

Liffey Newsletter



May 2024



Wardsview Day Service

Karl is an amazing example of an individual being supported to maximise their independence! Turn the page to learn more about our social butterfly.



Griffin Rath Give Back!

Read on to find out how much the gang in Maynooth raised for the Alzheimer's society.



Maple Walk Pampering!

Lisa has been busy learning about all things beauty related with her recent meetings.



Green Gables Aspiring young Artist!

Best of luck to Daniel on his next venture into the world of illustration.

This month's newsletter theme focuses on '**Support for Maximising Independence**' which is in line with New Directions.



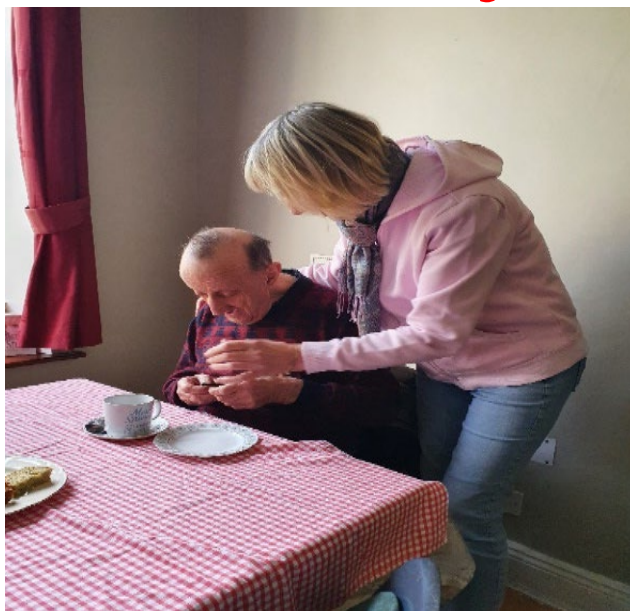
Independence means having total control over your own life and any decisions made about it.

Independence in health and social care is vital for several different reasons. Ultimately one of the most crucial reasons is, it enables a better quality of life. This is because individuals can be free to engage in activities they enjoy, continue to build social connections, and have a sense of purpose so they do not feel lonely or isolated.

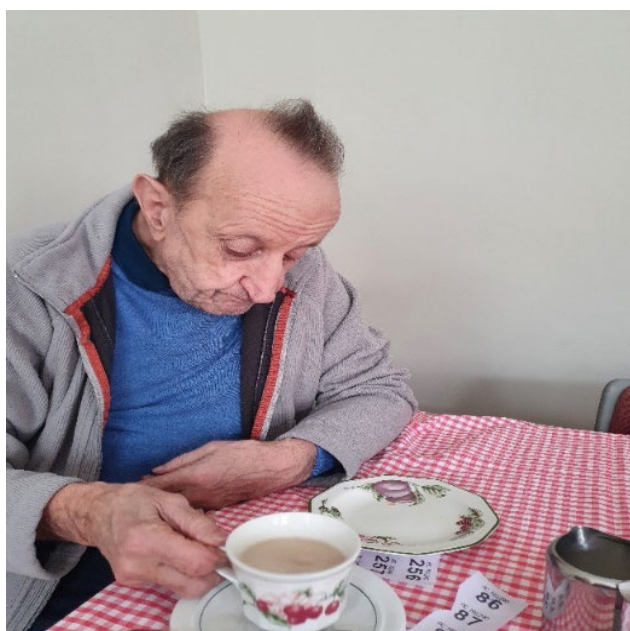
Equally, many more reasons help contribute to a better quality of life by promoting independence in health and social care; some of these include:

