

**Saint John of God Community Services**  
**Liffey Services**  
Hospitality - Compassion - Respect



# New Directions Newsletter July 2023

Sharing Liffey Services  
Good News!

**Welcome one and all to this month's newsletter which explores the topic 'Support for Health and Wellbeing'. We will focus on how people who use our Day Centre's are actively involved in opportunities to have a meaningful day.**

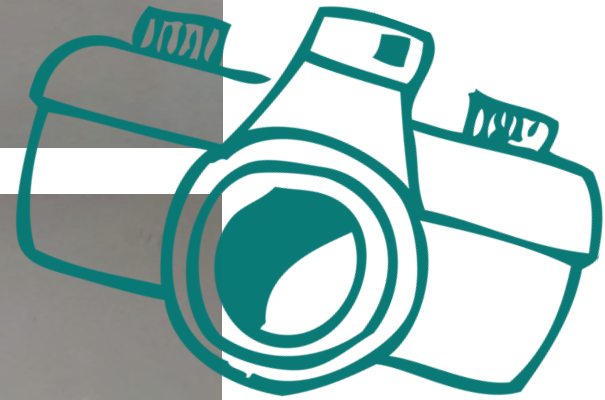
Below is a list of a few effective and tested ways that can help an individual to improve their overall health and wellbeing:

- **Ensure to get between 6 and 8 hours of proper sleep each night.**
- **Eat a balanced diet.**
- **Expose yourself to natural daylight as much as possible.**
- **Deal with stress instead of ignoring it.**
- **Exercise daily.**
- **Try to stay away from smoking and limit your alcohol intake.**
- **Be social, as much as you can.**
- **Find and practice new hobbies.**



# New Directions Wall Display in Rowendale

The Men and Women who attend Rowendale Day Service were busy being creative this month and sent in images of their wonderful wall display. The informative New Directions display, features pictures of those who attend the Day Service and activities they participate in within the local community. Keep up the good work!





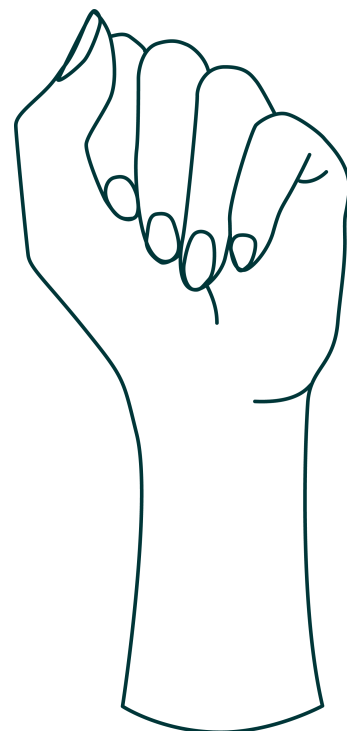
# Laura's Lamh Qualification!

Laura Hickey, who attends Crossroads Day Service, recently completed Lamh Module One. She is the first person, apart from staff, to complete the full Module One. Hopefully Laura is the first of many!!!

Also, Laura and David Kelly ran Lamh Module One training for four local Gardai (as well as staff). The Gardai were very impressed with their knowledge and teaching style.

A huge well done to all involved!

This is a huge achievement and involved completing six online modules, and learning 100 Lamh signs.





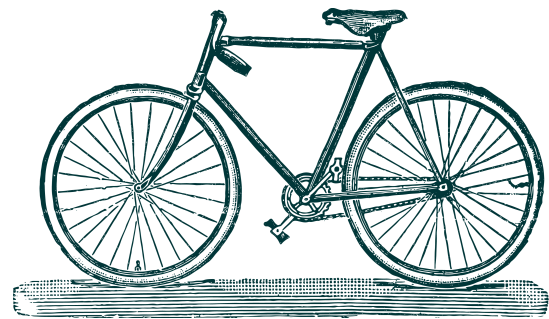
# Horizons Day Service

## Cian's Charity Cycle

Cian Hackett, an individual who is provided with an outreach service from Horizons Day Service, wanted to do a cycle for charity. Cian mentioned that he would like to do the cycle in memory of his late father Colm Hackett and would like to raise funds for a children's charity. Cian, with support from staff, contacted the fundraising team at Crumlin Children's Hospital and received great support from a kind lady, Liz Cronin, who sent out T-shirts, balloons, pens and sponsorship cards and also helped Cian to set up the website for the sponsorship.

