

SJOG Liffey Services New Directions Newsletter

February 2023

Welcome Back!



Thank you all for the wonderful feedback from my first New Directions Newsletter last month, I was overwhelmed and delighted with the response. As you are aware, each month the newsletter will focus on one of the Supports that underpin New Directions and showcase success stories from people across Liffey Services. My aim is to show a trend of the focus Support in the chosen stories in order to identify how New Directions is being exercised or provided across Day Services. The support chosen for this newsletter is “[Support for making transitions and progression](#)”. Inside you will read how people are being supported to live good lives, fulfill meaningful roles and improve their overall quality of life.

New Directions 12 Supports

New Directions sets out twelve supports that should be readily available to people who are attending Day Services. Please see the Supports below:

- ⇒ **Making Choices and Plans**
- ⇒ **Making Transitions and Progression (This Month's Topic)**
- ⇒ **Inclusion in One's Local Community**
- ⇒ **Education and Formal Learning**
- ⇒ **Maximising Independence**
- ⇒ **Personal and Social Development**
- ⇒ **Health and Wellbeing**
- ⇒ **Bridging Programmes to Vocational Training**
- ⇒ **Vocational Training and Employment Opportunities**
- ⇒ **Personal Expression and Creativity**
- ⇒ **Meaningful Social Roles**
- ⇒ **Influencing Service Policy and Practice**

New Directions Displays

On the last page of my January newsletter, I set a small task for a wall display to those who wished to get involved. Thank you so much for coming back to me to share your creative ideas around the New Directions supports, I am impressed by your artistic skills. A special shout out to Liffey View Day Service in Islandbridge for their amazing display.



Fantastic work, I think your idea of using the phrase 'reach for the stars' and displaying hands beneath the stars is clever, colourful and really catches the eye.

Avila Day Service, Dublin Zoo

This good news story looks at how three individuals who attend Avila Day Service in Cookstown, were supported with their progression into a brand new programme about animals.

Every Thursday, Avila Day Service will be organising a daytrip in line with their animal programme and including outings to local stables, parks where animals roam free, farms and so on. On Thursday the 16th of February, the Day Service visited Dublin Zoo. The group began their day with making vital decisions about who will sit in the front seat of the van, then they made a plan for lunch to manage their time effectively and so they could all get the best out of the daytrip when there are time limitations.



I wonder if that giraffe can see Michael D's house?



Wishing the very best of luck to Avila with their brand new and very interesting programme. The feedback received is that all those in attendance had a fantastic day visiting Dublin Zoo, sending a big thank you to staff member Ian Byrne for the story and pictures.





Pathways Day Service, Maynooth

Ella Jane Moore attends Pathways and recently completed her 16 weeks QQI level 3 course in DCU from August to December 2022. Ella Jane was so determined that she would never miss any class. The team in Pathways Day Service in Maynooth endeavoured to prioritize Ella Jane in travelling to and from her course. Unfortunately, early in December Ella Jane's mum fell ill suddenly and after 2 weeks in the hospital she passed away.

Her mum only missed 1 week before Ella Jane's graduation. You can only imagine how tough this would have been for this strong young woman. The team in Griffin Rath, where Ella Jane lives, together with Pathways Day services staff, joined forces to support Ella Jane through this difficult time so she could reach the finish line to her course.

Despite all of this, Ella Jane's graduation was a success and she was delighted on the day, her sister attended the event along with her keyworkers from Griffin rath and Pathways. Thank you to the DCU Ability team for giving Ella Jane special consideration i.e. having 3 visitors to her graduation instead of 2 to make it extra special for her.

I did so well. I learned loads and loads of stuff.

I'll miss my work colleagues in Interfaith. I loved doing my work experience. I did the hoovering in the quiet room and I did the shredding laminating doing the tea bags the coffees I loved doing it. It means a lot to me.

I loved getting the bus and the train.

Well
done!



Valentine's Disco



“LOVE WAS IN THE AIR” in Horizons Day service on Tuesday the 14th as they celebrated Valentines Day in style with friends and colleagues across Liffey Services. The men and one lady from Horizons pulled out all the stops to purchase necessities and prepare the venue for this special occasion. Red Roses and Balloons were placed around the Horizons dining room to create the atmosphere of Love.

Staff were delighted to welcome colleagues and Service Users from Pathways, Connections, Re Nua, Rowandale, Avoca, Choices and possibly more, in fact, they lost count.

Staff member Valerie Horgan wishes to pass on a big thank you to all who attended as this occasion would not have been possible without your support.



VectorStock®

VectorStock.com/354346

Liffey Services very talented musicians, Service Users and Staff entertained the attendees with their own style of music and dance, while enjoying light snacks and refreshments served by the Horizons Team. It was a wonderful opportunity for those who attend Day Services to meet, mingle and catch up, especially after all the restrictions in recent years. This particular event, when we can merge people together, supports individuals to progress with integration and social skills. This is something that was taken away during lockdown so a huge congratulations and well done to all involved in the planning and prep for such a successful event.

Horizons Staff were extremely happy to be a part of this wonderful event (however will use more paper cups next time) Ha ha ha!



Social Farming, Re Nua



**Not all of it,
leave some
food for the
other animals...**

Re Nua received a grant through the Older Persons Fund to experience Social Farming. Three gentlemen; Tony, Finbar and James attended a 10 week social farming programme on a farm called Slate Lodge Stud which is located in Rathangan Co Kildare.

From the first visit to the farm, the owners Val and his wife Una made everyone feel welcome and had scones and tea ready for their arrival. The gentlemen felt very much at home as there was a lovely homely atmosphere and plenty of time for chat both on both sides.

The farm is a working farm so Val had activities for the gentlemen to help with, which included grooming horses, helping with general maintenance, feeding cleaning and collecting duck and hen eggs. Each person contributed in their own way and felt a great sense of achievement when each job was completed, this also motivated them into completing the next job. The farm is a relaxed environment and both Val and Una are very easy to chat to which puts everybody at ease.



Val and Una provided lunch to the gentlemen which they all thoroughly enjoyed. Over the ten weeks the men would chat about the farm and look forward to visiting each week.

For the Re Nua gentlemen the benefits of social farming have been enormous, they have built up a great rapport with both Val and Una, they enjoy sitting with them at lunch time, eating homemade food and chatting with them. They offer suggestions to help Val with aspects of his farm such as, Val got some new hens and was worried about foxes getting into the hen house, one of the gentlemen suggested a solar sensor spotlight to deter the fox, Val thought this was a great idea and when they returned the following week Val had installed the light. They have also benefited physically, mentally and socially and they have improved their lives by becoming more confident and are happy to have the experience to do new things.





If you have a good news story for me then please link in with a staff member and request that they send it onto me at;

Donna.hughes@sjog.ie

I will do my very best to get in touch as soon as possible.

Also, please keep your wonderful wall displays coming in and I can feature your Day Service in my next newsletter.

Don't forget to tune
into my Online Engage
Sessions the first
Thursday of every
month!

Thank You

Donna Hughes
New Directions Guidance and Training Officer
Saint John of God Community Services, Liffey Services

Tel: 0871734186; 014686415 **Email:** Donna.Hughes@sjog.ie



Saint John of God Community Services
Liffey Services

Hospitality ~ Compassion ~ Respect