1. Improves self-esteem
2. Reduces demand and dependency
3. Provides better long-term sustainability

Wardsview Day Service

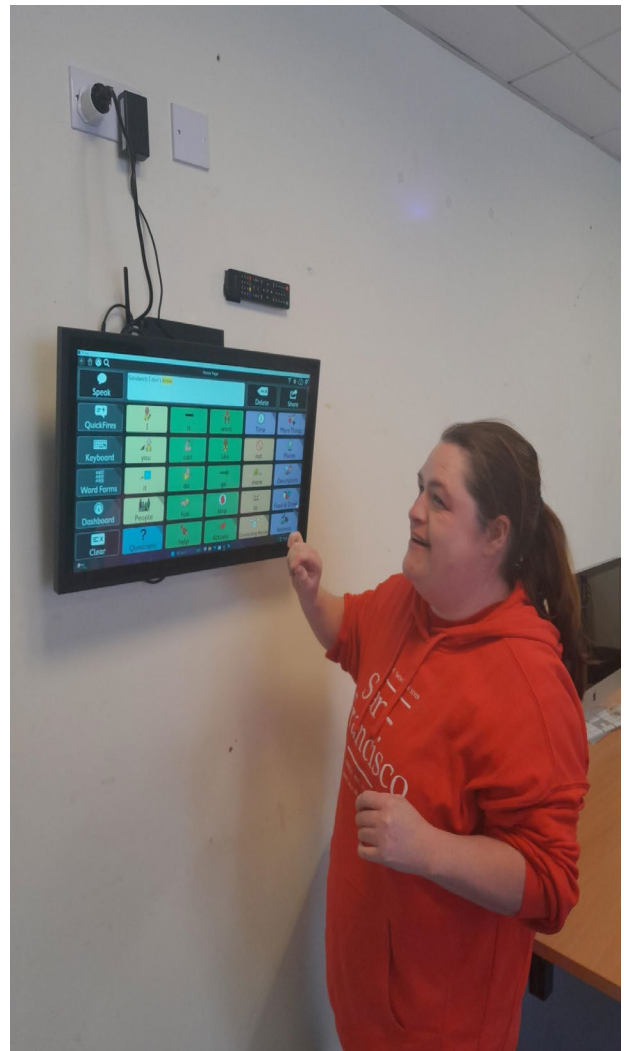


Karl is a member of the Silver Thread Club at the Mill in Celbridge, and he joins the group on Wednesday mornings from 10.30 am until 12 noon. He enjoys interacting with members, having a cup of tea, and sampling the members homemade cakes, as well as taking part in chair exercises, music, bingo, and he feels so welcome every week. Karl is missed if he cannot attend and is a valued member of the club as well as his local community. A great example of this week's newsletter theme is about maximising independence. Well done, Karl!



Avila Day Service

Below are photos of some men and Women attending Avila Day Service in Tallaght using their new touch screen Assisted Communication device. The group received this through Christina in SLT who is working closely with service users in Avila with a new app called TDsnap. This is a fantastic example of the people we support, guided to maximise their independence through communication. Best of luck with your new device! I will pop down very soon to check it out!



Maple Walk Day Service

Recently, Peter and Des who attend Maple Walk both won gold medals for swimming, a huge well done to you. The men were extremely happy with their performance and look ahead with positivity to their next competition.



Lisa, who attends Maple Walk, is a keen fashionista and has recently joined a local lady's community group in the area. Every Wednesday the group meet to discuss various topics including hair, make up and other self-care tips. A beautiful example of maximising independence. Great job, Lisa!



Griffin Rath Day Service



Griffin Rath Day Service in Maynooth hosted a fundraising tea morning on May 3rd and raised an amazing €400 for the Alzheimer's Society of Ireland. Well done to all involved and what an amazing opportunity to give back to the community.



Elvira Day Service



The group from Elvira Day Service recently attended the Sister Shed launch at their local community centre, Rua Red. This is the first of its kind and a female version of the very popular Men's Shed which runs in various locations nationwide.



Elvira Day Service also recently celebrated having TD snap installed in their location and the men and women wasted no time in getting to grips with the new device, with Cat the SLT. What an excellent opportunity to enhance independence through communication. I look forward to calling over to see the newest addition myself.

Pathways Day Service

Pathways Day Service would like to give a shout out to their drama group 'Run of the Mills' and their upcoming show. Please see the below poster and a special mention to Pathways actors Ella Jane Moore, John Egan, Conor Begley, Maurice Coll, Neil Coffey and Wesley Fairbrother. The show is running 27th to the 29th of June in Project Arts Centre in Temple Bar and tickets cost €18.



