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Lucan Arch Club

Welcome Lucan Arch Club which opened in October 2015. This Arch Club is a youth club with members ranging in age from 13 to 17 and runs every second Friday in the local community hall with alternative Fridays going on trips out. Among the activities in the club is table tennis which is a big hit with all the members. For more information on this a fast growing club. **Contact Lisa Greene, Mobile: 086 1525786**

Balrothery Arch Club

Welcome Balrothery Arch Club, which joined us in September 2015. This is a club which has been on the go for sometime meeting once a week on a Thursday. They also attend football matches and go away for week-end trips and foreign holidays. Teresa O'Brien is the contact person here if you would like to know more about this club. **Mobile: 087 6198236 or E-mail teresaobrien@live.ie**

Calling Arch Clubs

Ronanstown Arch Club Dublin would love to meet up with other groups around the country – maybe exchange visits or plan an event together. If interested contact Caroline Lawless 086 1304596



Caption for this photo???



Thanks to all the members who have filled these pages. There is something on its way in the post to all whose contributions appear. Paint a picture for your 'Archbeat', write a poem, send in a letter or a picture of yourself. *Don't forget to send us your name and club name with your entry. Perhaps friends, volunteers, parents could help?* Send to: 74 Meadow Grove, Dublin, 16.

To submit articles in the next edition of Archbeat, send your stories, news and photos to: Ann Marie Ellison, 39 Cherry Park, Swords, Co. Dublin, or if possible, e-mail to: ame Ellison@hotmail.com

Head Office: 74 Meadow Grove, Dublin 16. Tel/Fax: (01) 295 1081



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Friendship Clubs for People with Special Needs

Dundrum Arch Club

Dundrum Arch Club celebrates it's 40th year as social club for people with Intellectual disabilities. The club meets every Wednesday in Ballinteer Community School, Dublin 16 from 7.30 - 9.30pm and is run by volunteers. We are an adult club with over 100 members and 25 helpers that get together each week to enjoy a number of activities such as bingo, computers, sports, arts & crafts and the nightly disco run by our members. We also go to different events outside of our regular Wednesday nights – theatre, movies, concerts and our annual trip to either Share Village, Co. Fermanagh www.sharevillage.org or Trabolgan Co. Cork. www.trabolgan.com
All members and helpers each get a chance to part take in at least one of these events throughout the year. For more information contact:

Lorraine Keegan, Mobile: 087 6815337 Email: lkeegan2003@yahoo.com

On Saturday, 12th March, The Arch Federation were delighted to have representatives from nine of their clubs kindly hosted by the 346th Lord Mayor of Dublin, Criona Ní Dhálaigh. The Lord Mayor praised all Arch Clubs **'for the wonderful work they do and the fun and joy they bring to all their members'.**



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Contents

Dundrum Arch Club	1
Dublin South Arch Club	2
Cork City Arch Club	2
Naas Arch Club	2
Balbriggan Arch Club	3
Jigsaw Dublin 7-11 group	3
Dublin 12 Arch 12 Club	3
Lucan Arch Club	4
Balrothery Arch Club	4

Archbeat



Dublin South Arch Club and Mama Mia

In 2015 the senior members of **Dublin South Arch Club** took on the enormous challenge of putting on a stage a version of "Mama Mia". It required a lot of hard work and commitment on behalf of the members as well as their families and volunteers. Sandra Mullen guided and directed the preparation for the performance which took place in Clonkeen College hall on Saturday 23rd of May. All the performers had to give up their Sunday afternoons as well as Friday nights coming up to the deadline. It is safe to say that everyone connected to the performance had "Dancing Queen", "Mama Mia", "Money, Money", "Gimme Gimme Gimme" and lots more ringing in their ears. The younger members and their families and friends came to the show and created a fantastic atmosphere of fun and celebration. The pride that the parents and families of the performers took in the accomplishment of their young people was palpable and there for all to see and experience. It was as if the young people had moved up to a new level of accomplishment and achievement. Of all the projects that the club has undertaken over the year Mama Mia has to stand out as one of the highlights in the history of the club. Well done everyone who was involved. It was a great achievement. Be proud!!!

Tom Traynor, Dublin South Arch Club



Cork City Arch Club

Congratulations **Voyage Arch Club** who were nominated for a Community and Voluntary award in the Cork 2016 Awards Ceremony. For more details on this club contact **Lisa Chandler Mobile: 087 2969061 Email: lisafchandler@yahoo.ie**

Fun and Friendship at Naas Arch Club every Tuesday Night

Simon and Paula will tell you about two of our recent activities.

Drumming

"Thanks to Dunshane House for inviting us to a night of drumming We tried different instruments and learned to perform many different rhythms. I got to make up a rhythm of my own and played it to the group. Dave, the leader, was brilliant. We do this every year and I always look forward to it".

By Simon Lee

Thank you Denis O Sullivan (P.R.O.) Naas Senior Arch Club for sending in members stories.

Archbeat



Fun and Friendship at Naas Arch Club every Tuesday Night Cont/d....

Halloween Disco

I really enjoyed this year's disco. The music was great and the D.J. played music from different eras. I was dancing all night with my friends. We also had great fun with the Karaoke. I took part in this. Before Christmas we also had a "Fit for Fun" night, a Christmas Craft Night, a Christmas Service Night, a meal together in a restaurant and a visit to the Naas Panto.

By Paula Kelly

Thank you Denis O Sullivan (P.R.O.) Naas Senior Arch Club for sending in members stories.

Balbriggan Arch Club

Congratulations **Remember Us** who have just purchased a new home in Balbriggan Retail Park. **Remember Us** is a social group for people with special needs operating in the Balbriggan and surrounding areas. This group has been running nearly 20 years and during that time Nora Roban has been the guiding light for the group . If you would like to know more on this group contact

Nora Roban
Mobile: 086 0457003
Email: fingalrememberus@eircom.net

Some members of Naas Arch Club enjoying the activities



Jigsaw Dublin 7-11 group

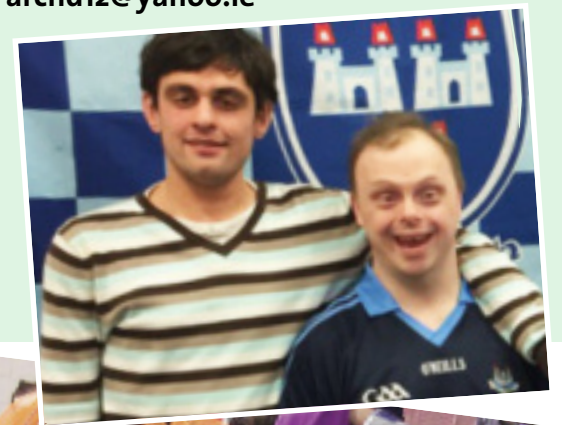
Our aim is inclusion. The group encourages development of it's members in all areas within a safe environment, understanding we all have strengths & weaknesses in different areas.

Jigsaw Dublin 7-11 Group supports children who have special needs and their families. We run weekly art and fitness classes for the children, a support group for parents, social evenings, family days out and weekends away. **Contact Siobhan Baker Mobile: 087 1202954**

Dublin 12 Arch 12 Arch Club

24 of us from the Dublin 12 Arch 12 club set off to see Dublin beat Cork on a cold evening in Croke Park on the 5th March. As promised it was a great evening.

For more details on our club contact me **Michael O' Reilly**
Mobile: 085 7696888 (club)
Email: archd12@yahoo.ie



Some members of Naas Arch Club enjoying the activities