

## Lifestyle



**Collette Ryan is Project Manager with HeadsUp, Rehab's mental health promotion project. Here she reviews *Hear My Silence*, a courageous account of one woman's experience of dealing with, and overcoming, depression. The book is written by Karina Colgan and published by Poolbeg.**

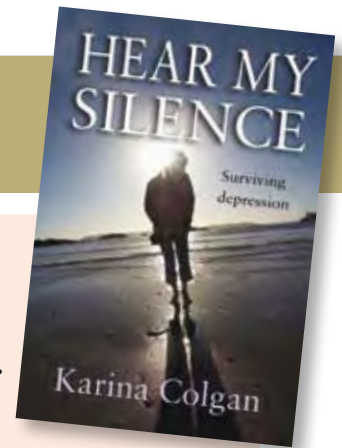
Karina Colgan is a Dublin-based journalist, who after experiencing a number of traumatic events in her life, finds herself having difficulties coping.

She tells the story of the events that lead to her developing depression and honestly talks about the impact that it has had on her life. Depression affects over 400,000 people in Ireland every year. It is not something that we openly talk about, yet there is no reason why we shouldn't.

In this book, Karina courageously attempts to fight the stigma surrounding depression by honestly discussing her experiences. Interestingly, the author explains what it is like to experience depression by distinguishing between not wanting to get out of bed and not being able to.

She attempts to battle the myths around mental illness by providing factual information on the different types of depression, different symptoms of depression and different treatment options. She also looks at depression within different care groups like teenagers, males and older people, and includes interviews with professionals in the field of mental health. Short extracts of personal stories are featured throughout the book and these stories make the factual information come alive.

There is a clear need for people to openly talk about their experiences of depression, as they would do any other physical illness. This informative book may make this easier to do. While it should not take the place of medical advice, I would definitely recommend *Hear My Silence* for the insight and practical advice it gives on depression.



**Gráinne Hunt is the PA to the Chief Executive of the Rehab Group and is based in its head office in Sandymount, Dublin. Here, she reviews PINK who performed recently at Dublin's new O<sub>2</sub> arena.**

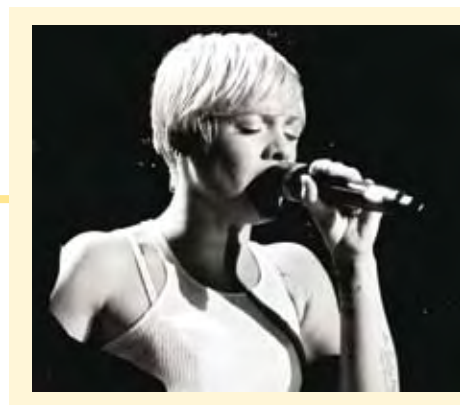
I attend concerts whenever I get a chance and since the opening of The O<sub>2</sub>, formerly The Point, it's a real pleasure to attend a concert in Dublin.

In October, I went to see PINK's 'Funhouse World Tour' with a group of friends and was not disappointed. PINK is one of the best-loved female artists in the world and I'm an avid fan. She first visited Dublin with her latest tour last April, but demand from the Irish public was so great that she returned just six months later for two more shows. I saw her in concert back then and enjoyed the show so much that I went to see her again this time around!

The atmosphere before the concert was electric and the capacity crowd was buzzing with anticipation. They weren't let down. For two full hours we were entertained by PINK with high-energy theatrics and songs, old and new. The accompanying band was brilliant, making it one of the best concerts that I have ever been at.

The night was topped off by bumping into the RTÉ 2FM DJ, Gerry Ryan, who provided an autograph and a picture for my sister, who is a huge fan.

PINK's music is fantastic and when you attend a PINK concert you can be guaranteed that you will be entertained. I can't wait for a return visit from the punk princess herself!





**Gráinne Duffy attends RehabCare's horticulture unit in Dundalk, Co. Louth. Here she shares her gardening tips for the winter months with *Rehab News* readers.**

Winter time is a quiet time in the garden. In the horticulture unit, we use this time to plan for the year ahead. We choose what vegetables we are going to grow and plan where they will be planted.

When we have decided what we will grow, we head off to the garden centre to buy the seeds. Among the vegetables that we grow at this time of year are cabbages, lettuces, leeks, peas, onions, garlic, parsnips, carrots and turnips.

It's important that you read the instructions carefully on the seed packets to find out when to sow the seeds and the best location in your garden for growing your vegetables.

From March onwards, it's time to get down to hard work and get the hands dirty, but if things go well this winter, we should have lots of lovely fresh vegetables to eat come summer time!



*Pictured:* Gráinne Duffy from RehabCare Dundalk.



*Pictured:* Michelle Coughlan dishes up dinner at National Learning Network's Roslyn Park College canteen in Sandymount, Dublin.

**In honour of Arthur's Day, a celebration of 250 years of the Guinness Brewery in Dublin on September 24 last, students from Roslyn Park College's culinary skills class share one of their favourite winter recipes – a heart-warming Beef and Guinness Irish Stew. It's a real treat for those long winter evenings!**

*Beef and Guinness Stew*

Serves 4 (cooking time approximately 2 hours)

**Ingredients**

- 400g of stewing beef
- 3 tablespoons of flour
- 2 carrots
- 4 potatoes
- 1 white onion
- 2 cloves of garlic
- 2 sprigs of thyme
- 2 teaspoons of tomato puree
- 1 litre of beef stock
- 1 500ml can of Guinness
- Salt and pepper



**Method**

- 1 Cut the beef into stew-size pieces.
- 2 Heat a large pot and fry the beef over a high temperature until it has browned all over, this may take up to 5 minutes.
- 3 Remove the beef from the pot and set aside on a plate.
- 4 Chop the garlic, onion, carrots and potatoes.
- 5 Without cleaning the pot, add the garlic and chopped vegetables and cook while stirring gently for 5 minutes.
- 6 Return the beef to the pot and add the thyme leaves and tomato puree. Cook for a further 2 minutes.
- 7 Add the can of Guinness and stock to the pot and gently sprinkle in the flour to thicken the stew.
- 8 Cook on a low heat for 2 hours or until the beef is soft and tender.
- 9 Season and serve immediately.