

## Lifestyle



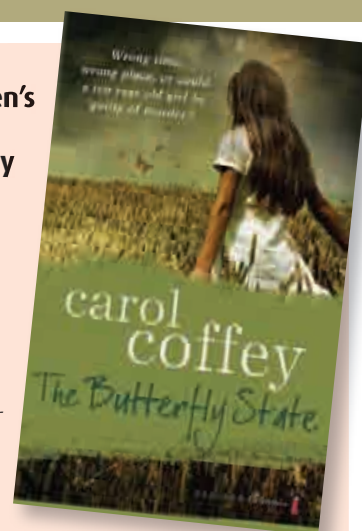
**Sinead Mulligan is Social Care Leader at RehabCare's Fernhill children's autism service in Dublin. Here she reviews the dark, psychological drama, *The Butterfly State*, written by Carol Coffey and published by Poolbeg.**

*The Butterfly State* is a fictional story of a family from Co. Wicklow whose lives are dramatically altered when their father is murdered by a lake beside the family home.

Tess is found standing over her dad's body with the murder weapon and consequently is charged with his murder. After ten years alone in an institution for children, Tess, who has autism, returns home to her family who have not been in contact with her for all of those years. The family are clearly struggling to cope with the consequences of their father's murder and, as Tess returns, the story of the events at the lake unfold.

The story begins in 1981 and appears to concentrate on Tess and her siblings but as the story develops the reader is provided with flashbacks into previous years and is introduced to other characters whose actions shaped the events that led to that fateful night at the lake.

I found this book very enjoyable and felt the author created a very honest portrayal of each character. There were many attributes to some of the characters that were particularly unpleasant and yet I found myself understanding their actions despite disagreeing with them. The author's background in the area of special education is clearly evident and offers an insight into autism by showing Tess's perception of the world, the struggles she faces and the triumphs she achieves. I would definitely read another book by this author and would recommend it to anyone who likes a story that twists and turns until the last page.



**James Rickard is the Diversity Development Officer for the Rehab Group and is based in head office. Here he reviews a very special concert at the National Concert Hall in Dublin.**

I'm an avid concert-goer, attending an average of 60 concerts a year. The majority of these are in the National Concert Hall, but I've been known to go as far afield as Vienna and Berlin to attend a concert. This summer, I'm off to London for my annual visit to the Proms and I can't wait.

In April, I got a sneak preview of what might be in store for me when the London-based Philharmonic Orchestra travelled to Dublin to perform in Ireland for the very first time. It's hardly surprising that the concert was a sell-out and the orchestra, under the great veteran conductor Lorin Maazel, did not disappoint.

On the programme was Bruch's Violin Concerto and Sibelius' Second Symphony. Composed in the mid-nineteenth century, Bruch's Violin Concerto in G minor is a real favourite among audiences worldwide. With its melodies and haunting charm, it's easy to see why. Sibelius' Second Symphony is very different. It's a powerful work, which although written in Italy in the early twentieth century, still invokes the atmosphere of the composer's homeland of Finland.

This was a fantastic performance and one of the best concerts I have experienced so far this year. No matter where you live, you'll find an orchestra performing somewhere near you. They may not be the Philharmonic, but orchestras the world over have the power to bring joy into our lives through music.



*Pictured: Lorin Maazel conducts the Philharmonic Orchestra for their performance at the National Concert Hall in Dublin.*



**Domhnall Flynn attends RehabCare's horticulture unit in Dundalk, Co. Louth. Here he details his gardening tips for the green-fingered among us for the months of May and June.**

### May

- Mow the lawn every 7-10 days.
- Plant window boxes, tubs and hanging baskets.
- Plant tomato plants into peat growbags. Support the plants by tying them up with garden string to overhead wires.
- Harvest indoor strawberries.
- Dig out spring bedding plants. Prepare the flower beds for summer bedding plants by adding in compost.

### June

- Put window boxes, tubs and hanging baskets out into summer positions. Water them every second day and feed them every week during the summer.
- Plant out summer bedding plants like geraniums, begonias, busy lizzies and dahlias. Water them well.
- Feed tomato plants every week and water when required every one or two days.
- Dead head roses every two weeks to encourage flowering.



*Pictured: Domhnall Flynn (centre) with Gerry Rowe, Horticultural Supervisor, RehabCare (left) and Stephen Murphy, at the Horticulture Unit at Mounthamilton House in Dundalk, Co. Louth.*



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

**Students from Roslyn Park College's culinary skills class share one of their favourite summer recipes with readers of *Rehab News*. It's enough to make your mouth water!**

### **SPAGHETTI WITH PRAWNS AND ROCKET**

Serves 4 (Cooking time 15 mins)

#### Ingredients

- 1 pack spaghetti
- Olive oil
- 2 cloves of garlic
- 1 red chilli or ½ teaspoon dried chilli
- 400g peeled raw prawns
- 1 small glass of white wine
- 2 large teaspoons of sundried tomato paste or 6 sundried tomatoes blended
- Zest and juice of a lemon
- 2 large handfuls of fresh rocket

#### Method

- 1** Cook spaghetti in a large pan of boiling salted water. Meanwhile heat three good tablespoons of olive oil in a large pan.
- 2** Add garlic and chilli, and after one minute add the prawns and sauté for a further minute.
- 3** Add the wine to the tomato paste or blended sundried tomatoes. Simmer for a few minutes.
- 4** Drain the pasta, retaining some of the cooking water.
- 5** Toss the spaghetti with the tomato sauce, adding a little of the cooking water to loosen up the sauce.
- 6** Mix in half of the rocket leaves, which should be ripped, and lemon juice.
- 7** Divide up into portions and place the remainder of the rocket on top. Sprinkle lemon zest to finish.