Green Gables Day Service

Massive Congratulations to Daniel Moses, who attends Greengables Day service in Tallaght. He has successfully applied to Ballyfermot College of Further Education. He has secured a full-time level 5 Illustration course. Daniel is very passionate about art and has been drawing for years with the hope of someday becoming an animator or storyboard artist. This course is hopefully the first step in a long career in art and we want to wish Daniel the very best of luck with his course. Well done!



Avoca Day Service



The staff and Service Users in Avoca Day Service continue to bridge people together through a good old game of Bingo. The group host a monthly bingo session with fabulous prizes and open their doors to other Day Services, providing an opportunity to mingle and chat. Keep up the wonderful work and everyone please keep your eyes peeled for the announcement of their June bingo date via email.



Crossroads Day Service



John Monaghan, Michael Cronin, Susan Parsons and Claire Murphy from Crossroads had some of their artwork displayed in Celbridge recently for the ShareRing Skills annual art exhibition. Michael, Susan and Claire have been participating for several years in the ShareRing Skills group, with John joining a few months ago. They are all pleased to be part of the group and enjoy the time there to express their creativity. Well done all!



Las Grenadas Day Service

On May 9th, Las Granada held an Art Exhibition. The event was organised to promote the men's and women's passion for art and their potential and to encourage self-expression. The group worked very hard over past year under the guidance of their Art teacher: Christine Carey. There was a huge turnout: Parents, friends and families. Also, in attendance was the Lord Mayor of Tallaght: Alan Edge and his colleague: Mohammed, SDCC Councillor: Lilian Gueret and the local ECHO newspaper.



All the Men and Women were very proud when showing their creations and art. All the pieces of art will be on display for the next few months, so if anyone would like to come to Las Grenadas to admire it, the door is open and Dorota will put the kettle on 😊



Global Accessible Awareness Day 2024



On Global Accessible Awareness Day on the 16th of May, a group from Ashtree, Mountain View, Hazelwood, and Avila was invited to Google Headquarters to check out their new accessibility Hub. Thank you to [@googleaccess](#) and the [@Google](#) team Liam, Maya and John in Dublin for showing us around the Accessibility Hub. We got to try out some accessible communication and games. The group from [@SJOGLiffey](#) had a fantastic time, and what a great way to celebrate Global Accessibility Awareness Day [#GAAD](#)



Digital Assistive and Accessible Technology is important for us to live independent lives. Assistive Technology and Personal Assistance are the two primary resources mentioned in the UNCRPD that support independence.

Thank you from Choices Day Service

Choices would love to thank everyone for their kind donations at their Plant Sale and Cake morning on May 17th. €374 in donations was raised and is going to Shared Skills in the local library in Celbridge. The money was presented by two men from Choices who attend the Art programme every Monday morning; Denis O'Brien and Joe Collins. A huge thanks to Hans, Martin and the Celbridge City Ramblers for the music and also thanks to Shelly for facilitating sports, which greatly added to the wonderful atmosphere in Choices on the day. Finally, the men and women in Choices would like to thank you all for your amazing support at the plant sale which was very much appreciated to keep our therapeutic horticulture programme going.