At the same time Cian made sure that his bike was in top condition. It helped of course that he is currently doing a weekly work experience stint at the Bike-Hub in Dun Laoghaire. On the 21st of July, Cian set out to cycle from Kilcock to Enfield along the Royal Canal way, the weather was ideal! Cian met many kind people (with their dogs) on the way who cheered him on and gave support.





Coming into Enfield Cian liked the cycling so much that he decided to cycle all the way back instead of taking the train back to Kilcock, thus nearly doubling his intended distance!! Arriving safely back in Kilcock, Cian was very proud to have achieved his cycling goal. And not only this, due to generous support of many people, Cian even exceeded his fundraising goal of €500 and the sum collected currently stands at close to €600.! Well done Cian, what an amazing achievement and such a fantastic example of how you were supported with your health and wellbeing by all involved!!

**The fundraising page is still live at**

**<https://www.justgiving.com/page/cian-hackett-1687518829496>**

**any donations big or small are greatly appreciated.**





# Choices Day Service Plant Sale

Staff and the men and women who attend Choices Day Service have been busy with their plant sale. On Thursday 6th July from 10am-14:30pm, the gang had some wonderful plants for sale at the Quadrangle on St. Raphael's campus.



This is a brilliant initiative and supports the men and women to learn about retail, money management, negotiating and many other skills involved in the sale of goods. We are looking forward to the next one already.



# Avila Day Service Mondello Driving Trip

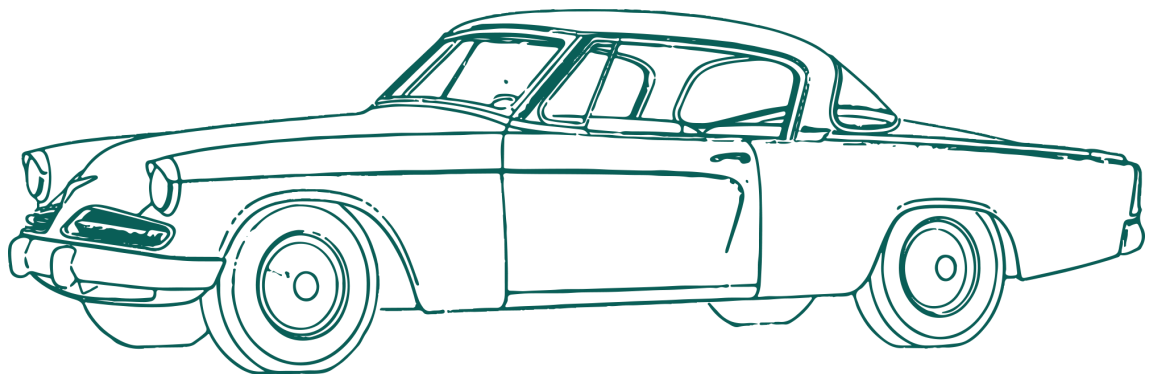


Staff members Ian and Phil, along with seven of the men whom they support from Avila Day Service, headed off to Mondello Race Track this month. Each of the lads took it in turns to drive the opel automatic car around the track 3 times. They each had full control of the car; with the instructor beside them who also had pedals and an emergency break, these are specially designed dual-control cars for training purposes.

After everyone received a go, the instructors took each person individually as passengers in a Ferrari for 2 laps. The group were then given a tour of the Racing Car museum and were presented with certificates. What a fantastic day all round and the photographs are stunning.







# Hazelwood Day Service



Some individuals who attend Hazelwood recently worked in the President of Ireland's home, Aras an Uachtarain, earlier this month.

At the President's annual Garden Party, the men and women were kept busy preparing programmes and handing them out to guests. They then attended the party and met with President Michael D Higgins and his amazing wife Sabina Higgins.

A special shout out to staff member Liv Gleeson in Hazelwood Supported Employment Services for sending in such beautiful pictures.

