



Baby Bugle

06.04.2020

SPECIAL POINTS OF INTEREST:

- **Boundary Walk**
- **Happenings in the Houses**
- **Masked Avengers**



Columba House first up for the Boundary Walk with Christopher leading the way.

A sunny week in Clanabogan

Another week gone; it feels like time is in suspension. It's now Holy week, less than a month ago everything was 'normal', so much change, so fast, so frequent, it can be hard to keep track of it all, especially time.

Yet here in the Community we are settling into our new norm and in some respects being in this environment makes it a lot easier. Whilst parks, walkways and access to nature is shut down across the country, we have our own great outdoors. Though we have closed our River walk path to the general public it remains open to our own Community. We have been blessed with lovely weather that has

allowed us to take full advantage of this. Each house hold is able to get out and about and enjoy exercise and fresh air whilst keeping to house self isolation. Being able to do this, to get out side, has certainly helped take the edge off these restrictions.

These times also present us with opportunities to do new things. With every house being allocated a



Hanna stops to greet three little pigs who are oblivious to social distancing.

new workshop/activity we have seen people extend themselves and get very engaged in alternative activities.

There too have been many moments of techinal wizardry: we have Joey facetimeing and Neil whats apping, there is skype and zoom and indeed a few other touches of techno magic.

We have had the occasional frustration, but the mood is good, we are well staffed with an excellent workforce who know people well and can respond quickly to any subtle changes they observe. There are many creative ideas to keep people busy and keep morale up as you can see in the next couple of pages.

Boundary Walk

Easter week started with Palm Sunday and as is the traditional the Community enjoyed the Boundary Walk. Usually this walk is the coming together of all within the Community starting and ending at Heron Hall. This year we had to do things a little differently.

Every house was allotted their timeframe with Columba house starting followed on the hour by each successive house until all the Community had enjoyed this walk. To mark our togetherness, each house prepared an item of decoration which was attached to the hut



on the pathway, connecting us in Community.

Easter preparations are in full swing but that's for next weeks Bugle.

Who needs Attenborough, we have Artaban



Above: Neil taking his pet tiger for a walk.

Right: James has a penguin over tea, well we all like a fish supper!

It is not everyday you walk into Artaban and see herds of wildebeest sweeping majestically across the plains... well its never really. However, that said it seems Artaban does get a few wild and ferocious visitors from time to time. The resourceful Marian saw to that, and turned what would have



idea and a sense of humour to make the most of a quiet afternoon.

*Left: Look behind you Paul Jerome, its no time for laughter! there's a lion on your shoulder
Below: Joey just chilling with his wolf, its like he does it everyday.*



been an ordinary afternoon into an extraordinary one. Through techno wizardry Paul Jerome met lions, James befriended penguins, Neil hung out with tigers and Joey enjoyed the company of wolves. Pauline described it as the most fun Artaban has had, the laughter and squeals of joy were infectious. Everyone joined in and howled louder than the wolves with the absurdity of it. all Sometimes all we need is a novel



Sunrise - Supper, Swings and Stitches

Sunrise is a house full of weavers and weavers are busy folk. So the looms haven't taken much of break as the

weavers are getting to enjoy their work on a regular basis.

Of course there is more to life than work, there is food, glorious food. So when not weaving the culinary skills are getting honed.

And after a good feed, a walk down to Puddleducks to

do a bit of exercise... or play on the swings ..



All over NI the playgrounds are closed... except in Puddleducks and after a feed of spuds and apples, a swing is just what's needed.



Life goes on as Emma Jane gets stuck into work at the weavery.



Above: Mandos making sure the house has enough mashed potatoes.. There can never be enough Mandos.

Left: Clare preparing the apples... well you have to have pudding.!

Rainbow full of rainbows



Jill absorbed in her painting as Martin gently strums on his guitar.

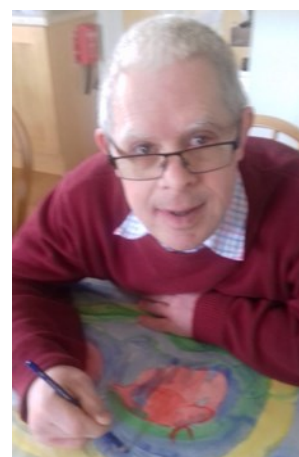
Rainbow house have been actively harnessing their creative side under the guidance and encouragement of Brigitte.. The story of the Easter Hare engaged everyone in the house and Brigitte reports "We read an Easter story, then paint with temperamental colour vividly., the next day we see the animals in it."