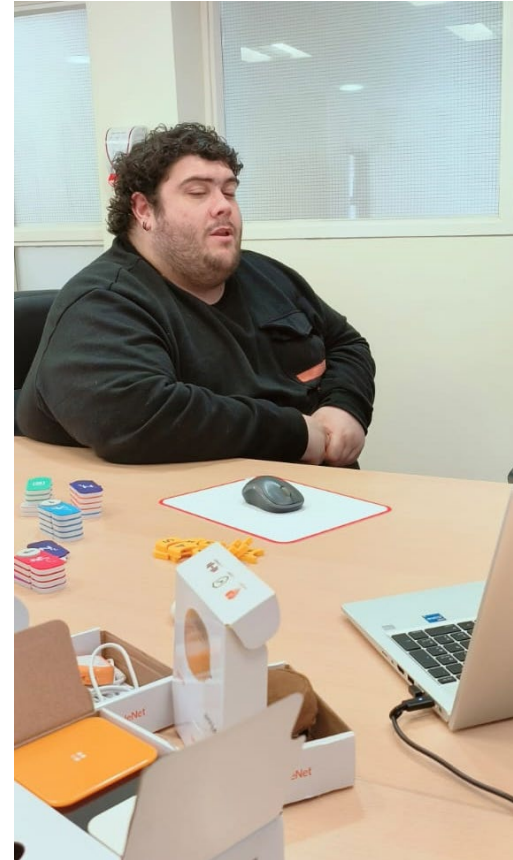
Said Project – Digi Coaches

On the 21st of May, Patrick Fitzgerald presented the SAID project at the National AT Conference GATHER, run by Ahead and Nala. Patrick shared what it means to be a Digi Coach and about learning to use assistive technology (AT). Patrick shared how he and the men and women started using technology in the service in 2014 to support self-advocacy. Now, they use lots of digital assistive technology to support their independence.

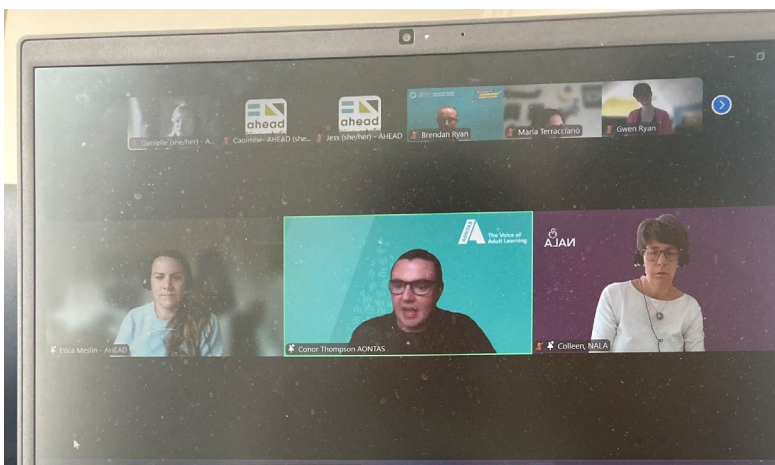
Patrick is training to be a Digi-Coach with the SAID Project. As a Digi-Coach, he will work in schools, teaching children and teachers how to use fun educational digital assistive technology. There are two teams in Ireland, one in Dublin and one in Kerry. Digi-Coaches support teachers and children with digital skills, internet safety, and fun educational games.

Our DigiCoaches at the Dublin team, Patrick, Niamh, Doris, and Lisa, say that being DigiCoaches gives them a great sense of achievement to help others become more independent. They share their digital skills, help others, and show that people with disabilities can be experts, too. They share, teach, and make a difference!

<https://saidproject.eu/>



Co-funded by
the European Union





Thursday 30th May 2024

• 11am – 12:00pm

GreenRoom, St Raphaels, Celbridge
or Boardroom Cookstown, Tallaght

Email: liffeyvoices@sjog.ie if you can come.

We will also be hosting this meeting on zoom
if you can't make it to Celbridge or Tallaght.

Go to our website for all the information;

<https://express.adobe.com/page/1GZh3bQ3BJD9v>



Meeting ID 474389762
Password 054429



Scan Here to join Zoom

Thank You for Reading...

Finally, just a friendly reminder that my 'What is New Directions?' Online Engage sessions will be happening on Thursday 6th June 2024 at 10am and again at 1.30pm. We will be focusing on the New Directions support around Personal and Social Development.



Please continue to send all your good news stories to me, no achievement is too small, we love to celebrate all the successes happening across Liffey Region's Day Services.

Get in touch

Donna Hughes,
Unit 15,
Block A,
Gleann na hEorna,
Tallaght,
D24 AD62



087 1734186



Donna.hughes@sjog.ie



**st John
of God** 
**Intellectual
Disability Services**

This easy read booklet about New Directions information was made by Donna Hughes.

