

# New Directions, November 2024 Newsletter



The Men and Women from Las Grenadas Day Service went on a recent trip to Athlone, find out more about what they got up to on page 7...



Rowendale in Celbridge hosted a mega Halloween Party last month, read on to see more details...



Many of the Dublin Day Services attended a Yoga and Friendship event in Kingswood Community Centre.



Happy Birthday to Maria in Griffin Rath, turn the page to see what milestone age Maria celebrated!

# This month the theme of the newsletter focuses on **'Support for Having Meaningful Roles'** which is in line with New Directions.



Another word for meaningful is valued and a valued role is based on the idea that, within any given society, some attributes and by association some people, are valued more highly than others. The roles that people have are valued differently too. Valued roles are the key to the good things of life for everyone.

What do we mean when we mention 'meaningful role' or a 'socially valued role'?

This means we are doing something that connects with our values, piques our interest, and engages our moral compass.

# Introducing Staff Member Mary Frances White



Hi my name is Mary Frances and I have worked in SJOG Liffey Region for 23 years within residential services, in many of our community houses. I am happily married, and my husband also works in the organisation, we have an adult son who some might remember from going to the social club and service outings over the years.

I am loud and bubbly, I will use my sense of humour in most situations and would regard myself as extremely person centred. Music and dancing is always going on when I am on duty, encouraging those around me to join in! Off duty I like to craft, swim, ramble and most of all spend time with my hubby or be away in Belfast enjoying the company of my son and family.

# Cairde's De Paul Christmas Appeal



Please support Our Appeal this Christmas by collecting Hats, Gloves and Socks for the Homeless people/families in our community.

Let's make sure everyone stays warm this Winter!

Donations can be dropped to Cairde day service before Dec 12<sup>th</sup> and the address is as follows;  
Cairde Day Service, Saint John of God Community Services, Liffey Region (Kildare Services), St. Raphaels, Clane Road, Celbridge, Co. Kildare



***Thank you!***



# Niamh Flies Solo



Niamh Fortune who attends Hazelwood Supported Employment Services, recently made a solo trip to San Francisco. This photograph shows Niamh on the beach in California. She had a wonderful trip to visit her Dad and his family. Thank you for sending this in and a huge well done on having the confidence to travel alone, this takes a great deal of courage.

# Reach Day Service



Last month the men and women from Reach Day Service were invited to join the age friendly connect café as they hosted a fabulous morning of entertainment from the “R.A.M.S in Rhythm” in Celbridge library. It was a lovely morning of chat and a cuppa as the group listened too and danced to their music! They met a lot of new people and plan to attend the next meet up. I feel this story relates to the theme of the newsletter around having a meaningful role, well done to all.

