



Saint John of God
Community Services clg.
Liffey Services



**Online Engage
Programme**

AUTUMN PACK 2021





Online Engage Programme



<https://vimeo.com/408854851>
Or Scan this QR Code

Hello everyone and we are delighted to deliver the Autumn Pack for the Online Engage Programme. We would like to continue to thank everyone who has participated and supported the running of the Online Engage Programme. We hope you all had a great summer and look forward to a fruitful Autumn. Over the next couple of months we will be introducing some new projects to the programme including a Rights programme in collaboration with Kerry Services facilitated by the Callan Institute. There are also a few changes to the timetable attached. Please visit our website www.sjogliffeyservices.ie and tap on the Online Engage Programme or scan this QR Code to access all the resources.

This pack has been put together by the men and women who join in the Online Engage sessions and the support staff.

<https://zoom.us/j/474389762?pwd=S3JSaFNvY2RVVnpXSGY1ZjAxUjNzZz09www.zoom.us/join>

Enter the Meeting ID: 474 389 762

Passcode: 054429

If you have any difficulty to access zoom, then follow these steps;

1. Go to our website www.sjogliffeyservices.ie
2. Click on the 
3. Click on any session on our timetable and join zoom session live or find out more about that session.

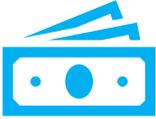


The screenshot shows the website interface for Saint John of God Community Services Liffey Services. At the top, there is a navigation menu with a 'MENU' button and an 'Online Engage Programme' button. An orange arrow labeled '2' points to the 'Online Engage Programme' button. Below the navigation, there is a section titled 'SJOG Liffey Zoom Schedule' with a search bar. The text below the title reads: 'These sessions aim to create a Virtual Day Service experience. Click buttons below to find out; * More information on sessions * What you need in the session * Catch up on old sessions'. There are three buttons: 'Join Zoom | Click Here', 'Zoom Help | Click Here', and 'Print Autumn Programme | Click Here'. An orange arrow labeled '3' points to the 'Join Zoom | Click Here' button. Below this, there is a 'Monday' section with a grid of session buttons: '9:30 am Lámh Connect', '10:30 am Stay Active', '11:30 am M&L Shed', '12:30 pm Healthy Lunch', '2 pm Yoga', '2:30 pm Story Telling', and '6:30 pm Virtual Tour'.



SEPTEMBER 2021

Monday

	9:30am	Getting to know you /Lámh (All)
	10:30am	Stay Active
	11:15am	Ladies Lounge & Men's Shed
	12:30pm	Healthy Cooking
	2:00pm	Money Management
	2:30pm	Story Telling



Find these schedules and catch-up videos on our website
<http://www.sjogliffeyeservices.ie/>



**Online Engage
Programme**

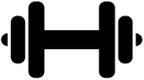


Enter the Meeting ID: 474 389 762

Passcode: 054429

SEPTEMBER 2021

Tuesday

	9:30am	Getting to know you
	10:30pm	Stay Active
	11:00	Get Growing
	12:00	Mick's Gym
	12:30pm	Health & Wellbeing
	2:00pm	Social Farming



Find these schedules and catch-up videos on our website
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Enter the Meeting ID: 474 389 762
Passcode: 054429

SEPTEMBER 2021

Wednesday

	9:30am	Getting to know you
	10:30am	Yoga
	11:00am	Get Creative
	12:00	Rights
	12:30pm	Healthy Cooking
	2:00	Zumba
	2:30	Quiz



Find these schedules and catch-up videos on our website
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SEPTEMBER 2021

Thursday

	09:30am	Getting to know you -Lámh
	10:30am	Stay Active
	11:30am	Sports Corner
	12:00	Lámh
	2:00pm	Bokwa
	2:30	Book Club
	3:00pm	Bingo



Online Engage Programme



SEPTEMBER 2021

Friday

	09:30am	Getting to know you
	10:30am	Stay Active
	11:00am	Pastoral Care
	11:30am	Tech Corner
	12:00pm	Healthy Dessert
	2:00pm	Singalong
	6:30pm	Friday Disco



Find these schedules and catch-up videos on our website
<http://www.sjogliffeyservices.ie/>



