

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

New Directions Newsletter October 2023



**Sharing Liffey
Services Good News!**

Happy Halloween one and all and welcome to the October 2023 New Directions Newsletter which explores the topic 'Support for Personal Expression and Creativity'.

This is one of the themes around New Directions which I am particularly passionate about. Having worked in the field of Social Care for over 16 years, some of my fondest memories are from a time when I was supporting someone to express themselves through either their image, art, performance, journaling, playing an instrument and so on.



Just this week I was invited along to a Yoga Class with the Men and Women from Pathways Day Service and it was wonderful to observe each person expressing themselves through gentle movement and stretching. Pathways have a wonderful set up and are joined by Men and Women from LEAP and Connections in Maynooth GAA Club on Thursday mornings.



Here are some useful tips on how to Express Yourself!

- As you express yourself more, you'll feel better about yourself and Build you confidence.
- Speak your truth. Be real and honest.
- Take time for yourself.
- Try new fun creative activities.
- Team up with people.
- Look for support



Las Grenadas Wall Display

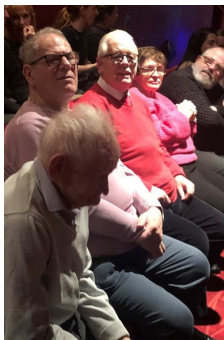


A huge well done to all involved in the New Directions 'space themed' wall display in Las Grenadas. So much hard work has gone into this and the team have managed to list all the Supports, make sure to check it out the next time you're in the centre.



Re Nua Day Service

The men and one lady from Re Nua visited An Bord Gais Theatre in Dublin this month to see the West End and Broadway smash hit The Lion King. Everyone thoroughly enjoyed the visual and interactive aspects of the show, including scenery, costumes and naturally the singing, as the group sang along to all the well known tunes from the movie. After the show, the group headed back towards Maynooth to their local for dinner and drinks.



Uaisle Day Service

The Men and Women from Uaisle Day Service recently visited the Delta Sensory Garden in Carlow. The group headed to Reddy's bar in Carlow town afterwards for a carvery. Staff Member Vivian would highly recommend this daytrip to other centres. The location was accesible for anybody who may use a mobility aid and there was ample parking nearby.



Maple Walk Day Service

Jacinta Leigh who works in Maple Walk Day Service runs a Photography Club there as part of the weekly timetable. Recently, the group decided to go out and about in Walkinstown and photograph obstacles and problems caused by items left on the ground in their community. Fabulous idea and brilliant photographs, great job everyone!





**Enabling Social
Innovation**

Hello friends!

I had the fantastic opportunity and attended the EASPD Enable Social Innovation Conference in beautiful Helsinki. Being among 250 enthusiastic participants was such an experience! I'm proud to have shared my journey as a co-researcher and co-designer on the "Right To Connect" project, supported by Erasmus+ and EASPD.

What did I learn? That we must build a culture of curiosity! Instead of making decisions for others, let's co-design with them. Our cities should belong to everyone, and it's our collective responsibility to make them inclusive.

Technology is here for all! We need it in everything we do, but remember, it's also important to build our skills. I was fascinated to learn that technology systems are linked in disability services in the USA. Did you know that Keystone, through investing in technology, saved 35,000 staff hours in just four years? From sensors in the first year to telehealth in the fourth, the innovation never stops!

Stay curious!

Patrick Fitzgerald

Here is the video about the experience <https://vimeo.com/874382244>



RightToConnect

Digital inclusion for persons
with intellectual disabilities



Co-funded by
the European Union

Kildare Garda Division



As part of National Social Inclusion Week, Christine Cunningham who works in Wardsview arranged for Garda Marc Connolly of Celbridge Garda station to come into St Raphael's. Marc met with some of the men and women who attend New Horizons, Re Nua and Choices Day Service. He facilitated a talk on personal safety and road safety and also gave some RSA hi-visibility armbands to those who attended the talk. A big thank you for coming in, all the smiling faces in the photographs are a sign of a successful visit.







Liffey Voices Meeting

Thursday 16th November 2023
11am – 1pm



Resource Centre, St Raphaels, Celbridge

Please 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**



zoom

Meeting ID 474389762
Password 054429



Scan Here to join Zoom



October Meeting

There were over 35 people joined in person and online for the October Liffey Voice - Self Advocacy meeting in Tessa House.

We shared an update on the topics from September and choose three new topics to work on;

- **Transport**
- **Money and the Green paper on disability allowance**
- **Tuesday and Wednesday Social Club in Islandbridge.**

The groups were very creative and shared their lived experience and mapped out the issues and the facts.



<https://new.express.adobe.com/webpage/iFhA0qgj84zE7>



Minutes from
October
Meeting



<https://vimeo.com/876125237>

New Horizons Day Service

Hans from New Horizons applied for the Better Life Grant and was able to purchase a new trishaw for one of the Gentlemen in the centre who has mobility issues. I feel that this ties in really well with our New Directions theme this month and demonstrates a staff member going to great lengths to support an individual with personal expression and creativity through cycling. It is very clear that Hans was thinking outside the box and certainly did not let a mobility issue stand in the way of facilitating a cycling programme. New Horizons have somebody booked to provide pilot training to staff on using the trishaw. Well done to all!



Avoca's Christmas Appeal

The Men and Women and Staff in Avoca Day Service are doing a Christmas Charity Appeal for Lucan Homelessness and have already began purchasing and collecting items. If you also wish to donate then please see the next page for details.



**ANY DONATIONS GRATEFULLY ACCEPTED
BETWEEN 15TH SEPTEMBER AND FRIDAY
15TH DECEMBER IN AVOCA DAY SERVICE,
St Raphaels Campus, Celbridge AND
WILL ALL BE HANDED OVER IN TIME FOR
CHRISTMAS.**



LUCAN Homeless Dona...
Business chat



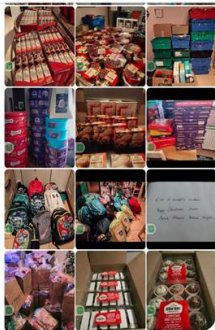
Donations needed

- Wipes
- Roll on deodorant (NO SPRAY)
- Shampoo
- conditioner
- Shower gel
- Toothpaste
- Toothbrushes



**PLEASE NO RAZORS
NO SPRAY DEODRANTS
NO MOUTHWASH
NO SANITIZER**

- Tubs of sweets
- Selection boxes
- Biscuit boxes



**PLEASE CONTACT
Siobhan.Fleming@sjog.ie for any further
information.
Thank You!**

Green Gables Day Service



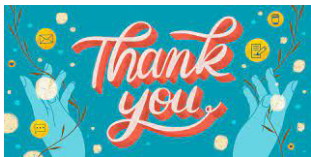
The Men and Women who attend Green Gables have been very busy recently. A group visited the Klimt Immersive Experience which has been getting rave reviews since opening in Artane. On Tripadvisor it has been described as an unforgettable experience. The photos look brilliant.





On September 18th, a group from Green Gables were also involved in the Open Day at Bluebell Allotment. The group got to work with some gardening and showcased the many seeds and bulbs which have been planted.

Thank you all for your continued support with the newsletter. I hope to see some of you before the festive period and am hoping to drop into Day Services for a catch up over the coming months.



Please continue to send in your good news stories to;
Donna.hughes@sjog.ie

Donna Hughes
New Directions Guidance
and Training Officer