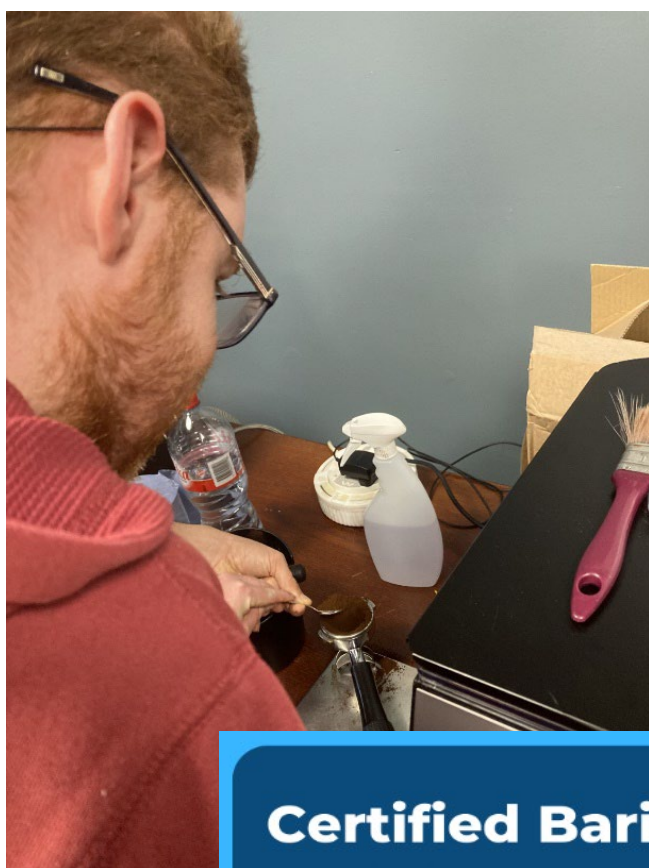
# Las Granadas Day Service



A group of service users from Las Granadas went on a daytrip to Athlone. The group travelled by train and took a boat trip across the Shannon River which was great fun. Everyone had a lovely lunch in Athlone town centre, visited the Museum and dressed up in costume, all had a fabulous time.



Kenneth Quigley from Las Grenadas Day Service recently completed a barista course with the Dublin Barista School. Kenneth learned the ropes in creating a magnificent cup of coffee and has not ruled out a career in the local Costa Café in his future. Well done Kenneth, I look forward to a lovely coffee the next time I pop into the centre.



**Certified Barista Training Course**

**FREE!** Facilitated by Dublin Barista School  
Priority Places for 15 - 24 year olds

• Learn about the coffee making process.  
• Perfect Your Pour! Lattes, Cappuccinos & all of your favourite coffees.

**WHEN:** Tuesday 5th November  
**WHERE:** St. John Bosco Centre, Drimnagh, D12 EDN2  
**TIME:** 9:30A.M - 4:30P.M

To register contact Úna  
[unacarson@dscp.ie](mailto:unacarson@dscp.ie) / 0861438710


The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.

# Rowendale Day Service



Pat Ward celebrated turning 65 recently, he had not one, but two birthday celebrations. One in the Day Service and the other celebration was at Abbey Farm. A huge Happy Birthday to Pat, wishing you many more happy and healthy years...

Rowendale hosted a Halloween Party at the end of October and all the staff and Service Users got into the spirit of Samhain with fancy dress and some goodies. Thank you for the pictures, you all look amazing!



# Windmill Day Service

It was beginning to look a lot like..... Halloween in Windmill. Aileen and Ken helped to plant pumpkins some months ago. Recently they harvested the pumpkins and carved one out. Shayne has been admiring their handy work. Well done to all the gardeners in Windmill.



# Yoga & Friendship Event

The Men and Women from Avila, Ash Tree, Mountainview, Elvira and Mulberry Day Centres were joined by the Senior Citizens from the local community for a Yoga Session in Kingswood Community Centre as part of Women's Health Week. This was followed by a Friendship Meet-up session where Club and Community Centre booklets were discussed and videos on how to make friends were watched. Ideas on what clubs to join and how to make friends was also discussed and keyworkers linked with each other about joint interests such as doing Podcasts,. There were tea and treats enjoyed by all on the day.



# Horizons Day Service



Some of the Men and Women who attend Horizons Day Service recently went to the Gaiety Theatre to see the production of "Fairytale of New York" on Thursday 7<sup>th</sup> November. I love how you are all getting into the festive season so early. Thank you for the pictures and updates!



# Griffin Rath Day Service



There was cause for celebration recently in Griffin Rath Day Service as Maria celebrated a big Birthday, she turned 40 and enjoyed a party with staff and friends in the centre. A huge Happy Birthday from us all Maria.



# Rise Day Service



Recently, Daisy and John from Rise Day Service in Maynooth, supported some of the service users to go on a trip to Dublin Zoo, to view the Wild Lights exhibition - Journey Through Time. All who attended had amazing time, the group seen many scenes from history; such as how the first people on Earth lived, Noah's Arc boat and many different old age cultures. The photos look absolutely brilliant, I would love to come along next year.



# Uaisle Day Service



The men and women who attend Uaisle Day Service in Ballyfermot got into the swing of Spooky season and had a huge Halloween fancy dress party, even staff dressed up for the occasion. Well done to all involved, I hope it was a fantastic day.

