



New Directions, March 2025 Newsletter



Happy 20th Birthday
Cuinn! Here's to many
more homemade
cakes and memorable
moments! Turn to
Page 9 to see how
Cuinn celebrated...



Some Individuals
from Evergreen Day
Service have been
busy Gardening!



Cairde Day Service
recently hosted a very
successful Bake Sale,
read on to see how
much was raised.



There was lots to be
celebrated in Island
bridge recently with
QQI awards galore!

This month we explore the third pillar which underpins New Directions, we look at **‘Support for Inclusion in One’s Local Community’**.



What is the meaning of Community Inclusion?

People with disabilities are part of their community. They have relationships with people in the community and not just with paid staff.

Service providers will make sure that everyone has the chance to be part of their community. They will be guided by the individual and their person-centred plan.

In future, services should be in inclusive, community settings. Inclusive means a place where everyone is welcome and can take part.

Staff will learn more about working with the local community. They may change how they work to better support a person to be part of their community.

Introducing Staff Member Jessica Anusionwu



My name is Jessica ANUSIONWU or JessyJJJ, known as ADADIORAMMA. A social care worker, guidance counsellor, an entrepreneur and I once had a career in modelling which shaped my diversity. I enjoy dancing, music, cooking, going for walks and FASHION.

I have been taking part in the Women's Mini Marathon for 15 years. The Sky is the limit for me and every single day I learn something new. I have been working with SJOG in Las Grenadas Day Service for 17 months. I would describe myself as dedicated, skillful and experienced, I am passionate in supporting individuals to improve and maximise their full potential. My commitment is in providing high quality, new directions led, individualised care, my work has allowed me to establish strong relationships and collaborate effectively with other professionals. Thank you for reading.

Hazelwood's Sunflower Competition



The Day Services (Hazelwood, Ash Tree and Mountainview) in Tessa House are running a Sunflower growing Competition. They have a limited number of free packets of seeds available. If you are interested in participating, please contact

Emma.long@sjog.ie or vivian.mahady@sjog.ie.

The tallest plant on 30th July 2025 will be deemed the winner and the attached centre or house will win a small gardening related prize. Instructions will be supplied with the packets of seeds!

Top tip: For best results, grow your sunflowers in rich soil in open ground, in a sunny, sheltered spot, and water and feed frequently. Sunflowers bloom from summer to autumn. Depending on the variety, annual sunflowers take 11-18 weeks to flower from seed.

Evergreen Day Service



Graeme, Martin and Robert who attend Evergreen Day Service in Tallaght recently took on a new activity. The group are gardening and being supported on a weekly basis to begin to grow some small herbs and vegetables. Perhaps they could get involved in the Sunflower Growing competition and give the groups in Tessa House a run for their money!



Rowendale Day Service

Pat Ward from Rowendale Day Service is certainly a man after my own heart. Pat looks forward to the Cheltenham Horse Racing Festival in March every year. He went to Paddy Power to place a few bets and enjoyed sitting and watching the races with a few biscuits. Pat was supported to go along with Orla and they both enjoyed their time within the community. Pat, I hope you had more look than I did with your bets this year, I know where to go for tips in 2026...



Cairde Day Service



Cairde Day Service in Celbridge recently hosted a very successful bake sale. It was attended by many people from various locations across Liffey Region and a whopping 218 euros was made!! Those who attend and work in Cairde wanted to say a big thank you to all who came over on the day and to Nessa and Sylvie who cooked up a storm ensuring the event was such a success!



A full house for Ash Tree, Mountainview and Hazelwood Day Service's who Hosted a successful Pancake Tuesday



Reach Day Service had a Big Birthday

There was great excitement and big celebrations in REACH as Cuinn marked his 20th birthday! Cuinn celebrated in a fun and unique way by showing off the skills he developed through his QQI Food Choice and Health course, to bake his own cake.

From mixing ingredients to decorating the final product, he enjoyed every step of the process. It was the perfect way to mark this milestone, combining creativity, fun and a sweet reward at the end. His friends and staff all enjoyed the treat as well!



Glencommeragh Day Service



Everyone in Glencommeragh Day Service had a 'flipping' great day on Pancake Tuesday, working on their cookery skills and enjoying delicious pancakes! Looks amazing everyone, well done!



Pathways and Connections Day Service

Pathways and Connections Day Services in Maynooth had reason to celebrate recently. Jason Nagle who attends Connections was crowned this year's winner of the Emerging Voices Art Competition. His amazing artwork is titled "Welcoming Autism". Jason and his family are extremely proud of his achievement!

Brian Mc Hugh from Pathways (a former winner of the competition) was asked to come back as a judge for the competition for a second time. Brian was delighted to be asked again this year, for doing such a great job on last year's judging panel. Both Pathways and Connections are so proud of the men's achievements.



Rise Day Service



The Men and Women from Rise, Ice, Pathways and Connections in Maynooth had a great time at their St Patrick's Day Green Party! Irish music and scones were the order of the day in Rise, looks like an amazing day.



Movie Review by Craig from Green Gables Day Service

- Transformers is based on the popular tv show. There have been loads of transformers movies and they are all great! I can't wait for more.
- In the movie the transformers crashed to the earth, they are alien robots from cyberton, their home. They choose to stay in earth to save the world from decepticons, the bad guys!
- The transformers use their eyes to scan a tank, fire truck, police car and, of course, the bright yellow and black car bumblebee and they transform in them to disguise as them to fight the decepticons!
- It is action packed, and I loved it!



