

# Liffey Newsletter



# April 2024



## Griffin Rath

The group in Griffin Rath recently visited Kilmainham Jail for a daytrip, they also had a visit to their Day Service from a furry friend. Read on to find out more...



Some of the men who attend our Day Services recently took part in a Crossfit Open event.



Three individuals who attend Maple Walk were busy educating people in Trinity recently.



The men from Rise Day Service were delighted to find the Facebook headquarters in Dublin.

Sharing Liffey Region's Good News Stories

# This month we take a closer look at ‘Support for Accessing Education and Formal Learning’

## **What do we mean by education and formal learning?**

Formal learning is structured training that enables you to expand your knowledge, skills, and abilities. It often comes in an instructor-led course, workshop, seminar, or training session with clear objectives and goals.



Do you know where to access Education and Formal Learning in your local area? Perhaps link in with your Keyworker and together, you can explore all options. There are so many local resources that we do not even know about yet.



Is there accessible information available to you in the Day Service to inform you what education is being provided in your community?

As well as a list of possible courses/QQI workshops that you can avail of and complete on site?



# Green Gables Day Service

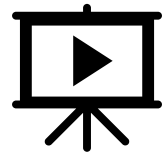
Green Gables hosted a day to celebrate India, this was in line with Multicultural Day 2024. There was traditional dress from India, delicious tasters of food and lots of games on the day. The photographs look like a great time was had and I hope you all learned something new about beautiful India. Thank you for sharing!



# AccessAbility

## Inclusive Musgraves

Supported Employment in Kildare has been super busy with 3 men working in Musgrave's in Kilcock. A video was produced for an internal webinar a few weeks ago, highlighting diversity in the workplace and focusing particularly on employing a person with an intellectual disability. Luckily, we can share the video and webinar across our organisation. Supported Employment also has a new paid employee who has joined the same team in Musgrave's from their service.



<https://vimeo.com/938185358?>

On the 12<sup>th</sup> March this year, Musgrave Retail Ireland launched a webinar on 'Creating a more Inclusive Musgraves'. This is a video that was made by Musgrave's for their webinar which staff member Paula from Supported Employment was delighted to be a part of, as the video also stars 3 of the men whom she supports in the Musgrave's Kilcock branch. The poster on the next page shows Papitcho Ntim Kabem, Brendan Muldowney (floor manager), Conor McGuinness and John Campbell in the middle photograph, who are the individuals that took part in the video.





Musgrave

## AccessAbility ERG

Creating a more inclusive Musgrave

## Understanding Intellectual Disability

Join us on 12th March 2024 at 12pm



### Inclusion Ireland

The National Association for People with an Intellectual Disability.



Lydia Fisher



Derval McDonagh



Des Cosgrove and Ciaran Canning



Papitcho Ntim Kabem, Brendan Muldowney, Conor McGuinness and John Campbell



Sighile Hennessey

Inclusion Ireland, colleagues and retailers will give us an insight into the challenges associated intellectual disability and the actions we can take at work, at home and in the community to create a more inclusive environment for people with disabilities.

Scan to Register



# Ash Tree Hub



The Men and Women from Ash Tree Hub and Mountainview in Tallaght visited the Butlers Chocolate Factory in Coolock as part of a planned Easter daytrip. They had a full tour of the factory and were educated about the story of Butlers chocolate and the journey from creating the chocolate, right through to how it is boxed and sold in their many cafes across the Country. The group really enjoyed the day! I'm still waiting for you to send some chocolate my way, Butlers is my absolute favourite 😊





# Griffin Rath Day Service



Griffin Rath Day Service in Maynooth have been really busy in recent weeks, they had a lovely therapy dog who came to visit and spend time with the Men and Women who attend there. Some of the group also visited Kilmainham Jail for a daytrip and they have been hard at work creating a New Directions poster for the Day Service. Keep up the good work!



# Maple Walk Day Service



Carmel, Michael and David who attend Maple Walk are members of the PPI Panel for the TILDA project (The Irish Longitudinal Study on Ageing) in Trinity. Earlier this month they participated in the recording of a video giving people with intellectual disabilities information about the medications that they might take. The information was gathered by PhD researchers in Trinity. This links in so well with the New Directions theme for this month's newsletter around accessing education and formal learning. Such an achievement, well done to all involved!





# Rise Day Service



Some of the men who attend Rise Day Service in Maynooth recently enjoyed a daytrip to Dublin to see the amazing production Aladdin which is a Broadway hit show. The gang went for pizza and also checked out the location of Ireland's Facebook headquarters. The trip was made possible due to the Parents & Friends donation money which was given to Rise. All staff and those who attend the Day Service wish to extend their thanks to the parents and friends and also to Donna Kane for making all of this possible.