# Service User Article

By Florina Conroy

Since 2023 the Maynooth Cycling Campaign owns a Trishaw as part of “Cycling without Age”.

We are very lucky in Pathways that we can use it whenever we want. When the weather is nice, we take out the Trishaw and go around Maynooth college, along the canal, through the town or up to Tesco. Going on the Trishaw makes me happy. People wave and smile at us when we pass them. In the photo you can see myself, my good friend Brian and my keyworker Hans cycling in the college on a sunny afternoon. I hope you like this picture!

Written by **Florina Conroy** (with support from Hans Widmann)





**Tuesday 17th December 2024**

**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

Men's Group Registration 17th  
December 2024 in Tessa House



**€10**

**€10 pays for Healthy  
Lunch and Guest  
Speaker**



The fourth Liffey Voice Men's group met on Wednesday, November 20th, and this time, they chose to go Bowling in Tallaght Leisure Plex.

Thanks to everyone who came and made it a fun day.

There were some great strikers and leaders in the group. It was great to see everyone helping and cheering each other on.

The staff in the bowling alley were very nice, and we got to take over the corner.



# Research Study Day Award Winners 2024



We are proud to announce that our project, “Co-Designing an Accessible Personal Plan ...,” has won the National Research Study Day Award 2024!

This project highlights the importance of hiring co-designers and creating meaningful and valued roles. By co-designing with people with lived experience and collaborating with our dedicated staff teams, we ensure that our digital plans reflect what truly matters.

This award celebrates how everyone’s unique contributions lead to accessible and inclusive solutions, making life better for the men and women we support. Together, we’re building a community where every role is valued. Thank you!

# Research Study Day Co-Design Presentation



Patrick Fitzgerald and Dr Emma Murphy presented the work we are doing to provide evidence of the impact of co-design on everyone involved in the TUDublin co-design projects.

Patrick presented how, as a co-researcher, he is learning new skills like line-by-line coding and shared the challenges that he faced and ways to make it more accessible for more people to be involved in Research.

# DIGITAL INCLUSION Showcase



**7th November 2024**  
**2pm – 7 pm**  
**Rose Hotel Tralee**



## Join 1 or all sessions

**2:00 PM – 3:00 PM**

What Does a DigiCoach Do?  
Insights from current DigiCoaches

**3:00 PM – 4:00 PM**

Tools to Support and Upskill a DigiCoach

**4:00 PM – 5:00 PM**

Panel Discussion: The Benefits of DigiCoaches for Inclusion

**5:00 PM – 6:00 PM**

What a DigiCoach Can Do for Your School

**6:00 PM – 7:00 PM**

Co-Design Workshop: Involving DigiCoaches in Your School/Service

[saidproject.eu](https://saidproject.eu)