Movie Review by Craig from Green
Gables Day Service

Movie name: TRANSFORMERS

CRAIG'S PIC 'N' FLIX

HI MY NAME IS CRAIG, HELLO EVERYONE, I LOVE PIC 'N' MIX AND MOVIES! I LIKE MOVIE QUOTES AND MOVIES CROSSOVERS AND I AM GOING TO TELL YOU ALL ABOUT THEM AND SCORE THEM OUT OF 5 PIC 'N'MIX!

STORY	CHARACTERS	ACTING	SPECIAL EFFECTS
TRANSFORMERS CRASH TO EARTH AND CHANGE TO CARS AND TRUCKS TO FIGHT THE AUTOBOTS	SAM MIKAELA KAY EGER BUMBLEBEE (VOICED)	GOOD AND BELIEVEABLE	IT LOOKED GOOD IT LOOKED VERY REAL
QUOTE	MESSAGE	CROSSOVER	MUSIC
'NO SACRIFICE, NO VICTORY!'	GOOD WINS OUT	G.I. JOE THEY FIGHT TOGETHER TO WIN THE AUTOBOTS	BATTLE CRY BY IMAGINE DRAGONS

I LIKED

I LIKED THE CHARECTRES,
THE SPECAIL EFFECTS AND THE SONGS

Islandbridge Day Service

A massive Congratulations to Gordon Keogh, Stephen Flanagan, Stephen McCann and Neill Kilroy who attend Islandbridge and recently received their QQI Level 1 Certificates. Certification was awarded in Food Choice and Health; level 1, Life Science 'Lets Dig'; level 1 and Life Science Horticulture and Relaxation Technique; Level 1. A huge well done to all involved!



Windmill Day Service

The Men and Women from Windmill Day Service in Crumlin have sent in some wonderful photos of their weekly dance class with Eco Fitness in Perrystown. The group recently had a St. Patrick's day themed class and everyone had a great time with their tri-coloured flags and some Irish Dancing too. The group love going along every Tuesday and really demonstrate the theme of this month's newsletter around community inclusion.

The new team of staff in Windmill have hit the ground running with embracing all the supports that underpin New Directions and are so motivated to ensure all individuals from Windmill have a meaningful day. In the photo below is Ken, Aileen, Aisling, Patricia and Morgan. Great job everyone 😊



Griffin Rath Day Service

John Prendergast from Griffin Rath Day Service, along with staff member Orla Farragher were at Keelings Farm Shop recently. They were out and about in Dublin to celebrate John's 46th birthday and both got to enjoy seeing aeroplanes flying quite low whilst outside enjoying tea and cake. A huge Happy Birthday John.



Horizons Day Service



Brian from Horizons Day Service has recently started volunteering at the Bungalow (based in Ballyfermot). He attends every Tuesday and is enjoying meeting people and learning new gardening skills. This ties in so well with the theme of this month's newsletter around accessing the community, a huge well done to Brian.



Caroline from Horizons recently participated in the Art Competition "Emerging Voices", she painted a lovely piece. Caroline attended the Art Exhibition and Competition on Thursday 6th March.





The 7th Liffey Voice Men's group was on Tuesday 18th of March. The group wanted to go indoor golf so Patrick arranged for the Mens Group to Meet at RainForrest in Dundrum Shopping Centre. It was a bit hard to find where it was, and if you don't drive, it can be hard, but Eoin from Greengables was great at helping me find the place. Google maps doesn't work inside 😊. The men all had a great time and would recommend the golf. We want to know what you want to do next month and who wants to join. Men's group is important for men to support each other and have a safe space to talk.

If you are interested in joining please sign up using the QR code below.

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



Digital Accessibility and Co-Design Workshop

Doris Delaney, Patrick Fitzgerald, and Sarah from the Digital Accessibility Team were invited for the third year in a row to run a workshop with first-year social care students at TUDublin. They ran a two hour workshop on the 4th of March to introduce the students to Digital Accessibility, Assistive Technology, and Co-Design.





"Our Place is a really exciting project, it is an opportunity to express ourselves, connect with others, explore art ideas through sound, and to enjoy the freedom to create"

- **Patrick Fitzgerald, 'Our Place' Artist**

The Our Place team were delighted to be asked to be a part of the Disrupt Disability Arts Festival on the 7th March in the Project Arts Centre. Laura and Patrick, paid co-designers on the project got a chance to share their project at the Community Hub for accessible Technology event that explored to power of Assistive Technology to support people with disabilities to be artists and to enjoy the arts. They got to share the impact of the project and what they hope will be the next steps to support more people to grow their own Our Place.



create national development agency for collaborative arts





LiffeyVoices.ie



Liffey Voices Meeting

Thursday 24th APRIL 2025

11am – 12:00pm



TESSA HOUSE TALLAGHT
Or Zoom PLEASE REGISTER

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



Meeting ID 474389762
Password 054429



Scan Here to join Zoom

Thank You for Reading...

One last note, I wanted to let you all know that my 'What is New Directions?' Online Engage sessions will be happening on Thursday, 3rd April and is coming to you LIVE from LEAP Day Service in Maynooth at 10am and I will be back on again at 1.30pm for anyone who cannot make the morning. We will be focusing on the New Directions pillar 'Support for Accessing Education and Formal Learning'. Thank you!



Could everyone please continue to send all your good news stories into 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.