As you can see some beautiful artworks came from this.

Being engaged in these creative processes has really helped in promoting everyone's well being. Even those

initially a little reluctant soon stepped forward wanting to get involved.

Its not just paint, all range of media is used, Rainbow House creativity knows no bounds.



Above; Timmy putting on the finishing touches.

Left: Brendan creating his structure for the Boundary Walk.

Rocking it like Riverstown



The conservatory in Riverstown now houses looms, pleasing and occupying Alison and Kathryn. But this isn't limiting them to the conservatory because like the rest of

the house they are making the most of any opportunity change brings. The Wood workshop being one such opportunity which both Alison and Anna got stuck straight into. The Riverstown folk have also been spotted adding decorative touches around the community with newly painted sculptures appearing in Brookfield garden, like elves



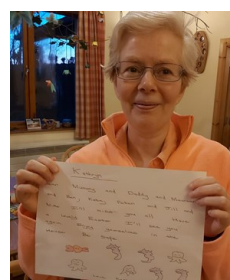
Far left Alison painting the dog sculpture ..wonder where that will end up.

Left Glenn, Anna and the redhead brightening up Brookfield

Below: Kathryn with her letter to home.

leaving delights when no one is watching.

And in quieter moments family letters get written, just to say hi, hope you're well and missing you.



Above: David enjoying his birthday celebrations, cake and a large pot of tea, and he's only sharing the cake!

Columba - Crafts and Cake

Columba house has had a busy week, not only are they responsible for keeping the bread coming but there were birthdays to celebrate, walks to walk and a bit of crafting as well.

The markers were out, the humour was

good, some lovely cards were made.....though the craic was so good it was more than the paper was coloured in.



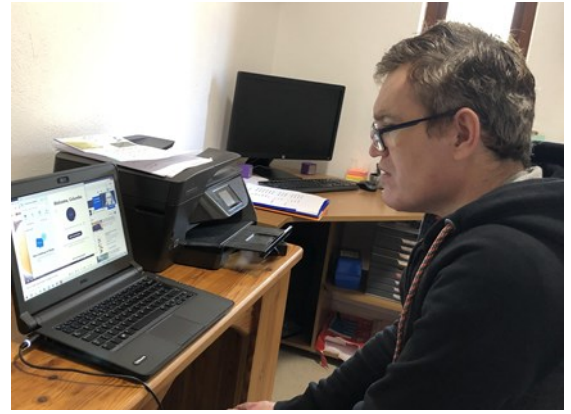
Above: Christopher showing off his card
Left: David and Jo getting to work on the kitchen table.

Learning lives on

Lessons and learning are important to us all and many of our Community members enjoy regular and structured lessons with Janis, pursuing subjects of their interest and improving IT skills. These lessons are an important part of the weekly routine. Likewise Briege's speech therapy sessions are firmly fixed in

the timetable. So what happens when we are in lock down.

Technology and a bit of innovation. Janis and Briege took a second look and came up with a plan, a plan that is working. Lessons are carried out using skype. The system is working and the schedule restored, a good result for



Paul enjoying the peace and quiet of Columba office allowing him to concentrate on his studies.

The Masked Avengers

PPE and especially masks or rather lack of them is a well worn topic of late. The WHSCT have like other trusts a critical shortage of masks. We should however get masks if and when anyone becomes symptomatic. So as a response to shortage the Masked Avengers formed and quietly got to work designing, cutting and sewing our own masks. Rather stylish masks they are too.

These masks are a preventative precaution. One way to slow / reduce the infection rate is to limit

droplet contact, this can be achieved using masks. All our staff have been instructed on when and how to use them for maximum effectiveness.

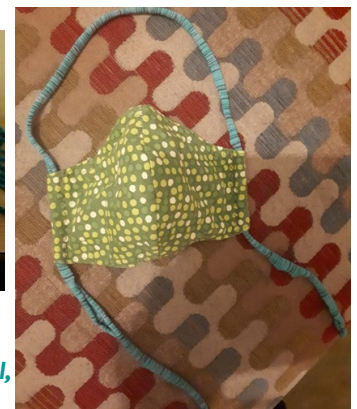
But lets unmask these masked



Comfortable, practical, well made and fit for purpose.. What more can we say .. Well colourful, funky, fun and on point!

avengers...

Drum roll pleaseThank you Dita, Gusta, Katrina and Morag.



Messages home

Riverstown household wrote a few messages which they sent to their families. Thought we would share a couple of them as I think they speak for us all here in the Community.

Keep well, keep safe, keep in touch!