30 Day Challenge

1. DO 10 JACKS
2. SKIP OR BOUNCE 10 TIMES
3. TOUCH YOUR TOES 10 TIMES
4. BALANCE A BOOK ON YOUR HEAD
5. PUNCH UPWARD 10 TIMES
6. HIGH KNEES 20 SECS
7. FRONT KICKS 10 TIMES
8. CREATE YOUR OWN DANCE ROUTINE
9. DO 10 SQUATS
10. GO FOR A WALK
11. BALANCE ON ONE LEG 20 SECS
12. MARCH ON THE SPOT 20 SECS
13. GO SWIMMING
14. EAT FRUIT
15. JUGGLE ROLLED UP PAPER

- 16 DO YOGA
- 17 GO FOR JOGS
- 18 EAT ICE-CREAM
- 19 HAVE A PICNIC
- 20 NATURE WALKS
- 21 DO THE MARACENA!
- 22 ARM CIRCLES 10 TIMES
- 23 THROW A BALL AND CATCH IT
- 24 DRINK MORE WATER
- 25 BOTTLE BOWLING
- 26 CRAFTS DAY
- 27 TWIST TO THE LEFT & RIGHT 10 TIMES
- 28 10 BREATHS IN AND OUT
- 29 TIPTOE FOR 20 SECS
- 30 DO YOUR CELEBRATION DANCE



Get Creative Planner



Week 1, 18/08/2021

Card Making

- Card/sheet of plain paper
- Scissors, glue
- Newspaper/coloured paper
- Ribbon/yarn/string
- Decorations
- Cupcake baking cases



This Photo by Unknown Author is

Week 2 25/08/2021

Decoupage 1

Stones

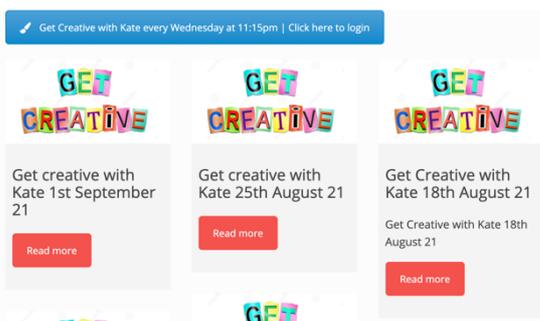
- White acrylic paint and paintbrush
- Scissors
- Smooth river stones
- Paper napkins with designs, i.e., flowers
- White PVC glue
- Water



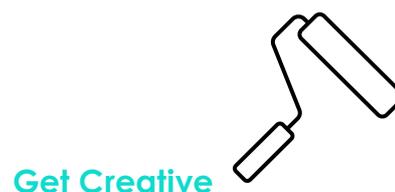
Optional: acrylic varnish



If you miss the session watch the videos



on our website under Online Engage -



<https://sjogliffeyservices.ie/onlineengagesessions/get-creative>

Get Creative Planner



Week 3 - 1/9/2021

Me, Myself and I

- A piece of a cardboard
- Coloured paper, newspaper
- Coloured markers/pencils
- Glue, scissors
- Decorations
- Ribbons/string/yarn



Week 4 - 8/9/2021

Paper Lampion

- Coloured paper
- Glue, scissors, tape
- Ribbons, decorations, glitter, flowers etc.

Optional: battery operated tea-light/fairy lights



Get Creative Planner



Week 5

15/09/2021

Decoupage 2

Tissue Box

- Tissue box
- White acrylic paint and paintbrush
- Scissors
- Paper napkins with designs, i.e., flowers
- White PVC glue
- Water
- Optional: acrylic varnish



Week 6

22/09/2021

Keyring

- A piece of cardboard
- Scissors, glue
- Newspaper/coloured paper
- Ribbons/yarn/string
- Optional: paper puncher



Get Creative Planner



Week 7 - 29/09/2021

Dream Catcher

- A piece of cardboard/paper plate
- Paint, paintbrush,
- Scissors,
- Ribbon/string/yarn,
- Feathers/leaves
- Optional: beads, glitter

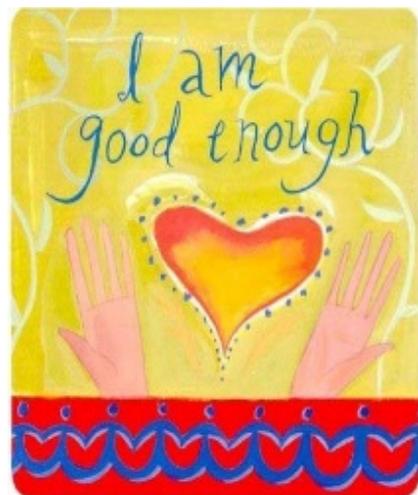


Week 8

06/10/2021

Positive affirmations

- Few pieces of cardboard
- Newspaper/coloured paper
- Coloured pens/pencils
- Decorations
- Ribbon/string/yarn
- Glue, tape, scissors
- Optional: paper puncher



Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

All people are advised to:

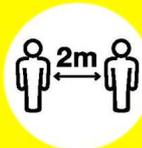
- > **Reduce** social interactions
 - > **Keep a distance** of 2m between you and other people
 - > **Do not** shake hands or make close contact where possible
- If you have symptoms visit hse.ie  phone HSE Live **1850 24 1850**

How to Prevent



Stop

shaking hands or hugging when saying hello or greeting other people



Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose, or mouth with unwashed hands



Clean

and disinfect frequently touched objects and surfaces

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

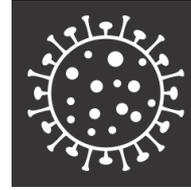
For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a delay strategy in line with WHO and ECDC advice

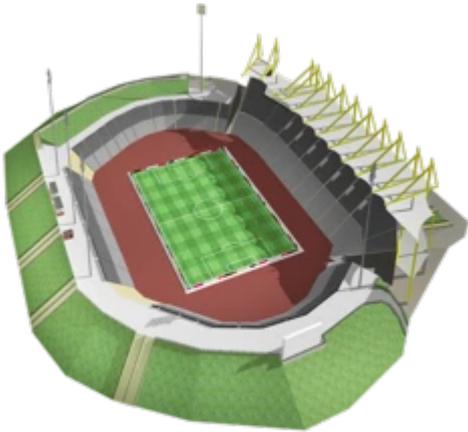


Rialtas na hÉireann
Government of Ireland



Coronavirus
COVID-19
Public Health
Advice

Current Restrictions

	<p>From 1st of September</p> <p>Public Transport Fully Open</p>
 	<p>From 6th of September</p> <p>More People can go to Indoor events once they are Vaccinated or have recovered from Covid in last 6 months including live music and football matches</p>



More people can go to the cinema if they are all vaccinated or have recovered from Covid



Live Music Allowed at Weddings



More people can go to outdoor events (75% capacity) if fully vaccinated or recovered if not remains at 50% capacity



More people can go to Religious ceremonies



From 20th of September

Indoor group activities like sport, art and dance classes can take place with 100 once all vaccinated or recovered if not must be pods of 6





Outdoor group activities can take place without restrictions does NOT include sports events and outdoor concerts



People can begin to return to work on staggered basis

Top 5 Online safety tips

1

Set up your device to protect your information.



2

Explore safely & tell someone if you see anything online that makes you feel yuck.



3

Limit who can contact you when you're online.

