



New Directions, January 2025 Newsletter



Many of the Men and Women from various Day Service locations attended the recent 'Disability Friendly' Day at Funderland in the RDS arena, Ballsbridge... Turn to page 8 for more amazing pictures!



The Men and Women from Maple Walk hung out with the Lord Mayor some months ago...



The Service Users from Rise in Maynooth enjoyed a wonderful evening at Mary Poppins!



Three of the ladies from Windmill Day Service headed out to Bray for a visit!

This month we go back to the very first Support which underpins New Directions, we look at **‘Support for making Choices and Plans’**.



Day Services must ensure the rights and diversity of each person are respected and promoted. Each person should have access to information to support them to make informed plans and choices, provided in a format that is accessible to their communication needs.

Each person must receive services and supports that are responsive to their individual choices, needs and abilities, in line with SJOG's statement of purpose. People are involved in the planning, design, delivery, monitoring and evaluation of services and supports.

The service provider is required to develop and promote a culture of quality, person-centredness, community inclusion and active citizenship throughout the service.

Introducing Staff Member Shelly Breslin



Hi, my name is Shelly Breslin, I am the sports facilitator for SJOG in the Celbridge. Some may know me as Shelly on the Telly from the zoom exercise during lockdown.

My career started in 2006 in day service with SJOG Carmona now DSE, I moved to the Sports Department in Celbridge in 2008 which matched my passion for promoting health and fitness. Throughout my life I have been involved in competitive sports including athletics, soccer and GAA.

This prompted me to volunteer with Special Olympics in 2002 and volunteer at 2003 World Games in Ireland. This involvement inspired me to pursue getting my degree in Leisure and in Social Care.

My day to day is coaching and organising activities on campus and in the community with great support from our fantastic volunteers and Kildare Sports Partnership. As mentioned during lockdown I was involved in the Online Engage programme hosting several activities. I was awarded Active Irelands Active Service Keyworker in 2022 for my classes during this time. In 2023 I had the honour of being the Assistant Basketball Coach for Team Ireland at the Special Olympics World Games in Berlin. Our team achieved fantastic feat of winning gold in a very competitive group.

Currently I train in CrossFit Leixlip, and I've had the pleasure of sharing this experience with some of our men and women in SJOG Celbridge who have attended coaching session there. When I am not coaching or training, I am cheering on my favourite team Liverpool FC and supporting Leinster rugby. I am also involved with Barnhall Buffaloes tag rugby team, we have quite a few men and women from the service involved. To get away from it all I love forest walks and being at the beach.

If you would like to contact me do so at shelly.breslin@sjog.ie



Cairde Day Service



The DePaul charity drive was a huge success. Thanks to the Service Users and Staff from Cairde Day Service in Celbridge, people suffering from homelessness woke up on Christmas day to very thoughtful presents, and are benefitting from them now in this extremely cold weather.

The group put together packages with hats, gloves, socks, scarves and so much more. The charity has publicly acknowledged Cairde's very kind donation on their social media channels, being able to share some good news, particularly when the weather can be so dangerous for homeless people at this time of year. A huge well done to all involved!

FRIENDSHIP MEET-UP

When: Wednesday 12th Feb from 10:30 until 1pm

Where: Springfield Hotel Leixlip.

Cost: FREE

Itinerary:

10:30 Tea / Coffee / Biscuits. Hand-outs Club/CC books

11:00 Meet n Greet / Friendship Discussion

11:30 Friendship Videos

11:45 Guest Speakers

“Good friendships can positively impact a person's health and well-being. Beneficial outcomes include improved physical and mental health, enhanced quality of life, and greater community connections.”



Mulberry Day Service

Mulberry is a Day Service in Clondalkin, located in the community building at ACE Enterprise Park Bawnogue. At ACE you can find different social enterprises, organisations and small businesses.

The Service Users at Mulberry Day Service were hosting their annual Christmas Coffee Morning. The idea was to spread some holiday cheer and to invite along the immediate fellow ACE Enterprise members. The room was decorated as festive as possible and everyone connected over a coffee and treats.

