*



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## Resources

- ✓ Navan based company selling Emergency Contact Smart Tags, ideal for everyone  
<https://www.emergencycontact.ie/> Contact Elizabeth @ [info@emergencycontact.ie](mailto:info@emergencycontact.ie)

## Ideas for your Club this Christmas Season

- Wild Lights in Dublin Zoo <https://www.dublinozoo.ie/wildlights/>
- Christmas Lights, Middleton <https://www.facebook.com/middletonchristmaslights/>
- Waterford Winterval Festival <https://www.winterval.ie/>
- Galway Christmas Festival <https://www.galwaytourism.ie/event/galway-christmas-market/>

### POINTS TO NOTE

KPC Christmas Card Competition- entries to [archclub.adm@gmail.com](mailto:archclub.adm@gmail.com) by Friday 11<sup>th</sup> October

Further details on Safeguarding Training for clubs will follow in the coming weeks

Information regarding Insurance & Affiliation fees for 2023 will be sent out in November

Volunteer ID cards have sent to one Clubs, we will work on getting them to all clubs in the coming months

If you would like to contribute to the next issue of Arch Blast send any material to [archclubs.adm@gmail.com](mailto:archclubs.adm@gmail.com)

**Issue 3 closing date- Friday 23<sup>rd</sup> December 2022**

If your Club needs any assistance, please feel free to contact Sinead/ Valerie on 085 2672646/ 085 2672643