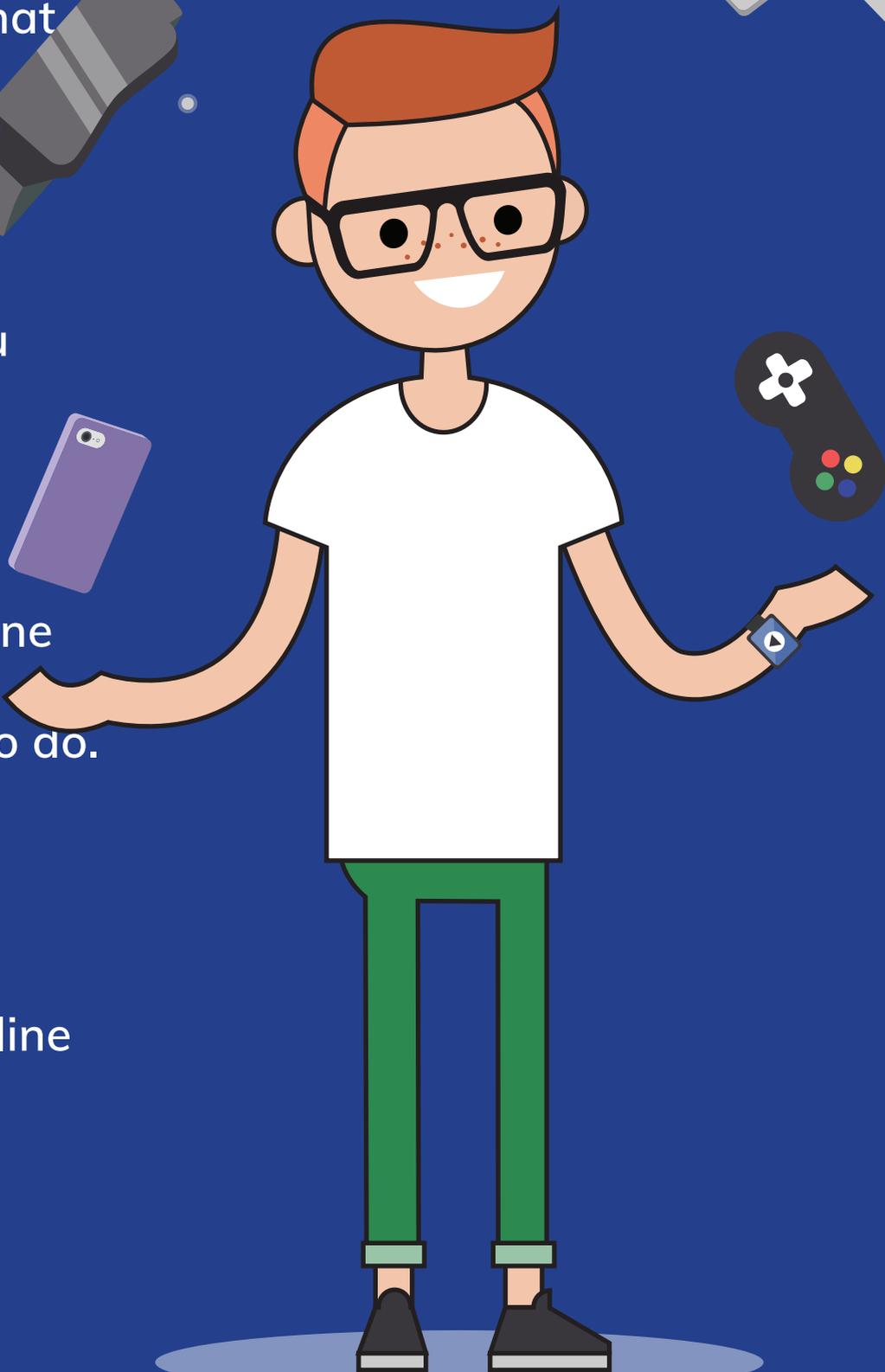


4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



TAKE A STAND AGAINST

TELEPHONE SCAMS



Scammers often use the telephone as a method to gain personal details and con people out of their life savings. Avoid being one of them, protect yourself.

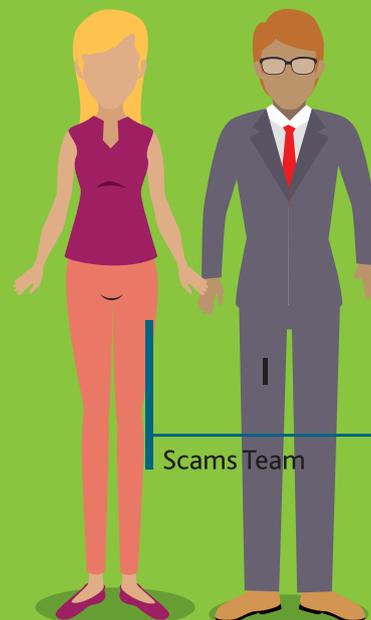
Top 5 Tips To Take A Stand Against Telephone Scams

1. Never give out personal or bank details over the telephone.
2. Don't feel pressured to making a decision over the telephone.
3. If the caller is vague about giving out their company information, hang up.
4. Don't open texts or answer calls from unrecognisable numbers.
5. Consider a call blocking device to filter out unwanted calls.



Remember if you're not sure, get advice and always report a scam

For advice on scams call contact your local Garda Station



TAKE A STAND AGAINST

INTERNET SCAMS

The internet gives easy access to criminals to scam consumers out of money. Be online savvy and protect yourself.



Top 5 Tips To Take A Stand Against Internet Scams

1. Be wary of emails from unknown sources asking you for personal details.
2. Set up a junk mail filter to stop unwanted emails entering your account.
3. Always go to a bank's official website to get information, don't follow links within emails.
4. Make sure your payments online are secure, look for the padlock symbol in the address bar.
5. Say no to strangers offering to put money in your account, this could be illegal.