This was an opportunity for Service Users and staff to meet their immediate neighbours and spread awareness about our work as a community based organisation.





Three Service Users from Mulberry Day service attended the annual Funderland get together and had a BLAST! Kevin M, Kevin C and Jenny tried out as many rides as possible. Kevin and Kevin were very adventurous and were not afraid of any height or speed, leaving some very anxious staff looking on.

The annual Funderland opening for people with disabilities is a staple in the Mulberry calendar. Even though the interest in this event is very high, the organisation makes it a pleasant experience every year.



Rise Day Service



The New Year brings the Men and Women from Rise to a new theatre season, and they started in the best possible way. The group went to see Mary Poppins, which is currently No 1. musical in the World.

Before the show, the group had lunch in the city centre and a coffee break next to theatre, but they had plenty of energy for singing and dancing all evening long.

As the group headed back to Maynooth that same evening, they were still singing. Sounds like a wonderful night.

Crossfit Leixlip

Some of the Men and Woman from SJOG recently attended Crossfit in Leixlip.

Crossfit Leixlip offered the group free coaching for 6 weeks and will also be inviting people back before they compete in the Crossfit Open at the end of February.

Those who attended were Robert Larkin, Papitcho Ntim, Darren Joyce, Claire Savage, Joe Collins, Joe Gannon, Paul Ferris, Kieran O'Reilly and Stephen Pwajok.



Uaisle Day Service



Uaisle Day Service hosted a wonderful end-of-year party last month, this took place at the West County Hotel on 17/12/2024.

The men and women had a fantastic time at the event, which ran from 3:30 PM to 7:00 PM. The celebration included music, bingo, a full dinner with dessert, drinks, and dancing to conclude the evening. It was a wonderful opportunity for everyone to interact and socialize!



Windmill Day Service

Emma Aisling and Trisha from Windmill Day Service in Crumlin visited Bray Beach on a cool January afternoon. The group took in the beautiful sights as they had a stroll along the promenade. Then they went for coffee in the local Finbee's Café, I met with the group on the same afternoon when they returned from Bray and all three ladies were so positive and smiling, having really enjoyed the outing. The new staff team in Windmill are fantastic advocates for the individuals whom attend the Day Service and always offer choice before making plans to go on outings, this ties in so well with the New Directions theme we are exploring this month. Great work!



Maple Walk Day Service



A group from Maple Walk Day Service visited the Lord Mayor's Office last year with support from Joe Roche and Tina Almack. The trip was part of the Men and Women's Dublin Heritage Tour.

The Lord Mayor James Geoghegan was a wonderful host and has since been elected into the Dail. James chatted to everyone and encouraged them to write to the Mayor's office if they have any suggestions in mind for the good of the community regards people with disabilities.



Ash Tree Day Service

Embracing the new year as a fresh start, the Men and Women from Ash Tree in Tallaght have started a fitness and nutrition journey for 2025. Below is a picture of the group attending Mick's Gym in Kylemore for a workout. The staff are supporting the group by offering choice when it comes to healthy food and exercise programmes.

Good nutrition and keeping active have the following benefits;

- Keeps skin, teeth, and eyes healthy.
- Supports muscles.
- Helps achieve and maintain a healthy weight.
- Strengthens bones.
- Supports brain development.
- Keeps flu and other illnesses at bay.
- Boosts immunity.
- Helps the digestive system function.



ReThink Ireland

Digi Coaching

After the success of the SAID Project and training and work from the DigiCoaches in Dublin and Kerry. The team decided to partner with Fighting Blindness who do peer to peer digital skills coaching, and apply to ReThink Ireland for a grant that would see 12 adults with disabilities hired as DigiCoaches along with a Digital Accessible Loan library that the Digi Coaches can use while they are coaching people in digital skills.



The project successfully reached the interview phase, and Patrick, Niamh, and Sarah from Liffey Services, along with Declan from Fighting Blind, came together in Cookstown for their interview with Rethink.

