

SHINE 2010 – ‘My jaws and ribs are sore from laughing!’

Kerdiffstown House in Co.Kildare opened its doors this summer for SHINE 2010. Sixty-three participants and one hundred volunteers and staff passed through the grand foyer over five weeks.

Each day was jammed packed full of activities on and off site. The house provided limitless opportunity for activities on site. Outdoors, in the sun (yes, we were lucky this summer!), participants jumped at the chance to try out FAI soccer workshops, archery, crazy golf, boccia, treasure hunts and the mouth-watering barbeque.

Indoors, music and movement captured the imagination of many with oil painting, japanese calligraphy, baking and cooking making the ranks also. All these activities were leading up to the big finale for the end of the week – where everyone sang or danced or played guitar for K factor and the disco.

Being a stone throw away from some of the best attractions in Co. Kildare, the group hopped on the buses, put on their tourist hats and visited the National Stud on each week. Some also dared to sit behind the wheel of many a rally car in Mondello Racing Circuit and museum!

Back in Kerdiffstown House, after a fast and furious day, participants could relax in the sitting room with a movie, get their hair done for the disco in the hairdressers, lounge in the coffee shop or play piano or pool in the games’ room.

Amidst the programme of activities, participants also got the time to achieve their individual goals that they had set themselves for the week with the guidance of volunteers and OTs. Here are some replies from participants when asked ‘what did you learn this week?’ ‘how to cook pasta, to be more confident in myself, I learned how to do my own laundry, I learnt how to shower myself, how to put on make-up, I now know more to help me move into my new apartment, I used the Luas for the first time, I really enjoyed the OT sessions because everything we did, we suggested ourselves and because they were fun’

To summarise SHINE 2010, a quote from one of the participants on Lavender Week:
‘My jaws and ribs are sore from laughing!’

Kerdiffstown House closed its doors to SHINE on the 20th August 2010 but the laughter and chatter of the SHINE team can still be heard in the grand foyer!

If you would like to share in the laughter next year; participant, volunteer and staff applications will be open in February 2011. Do not forget!