Remember if you're not sure, get advice and always report a scam



TAKE A STAND AGAINST

MAIL SCAMS

Send £25
to claim
your prize

LOTTO
WINNER

YOU ARE A £250,000
WINNER

Limited
Time Offer
Confirm
your details

Everyday thousands of people become a victim of mail scams. Don't believe the false promises and protect yourself.

Top 5 Tips To Take A Stand Against Mail Scams

1. Never send money to a company in order to claim a prize or winnings.
2. Watch out for letters with too good to be true offers, it's probably a scam.
3. Don't disclose personal information to people or companies you do not know.
4. If you get a lot of mail get a trusted friend or family member to help you sort through it.
5. If you think the letter is a scam report it and shred it.

Remember if you're not
sure, get advice and
always report a scam





What Is a Harvest Festival?

A harvest festival is a celebration of the food that is grown on the land.

Harvest festivals are often celebrated in churches and communities.

Often food is collected to share with others who are less fortunate.

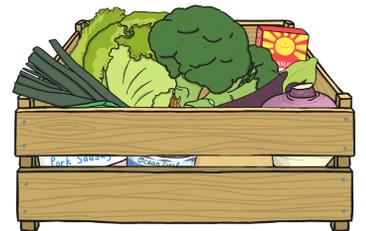
Harvest festivals are held around the time of the harvest moon. This is usually in September, although sometimes it is in October.

Harvest in the Past

In the past, it was not as easy to find food in the winter. The farmers had to bring in crops from the fields before the cold weather arrived.

Now, we can get food from many different countries around the world.

This means that we can buy lots of different fruits and vegetables all year long.



How Do We Harvest Our Food?

Before we can harvest our food, we need it to grow.



How Do We Harvest Our Food?



Spring: The seeds are planted, and the food begins to grow.



Summer: The plants grow bigger and if they have fruit, it starts to ripen.



Autumn: When the plants are ready to be harvested, the farmer collects the grains, fruit and vegetables, ready for us to eat either using machinery or by hand.



Grains some fruit and vegetables are harvested using machines. Some fruits and vegetables such as strawberries and blueberries are too delicate to be collected by a machine.

They need to be carefully picked and stored so that they don't get damaged.

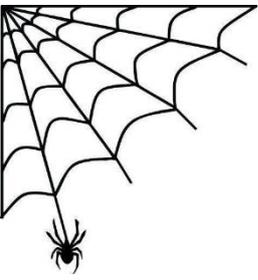


Harvest

f w h e a t o f w d f z
z p a j f i t r e w i w
v o r p a c v u w r e c
c t v g b a o i p s l o
t a e u l r y t c h d m
r t s c a r e c r o w b
a o t o k o l r o s d i
c e e l q t p u p v k n
t s r e h u j b m b c e
o s l e a v e s p i c p
r j o k q b e r r i e s
n y m s l p r o d u c e

leek	wheat	scarecrow	tractor	potatoes
field	crop	harvester	fruit	leaves
combine	produce		berries	carrot





The History of Halloween

Where did Halloween come from?

- In the beginning, Halloween was a harvest festival. The Celts (who lived in Ireland, the United Kingdom and France) marked the end of the summer and the beginning of winter with this harvest festival.
- They believed that the festival would make their gods happy so they would protect them and their crops during the long, hard winter that was to come.
- They built huge fires, and burned crops and animals as sacrifices. They wore costumes and enjoyed fortune telling.

○





Why do people dress in costumes at Halloween?

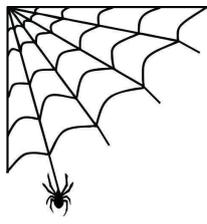
People believed that ghosts walked the streets on Halloween night and they felt scared about meeting them. They began to wear masks to fool the ghosts into believing that they were other spirits. Soon, people started to wear costumes and fancy dress to go with the masks.



Why do we go trick or treating at Halloween?

- Many years ago, people were not just afraid of meeting ghosts on Halloween night, they were also terrified that ghosts or spirits would come into their homes.
- They began leaving bowls of food outside their doors to keep the ghosts away. Over time, people began to get less fearful of the ghosts and started eating the nice treats themselves.
- Some people say that this was the start of trick or treating. Instead of just getting cakes, children began visiting their neighbours to look for food, drinks and money as well.





Halloween Word Search



Word List .

GHOST	PUMPKIN
HOOT	SHIVER
MOON	SPOOKY
OWL	WITCH





MEMORIES

FALL

Autumn

Blessings