**st John  
of God** 

UNIVERSITÄT GRAZ  
UNIVERSITY OF GRAZ



 **atempo**

**TRYCAMPS**  
*Language School*



Co-funded by  
the European Union

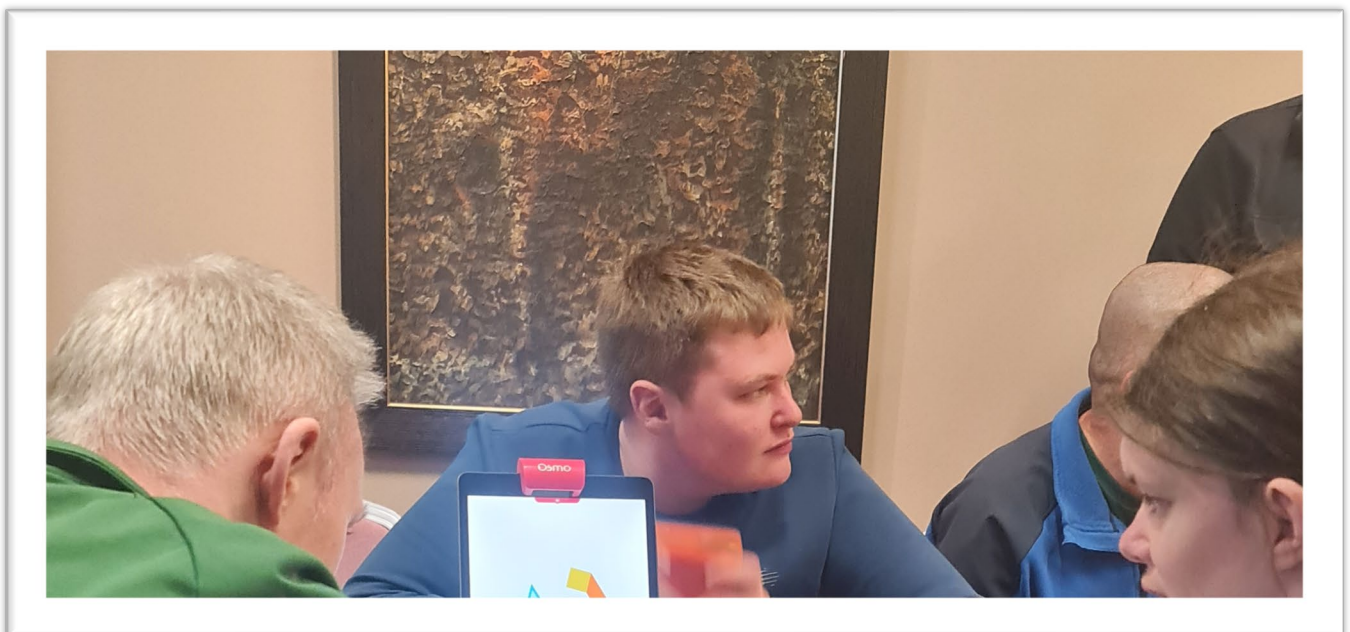


# SAID Showcase

## Digital Coach Leaders



We were thrilled to host the Irish SAID Showcase at the Rose Hotel earlier this month. A big thank you to the Kerry team for helping make this important event such a success. Together, we celebrated innovation and inclusion in digital education for all. Great work, everyone!





# SAID Showcase

## Research Study Day



### Thank You to SJOG Research Foundation!

A big thank you to the SJOG Research Foundation for giving us the opportunity to share our project at the Research Study Day in Stillorgan. It was a fantastic chance to highlight our work and connect with others who value inclusion and accessibility. We appreciate your support!



# WHO Visit to Liffey Services



We were delighted to welcome Cathal Morgan and Dr. Emma Smith from the WHO to Liffey Services.

They came to learn about our work in digital accessible technology.

A big thank you to Tony, Patrick (self-advocates), Christina, Claire (SLT), Niamh, Fatima, Sarah (Staff), Conor, Daniel, and Brendan (Management team) for sharing our progress and future plans.

This visit was part of the WHO Assistive Technology Capacity Assessment (ATA-C). We spoke about the four things needed to support Assistive Technology for all: Personnel, Products, Provision, and Policy.

It was great to have two self-advocates highlight our efforts and emphasise the need for government support to make digital assistive technology accessible for all.



**World Health  
Organization**

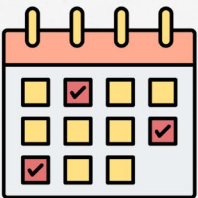


**LIFFEY  
VOICES**  
SJOG

# Liffey Voices Meeting

Thursday 19th December 2024

11am – 12:00pm



**LiffeyVoices.ie**



Please register:

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

We will also be hosting this meeting in Tessa House

# Thank You for Reading...

Finally, I wanted to give you all a friendly reminder about my 'What is New Directions?' Online Engage session, the final one for 2024. This will be happening on Thursday 5<sup>th</sup> December at 10am and again at 1.30pm. We will be focusing on the New Directions support for 'Influencing Service Policy and Practice'. I hope to see some of you then 😊



Please continue to send all your good news stories to me, no achievement is too small, 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.