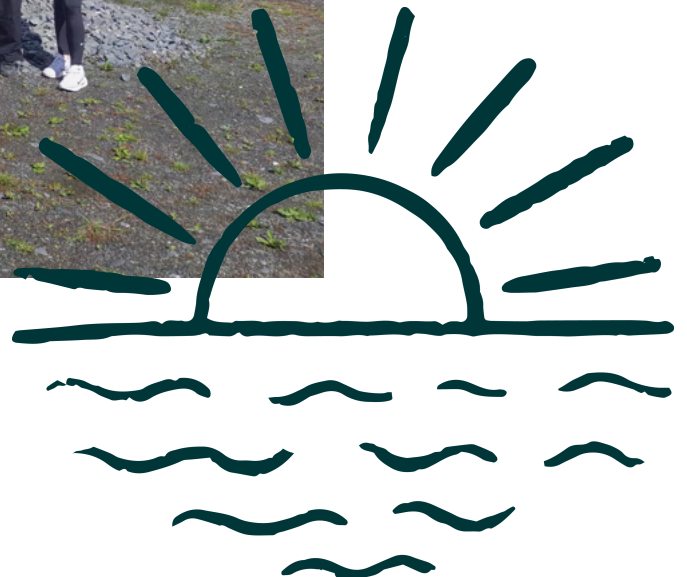




# LEAP Day Service



On Tuesday 11th July, a group from LEAP day service in Maynooth went to Athy for a day of Dragon Boat racing. It was a great day out and everyone really enjoyed it. Thank you to staff member Christina for sending in the photos and for always supporting the men and women with their healthy lifestyle choices.



# Our Place Exhibition



Artists David Deane, Keith Whelan, Laura Hickey, Aine Walsh, David Carter, Alan James Burns, and Sinead McCann

From the 14th to the 28th of July the “Our Place” exhibition opened at Riverbank Arts Centre. Developed by artists Sinéad McCann and AlanJames Burns, with talented artists from Liffey Services, this brilliant exhibition takes you on a playful adventure, exploring themes of happiness, human rights, and a sense of belonging. David Carter, one of the artists from Liffey services said this about making the exhibition:

“We made class sounds, and listened back to our recordings on Zoom and Whatsapp. We boosted our health and our happiness. It was fab!”

Congratulations to all on their amazing achievement! two-week residency in Riverbank Arts Centre in February 2023, funded by the Arts Council of Ireland Artist in Community Scheme, managed by Create Ireland.

Our Place is supported by Kildare's Creative Ireland bursary awards 2023





Check out Laura's Lámh intro to the Our Place Project.

<https://www.riverbank.ie/event/visual-art-our-place/>



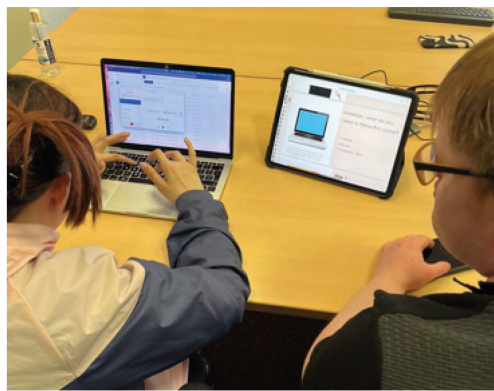
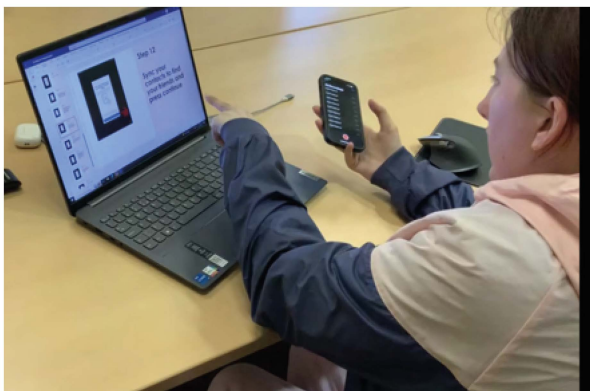
Photos from the 'Our Place' exhibition at the Riverbank Arts Centre

Day Service users and staff from Liffey Services have been hard at work on the Right to Connect project funded by Erasmus +. They are co-designing an accessible E-Learning platform with lots of helpful resources to help people learn new digital skills.