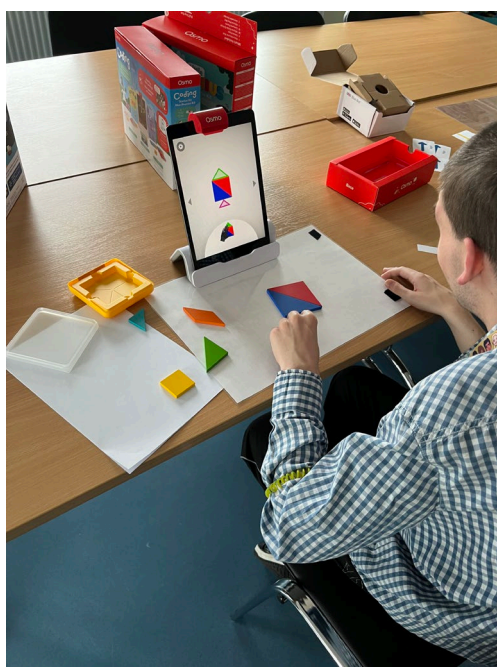




# SAID DigiCoach Project



The DigiCoaches from Ashtree, Hazelwood and Avila Day services have been learning new educational games over the past few weeks that they will use when they go and work in local primary schools. This is part of the SAID Erasmus plus funded project and the DigiCoaches all said they wish they have these type of learning tools when they were in school. It makes learning fun and we get to work in a team.



Co-funded by  
the European Union



# The Crossfit Open



Five men from Employment Services and Choices Day Service participated in The Crossfit Open recently. The Open is a worldwide event for all abilities to compete in fitness workouts over three consecutive Fridays in March. Thanks to Crossfit Leixlip who kindly supported the men to compete, they ran a tester training session in their gym prior to the event. Joe Gannon, Papitcho Ntim, Kieran O'Reilly, Stephen Pwajok and Robert Larkin performed the fitness workouts assigned for each day with full enthusiasm supported by members of Crossfit Leixlip. The scores were logged after each workout on a worldwide database for all to see. Well done to all!

# Cairde Day Service



A group of the men and women from Cairde Day Service in Celbridge recently visited Dublin Zoo on a cold Wednesday morning. Those who attended have a keen interest in animals and learned a great deal about them from observing and reading all the information boards at the zoo, a great day was had by all, thank you for the wonderful photographs.



# Liffey Voices March Video



Liffey Voices  
March 2024



**Thanks to everyone who came to last months meeting and here is what we talked about <https://vimeo.com/935426360>?**



**1. Coachmans.-** Joe, Aiden and Peter had a meeting with Sinead.

**2. Green paper on Disability Allowance** final submission pushed to July. Who wants to be involved?

<https://www.youtube.com/watch?v=UyzkToQJlcQ>



**3. Transfer of Service** We will discuss it at the next management meeting. Is there anything else we should do?

**4. Education opportunities** Doris from Ashtree went to Tralee to learn about new university courses from the Skills 4 Life team.



**5. Holidays with Day Services:** Before Covid every year day services went on overnight trips but they all stopped since Covid. Can the management team please tell us if it is possible to do these holidays again?



Doris and Patrick went to Kerry to support the team in Skills for Life to set up DigiCoach programme and other assistive technology and partner projects. When there they found out about the Path4 new funding for education opportunities for people with intellectual disability.

Ask your Keyworker to support you to find out more.

<https://hea.ie/assets/uploads/2023/06/PATH-4-Phase-2-Overview-of-Courses-subject-to-change.pdf>



PATH 4 Phase 2 – Course Provision for Students with Intellectual Disabilities

<https://vimeo.com/927650375?>



^ Background

PATH 4 is a key driver in delivering the following **objectives**, under the **Inclusivity goal** in the **National Access Plan**:

- To embed a whole-of-institution approach to student success and universal design
- To improve opportunities for students with intellectual disabilities to engage in higher education



# Liffey Voices April Video



Thanks to everyone who came and please join next month  
<https://vimeo.com/939575914?>



## 1. Men's Group

## 2. Green paper on Disability Allowance Scrapped

## 3. Education opportunities More Info from Path4 and NALA online course

## 4. Holidays with Day Services:

## 5. Illegal Parking – MakeWayDay.com

## 6. EU and Local Elections-

- [CheckTheRegister.ie](http://CheckTheRegister.ie)
- Ask Politicians to take the Disability Pledge





The Liffey Voices are sharing about the importance of the Right to Vote and using that right. Patrick has made a video to help you to see if you are registered to vote on **CheckTheRegister.ie** and ask you to join the campaign by asking politicians to sign the Disability Pledge.



