

Tony Mc Creanor, King of the Princes Trust!!!

Tony Mc Creanor has recently joined the Princes Trust organisation in Craigavon. His friends in castle lane are very proud of his achievements and have asked him to do an interview.

How did you find out about the princes trust?

The daycare co-ordinator in Castle Lane, Cathy Lyness, made me aware of the Princes Trust and helped me organise it.

Where is it?

The group meets everyday from 10am – 3pm at the Resource Centre in Brownlow, Craigavon, next to the Leisure Centre.

Were you nervous the first day you started?

No, I wasn't nervous my first day, but I was really excited.

How are you finding it?

I feel really comfortable and am enjoying it so far.

Have you made any new friends?

Yes. Everyone in the group is really nice.

Are the staff nice? Do you feel like you can talk to them?

Yes. Tony Conway organises the Princes Trust Group and all the activities we do. He is very nice and easy to talk to.

Do you feel like you work well with everyone in the group on all activities?

Yes, I feel I work well with everyone and I take part in everything.

What exactly do you do at the prince's trust?

I take part in a community project, which gets me out into the community. This involves team building activities. We recently went on a residential outing to Portrush. While we were I learned how to do body boarding and we went paint-balling. I had a great time.

Do you enjoy it?

Yes, very much. I enjoy getting out of my flat and meeting new people.

I also really enjoy playing pool with my new friends.

How are you coping with time keeping and attendance?

Yes. I always try to be on time.



What do you hope to achieve from attending the princes trust?

I hope to finish this course and get on to the mapp project which will enable me to gain some qualifications and do work experience in Canada.

Thank you very much to Tony Mc Creanor for sharing this information.

Reporters: Darren Coney and
Monica Thompson

Of "course" we can!!

We would like to take this opportunity to say a big thank you to management and staff of Rethink, Drumellan Community Centre, Tullygally open learning centre and our own daycare team for the organisation of short courses within the community from January. We have benefited immensely from attending these excellent courses and learned alot.

These courses include:

- Anger Management
- Holistic Therapy
- Self Esteem

- Confidence Building and Assertiveness
- Holistic Therapy
- Money Management
- Essential Lifestyle Skills
- Music and poetry

They have enabled us to talk about our feelings with peers. We have learnt essential skills to help us move on in our own personal development and independence. We have been taught different coping tech-

niques, such as breathing exercises and ways to relax and cope with stress .

One of the short courses attended was a music and poetry course where we had the opportunity to write our own song and recorded a CD. "It was so much fun, I never thought I could do anything like that. I really enjoyed it and love listening to my CD," Monica Thompson



A poem written by one of the tenants in Castle Lane Court.

My Name is Seamus Flood

I'm like a book with many pages

So don't judge me by my cover

For what you see may not be what you discover.

Within my pages, hides many faces,

Each one the same just from different places

Each page is worn from life's thumb flicking through them

Each page marked at different stages

Each thing I know about my book that's different,

It ain't complete,

It's open for new and wonderful feet

Seamus Flood



Castle Lane's gone Boccia Crazy!!

Boccia

pronounced "Botcha"

Boccia is a sport similar to bowls for athletes with a disability.

It consists of 6 red balls, 6 blue balls and 1 white ball, known as the jack. There are 2 teams each consisting of 3 players. Each player has 2 coloured balls each.

The jack is thrown first, then each side takes turns to propel their ball towards the jack.

Each side attempts to score as many points as possible by placing their own coloured balls closest to the white jack ball.

All the tenants of Castle Lane really enjoy playing Boccia. They practice once a week in the Goodyear Social Club in Lurgan with the Brownlow Community Sports and Development Team and play in a Gotcha Boccia league competition with the disability outreach program once a month. This takes place in the Antrim Forum in Antrim.

Monica Thompson, a tenant from Castle Lane participated in a Regional

Survey Interview. She stated that really enjoyed playing boccia. She has met a lot of new people and feels that it promotes her physical and mental well-being.



Andrew Coney and Richard Hale

Special Olympics Bowling Finals 2010



The Special Olympics Bowling Finals 2010 were held on the 26th February. Some of the tenants in Castle Lane are members of the Ripples Special Olympics bowling team and really enjoy participating in the finals and winning!! They practice

every Saturday morning, without fail in centre point in Lurgan. Andrew Coney says, "I won my first Ulster championship when I was eighteen years old, it was the greatest experience ever and I am so proud of what I have achieved." Richard

Hale says, "I am very dedicated to this sport. I have all the gear, from bowling shoes to bowling balls! I try to practice as much as I can. Sometimes three times a week. I am so pleased to have won 2 medals this year."

Up and coming events in Castle Lane

- Tony Mc Creanor's Princes' Trust Presentation 30th March
- Fundraising Coffee Morning 1st April—All Welcome!!
- Paul Harris' 21st birthday Party on 9th April
- Independent Travel Group-work starts in May 2010



- Walk and Cycle Group reunites for the Summer months
- Fun packed summer programme visiting northern Ireland attractions
- Camping trip in August

Birthday Corner

Recent Birthdays

- Derek Fleming
28th January
- Jackie Wallace
15th February

Upcoming Birthdays

- Paul Harris
9th April
- Edwin Kells
23rd April
- Kieran Fay