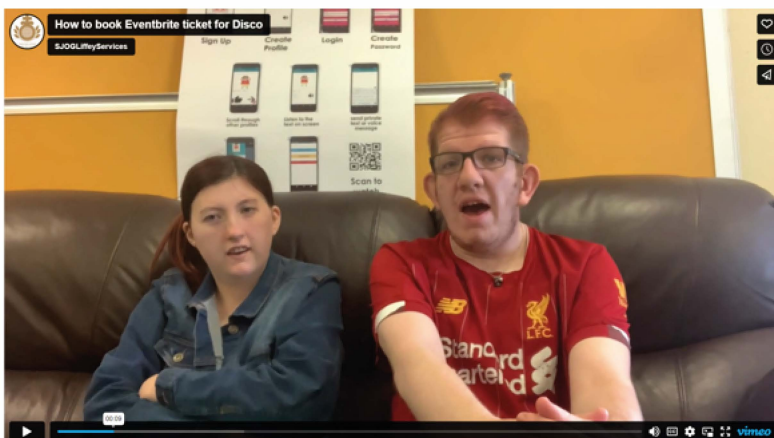
Co-designers from Saint John of God over the past month have been using digital programmes like powerpoint, adobe spark, screen recording and iMovie to co-design the accessible digital courses.

The courses were picked and created by everyone in the group to make sure the platform meets the needs of other people with intellectual disabilities. Here is a sneak peak at one of the screen recordings made by Doris and Chloe on how to book a ticket on Eventbrite.

**Check out the Project Website**  
<https://righttoconnect.entelis.net/>



**Chloe and Doris teach us how to book a ticket on Eventbrite. Go to the link below or scan the QR Code.**



<https://vimeo.com/842817977>





Co-funded by  
the European Union

The organisers for the SAID project which aims to upskills some of the men and women we support to become Digi Coaches and work in primary schools in the community are busy getting ready for the visit from our Austrian and Finish partners.

The Irish team are working on Basic Digital skills that are needed to become a DigiCoach and we look forward to rolling out the workshops in September. We have also been working on building a website to share the information and the progress of the project.

## Check out the [SAIDProject.eu](https://SAIDProject.eu) Website

**We are excited to learn from the Austrian DigiCoaches and the team at Graz university, atempo and Trycamps from Austria who have been doing this work for over four years .**

Kevin Gritsch



“ Mir macht das riesigen Spaß mit den Kindern zu arbeiten.

Philipp Kamenschak



“ In der Schule lerne ich auch den Umgang mit den Kindern.

Patrick Amreich



“ Ich werde dadurch selbstständiger.

Bastian Präpasser



“ Ich lerne dabei auch mehr zu reden.

**The first course will include:**

- Powering On
- Connecting to Wi-Fi
- Using Web Browsers
- Using Search Engines
- Built-In Accessibility

### Accessibility Plugins

- How to Download an App
- How to set up an email
- How to login to software
- How to take a screenshot
- How to take a screen recordings





The Liffey Voices the new Self Advocacy group that has been set up with self advocates from across the service held their kick off meeting in Tessa House on Tuesday 11th July 2023. Over a three month period individuals support by SJOG Liffey were invited to self nominate themselves to join the group.

Patrick agreed to be the Liffey Voices first chairperson with Joe Collins as Vice-Chair. Lisa, Aiden and Claire take on the role of secretaries. Treasurers are Joe and Paulette and the Media team are Doris, Laura and Brian.

The Self Advocacy committee have started to build their own website which they will keep updating every month so that everyone knows whats happening in the Liffey Voices.

### Check out the Liffey Voices Website

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



Thanks to our sponsors for the delicious lunch for the event.



**The next meeting will take place in Celbridge Wednesday 13th September from 12 md**



# COYGIG Party!!!



Shelly Breslin arranged a watch party for our Ireland Women's soccer team on Thursday 20th July as the women in green played in their first World Cup.

Shelly hosted the match in the Coachmans and had lots of lovely refreshments and treats laid out on the day. There was a huge turn out and I went along myself to take some photos and soak up the atmosphere.



Last but not least...

A quick reminder about Pathways Day Service Online Engage and of course, my own Online Engage session; "What is New Directions?"

**Thursday,**

**August 3rd**

**10am and again at 1.30pm.**

We will be discussing Support for Health and Wellbeing.

Enjoy the well deserved August break...



**THANK YOU!**

Please continue to send stories for the newsletter to:  
[Donna.hughes@sjog.ie](mailto:Donna.hughes@sjog.ie)



**Donna Hughes, New Directions Guidance  
and Training Officer.**