## Calling European Election candidates to take our **Disability Pledge**

**Disability has to made a priority**

More than a quarter (27%) of the EU population aged 16 years and over has a disability. We call on all candidates to the European Parliament to sign the **Disability Pledge**, showing your commitment to the disability community and confirming that when elected to the Parliament that you will work to realise disability equality and inclusion.



Scan this QR code with your smartphone to be brought to our disability pledge page.



**#DisabilityVotesCount**  
[www.disability-federation.ie](http://www.disability-federation.ie)





**Thursday 30th May 2024**

• 11am – 12:00pm

GreenRoom, St Raphaels, Celbridge  
or Boardroom Cookstown, Tallaght

Email: [liffeyvoices@sjog.ie](mailto: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



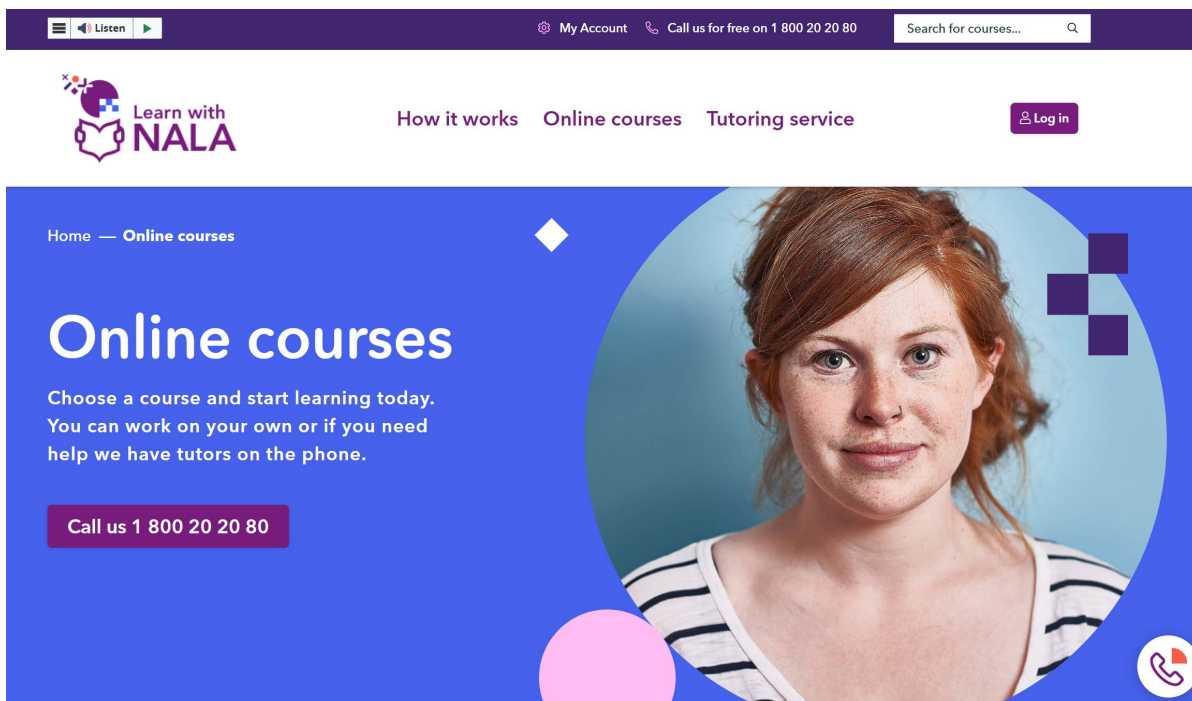
Scan Here to join Zoom



This month, members of the team shared some education opportunities, and they wanted everyone to know about the Nala Online courses. They are all free, and you can do hundreds of courses, from reading, writing, life skills and self-advocacy. They really liked the built-in screen readers. You can also get a QQI certificate for the courses. A few of the self-advocates are going to do the QQI level 3 certificate in Self-advocacy over the next few months. We will share their experiences.



<https://www.learnwithnala.ie/>





# Thank You for Reading...

On a final note, just a reminder that my 'What is New Directions?' Online Engage sessions will be on the later date of Thursday 9<sup>th</sup> May 2024, not the usual first Thursday in the month. I hope to catch up with some of you at 10am and 1.30pm on the 9<sup>th</sup>.



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

## Get in touch

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



087 1734186



[Donna.hughes@sjog.ie](mailto:Donna.hughes@sjog.ie)



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

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

