



# Arch Blast



## *Welcome*

The Arch Blast will be an opportunity for Clubs to share what they are up to and their upcoming events.

It will also be a way to share information and resources

The frequency of issues will be dependent on how much we receive from Clubs

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

Photos from our recent trip to Galway. Everyone had a fantastic time and we would definitely recommend Galway Bay Hotel. It is great to be back out and about after missing so much because of COVID. Looking forward to our next adventure



*Naas Arch Club*

After the closures due to Covid, our members and volunteers are delighted to be back in action. It was great to meet up again with all our friends. We've been very busy since and here are some of the activities we've engaged in.

Drumming with David Day

St. Bridget's Crosses & Valentine's cards/candles



Unihoc



GAA VisitMagician

Our brilliant Naas magician Joe Spring entertained us with his many amazing tricks.

R.I.P.

We lost four of our members/volunteers who passed away in the past couple of years. They were much loved in the Naas Arch Club family and we miss them greatly. May they rest in peace.



*Paul Geraghty*



*David Cully*



*Kathleen Clarke*



*Ann Kelly*

Finally, thanks to Leixlip Arch Club for inviting us to their Easter Disco. We had a fantastic night and all went home with Easter eggs.

## Navan Arch Club

Like most clubs, Navan Arch is slowly getting back to our face-to-face activities. Although we were lucky to have our Zoom Sessions during lockdown there is nothing that can replace friends getting together for some fun and craic and this was proven over the last few weeks when we stole some of our online ideas and brought them to life! Our Music Bingo always went down well online but as one member said "This is just soooo much better than Zoom". Our member Aimee was our bingo caller, she played the song and after a few seconds of people finding the song on their card, they were up in their seats dancing to each and every one of the catchy tunes. A great night was had by all. Another great session brought to life was our "Lip Sync Battle". Here many of our members dressed up as the artist and sang along to the song. This was a great fun night and lots of talent came shining through as always. We have so many other plans for the next few weeks, including a trip to a farm, an activity centre where we will play things like human foosball, our annual sports day, and even a belated Christmas party to name but a few of our activities. So here's to everyone saying safe but getting back to the fun and friendship we all missed so much.



## *North Kildare (Leixlip) Arch Club*

Leixlip Arch Club celebrated 35 years of the club on the 6<sup>th</sup> May 2022

They had the privilege of sharing the evening with some founding volunteers of the club to the music of the DC Band in Lucan Spa Hotel



Leixlip Arch Club are having a Hawaiian-themed Summer Party on Wednesday 13<sup>th</sup> July in Lucan Spa Hotel from 6 - 9 pm, if anyone would like to join them contact Valerie at [northkildarearchclub@gmail.com](mailto:northkildarearchclub@gmail.com) (before 8<sup>th</sup> July).

### Resources

Lámh-

<https://www.lamh.org/>

<https://www.facebook.com/lamhsign>

<https://www.instagram.com/lamhsign/?hl=en>

Irish Sign Language

[https://www.instagram.com/irish\\_sign\\_languages/?hl=en](https://www.instagram.com/irish_sign_languages/?hl=en)

Club Activities

<https://communitymainstreaming.org/activities-for-adults-with-intellectual-developmental-disabilities/>

For you local PPN

<https://www.gov.ie/en/organisation-information/a58b8-community-groups-public-participation-networks/>

Useful Courses

<https://synergylifelonglearning.ie/>

<https://www.tusla.ie/children-first/children-first-e-learning-programme/>

### Looking for something to do this Summer?

Here's a few suggestions

- Check out <https://www.familyfun.ie/> & <https://www.eventbrite.ie/d/ireland/family/> for events throughout the country that might be suitable for your Club
- Dublin Zoo (<https://www.dublinzoo.ie/>); Fota Wildlife (<https://www.fotawildlife.ie/>); and the Reptile Zoo (<https://www.nationalreptilezoo.ie/>) are also popular activities. Some of these allow carers to go free (ID may be required).

#### POINTS TO NOTE

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The National Federation will have a board meeting in July

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Our AGM is on 10<sup>th</sup> September 2022 in the Midlands Park Hotel, Portlaoise

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Club profiles/ bios to be sent to [archclubs.adm@gmail.com](mailto:archclubs.adm@gmail.com) by the 12<sup>th</sup> of August 2022

(There are also free website options you could design for your Club)

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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)

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