RETHINK IRELAND

Our
Social
Innovation
Fund

Arts Council

Our Place

After the success of the Our Place project in 2024, the team has decided to apply to the Arts Council for a touring grant. This grant would allow some of the artists' co-designers and facilitators from Liffey services to be paid to bring the Our Place—sound art and immersive experience—to sensory rooms and other services across the country.



The project received a lot of positive feedback from people in the disability and arts sectors, and we are hopeful that it will be funded in 2025. This application included a lot of planning from the co-designer and team. Thanks to everyone for their great ideas and for wanting others to experience Our Place.



PPI Co-researcher hired

We are delighted that the St John of God Research Foundation has funded a part-time position for a co-researcher for the coming year. Patrick Fitzgerald successfully got his contract and started working with the Research Foundation this month as a part-time employee. Patrick will

- Help with research on digital inclusion led by PPI.
- Assist with digital inclusion projects using current tools and find new ways to create accessible toolkits.
- Help design practical and accessible toolkits.
- Lead workshops to co-design accessible solutions.
- Collect and analyse feedback.
- Assist in writing accessible reports and creating accessible resources.
- Help overcome communication barriers. Good interpersonal skills are essential for building relationships with stakeholders.
- Support the analysis and evaluation of project accuracy.



**st John
of God** 
Research



Wednesday 19th February 2025

Please register: 11am – 14:00pm

Men's Group Activities

11am - 12 - eSports - Tessa House

12-12:30pm - Lunch

12:30 pm -2:00pm - Men's Talk



<https://forms.office.com/e/WhYFxfbbyz>



€10 pays for Activity and Guest Speaker



The fifth Liffey Voice Men's group met on Wednesday, January 22nd, in Tessa House. With the cold weather, they decided to stay indoors, and that's to GrzegorzJaneczko for leading a great yoga and mindfulness session.



Patrick and Simon prepared a workshop it was facilitated by Pdraig Walsh, a Psychologist With Changeable Solutions. The men choose one group to join:

Sport

Drama / Music

Learn/ Education

Relationship

Travel

Wellbeing/Mental health



Then Padiraig went to each group and helped them to

1. How do I tell others why this is important for me?
2. How do I make it happen
3. What do I need to think about or need to do (things or people)
4. How do I stay motivated

Thanks to everyone who came and helped make the event a success.





LiffeyVoices.ie



Liffey Voices Meeting

Thursday 30th January 2024

11am – 12:00pm



GreenRoom, St Raphaels, Celbridge
or Balcony Room Cookstown, Tallaght

Please register:

<https://forms.office.com/e/B8Va65uG2X>



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



Meeting ID 474389762
Password 054429



Scan Here to join Zoom

Liffey Voices – Update 2025



Patrick Fitzgerald and Joe Collins, who are the chair and vice chair of the Liffey Voices, met on Thursday, 23rd January, to make a Plan for the Liffey Voices in 2025.

They decided to meet in person together five times a year. They also plan a larger meeting with all self-advocacy groups across SJOG in September 2025. The key topics that will be presented to the Liffey voices on Thursday 30th January include;



- Transport – Make Way Day – new opportunities
- Cost of Living – Visit to Leinster House
- Health – Access to GP and Mental Health Support
- Housing – lack of accessible housing opportunities

All 12 Liffey Voice meetings will be available in person. You can attend in Cookstown or Celbridge or join online over Zoom.

- February, everyone will be invited to meet in Celbridge
- April, everyone will meet in Tessa House, Tallaght
- June, everyone will meet in Maynooth
- September, everyone will meet in Stillorgan
- December, everyone will meet in Celbridge.



Patrick and Joe also want to Update the Liffey Voice website so that the information is easier to find.



Thank You for Reading...

On a final note, I wanted to let you all know that my 'What is New Directions?' Online Engage sessions will be happening on Thursday, 6th February at 10am and again at 1.30pm. We will be focusing on the New Directions standard 'Support for making Transitions and Progression'. Thank you for reading!



Could everyone please continue to send all your good news stories to me, we love to celebrate all the successes happening across Liffey Region's Day Services.

Get in touch

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

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

