

New Directions, October 2024 Newsletter



Those who attend Uaisle Day Service have been busy with their creativity and artwork. Their pictures and story tie in very nicely with the theme of this month's newsletter... Turn the page to find out more!



Sharon Conway, our Sports Facilitator, has sent in fantastic news on what some of you guys have been up to!



Reach Day Service have been very busy lately, having recently attended the age friendly Connect Café for a morning of entertainment.



Glencommeragh had reason to celebrate some huge QAI achievements recently, read on to find out more.

This month the theme of the newsletter focuses on '**Support for Personal Expression and Creativity**' which is in line with **New Directions**.



Personal or self-expression allows individuals to assert their unique identity and establish a sense of autonomy. It enables them to communicate their thoughts, feelings, and experiences, shaping their own narrative and contributing to their personal growth.

Creativity is the characteristic of a person to generate new ideas, alternatives, solutions, and possibilities in a unique and different way.

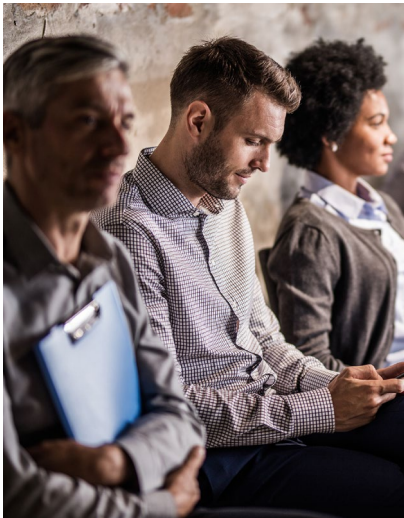
Creativity is the ability to conceive something unpredictable, original and unique. It can be expressive, exciting and imaginative.

Introducing Staff Member



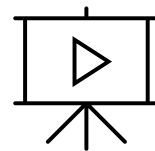
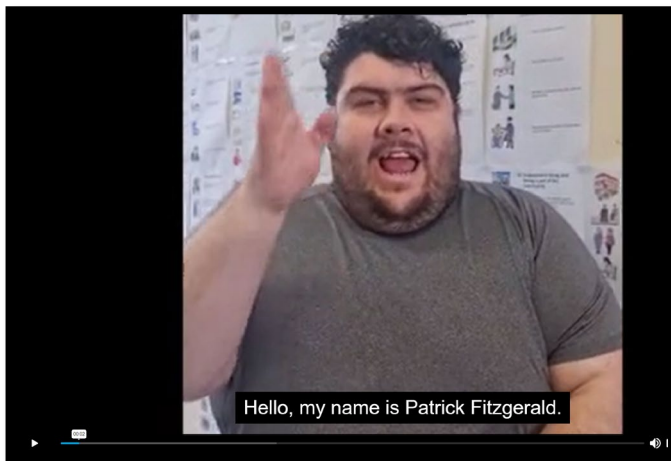
Hi, my name is Patrick Fitzgerald, and I am a paid co-researcher and co-designer working with Liffey Services.

This month, I helped managers recruit new Community Connectors for Liffey Services. It was a good experience.



I helped choose questions for an interview. I thought about what questions would matter most to people.

The people at the interview were very kind. They listened to me and made me feel important. My thoughts were valued.



Watch Patrick's video by scanning the QR Code



<https://vimeo.com/1024296476>

Friendship Event

Doris and Ian organised a **Friendship Meetup** event in Kingswood Community Centre recently. Attendees were given booklets detailing clubs and community centres in the areas of Tallaght, Walkinstown, Islandbridge and Bluebell. There was an open conversation about how going to clubs, saying hello and asking questions can help with making new friends.

The group watched YouTube Friendship videos and had a short discussion after each of the following topics; - Friendship: Parenting a Child with a Disability. - How to Make New Friends; 3 Tips on Finding Real Friends. - How to Create Friendships; Tips on how to have healthy friendships.

Deirdre McNicholas, from South Dublin Volunteers, gave a talk about the benefits of volunteering regards making friends and overall mental health. She chatted about the different volunteering roles that were available and could very much be completed by those who attend our services.

Lea Chevalier, the Kingswood Community Centre manager, talked about the different classes and activities on offer in Kingswood and the opportunity for friendship that it can bring.



Las Grenadas Day Service

Theatre enthusiasts from Las Grenadas Day Service in Tallaght went to see the production Wicked in the Bord Gais Theatre. The gang also enjoyed a meal out before the show in The Arcadia Restaurant. I am told a wonderful night was had by all and there was lots of singing the whole way home.



Green Gables Day Service

The individuals who attend Green Gables recently completed a six-week course in 'Healthy Food Made Easy' organised by the HSE at the Fettercairn Community Centre. They all received certificates and thoroughly enjoyed the course.



Also, Green Gable's very own Emily Beehan, Chanel Herzenberg and Christina Suresh attend the Sister Shed on Fridays and were recently part of the Sister Shed's Got Talent production. This was a big concert whereby families and friends came to support them.



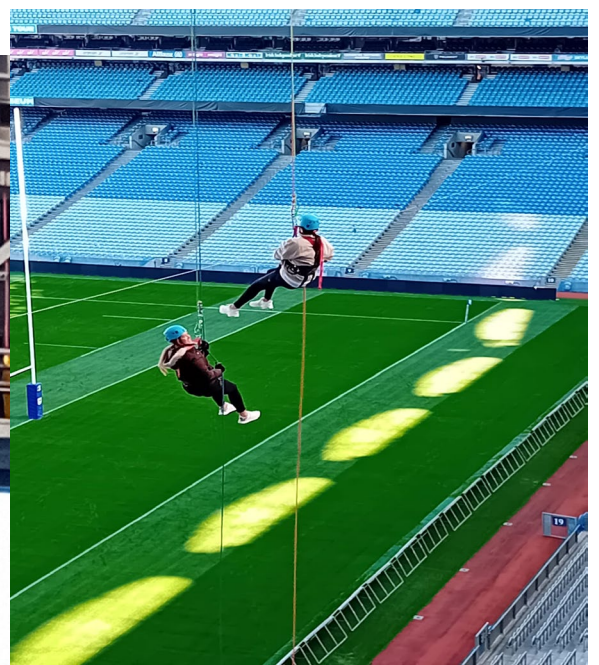
Cairde Day Service

Cairde Day Service are raising vital funds for Breast Cancer Awareness this month and are walking 2km every single day throughout the month. Please support the group in whatever way you can by donating through the following link; <https://eventmaster.ie/fundraising/pages/CM91788219>



Cairde are fantastic when it comes to giving back and raising money for others who need it within the wider community. This is a fantastic example of Service Users being supported through personal expression and creativity as we can express ourselves through helping others.

Cairde recently inspired me to give back and I completed an abseil off the roof of Croke Park on Friday 11th October, raising just over €1,000 for the Oesophageal Cancer Fund. I feel inspired by everyone around me in my role within SJOG and am grateful every day as I learn from you all and receive your good news stories.



Maple Walk Day Service

Maple Walk Day Service recently had a guest speaker visit the centre, Dr Ashleigh Gorman from Trinity College. Dr Gorman came in and spoke to everyone about different types of psychotropic medications and how they affect people as well as why people take them.

It is so important to continue to educate those whom we support around a range of different topics.



In other Maple Walk news, Barry Cyran, David Deane and Peter Farrell graduated the Co Design course in TUD earlier this month. Well done to all.



Islandbridge

James, a student from NACD held a workshop for 10 days in Islandbridge Day Service. The theme was Animal kingdom, so from going to the zoo to get inspiration, creating beautiful artwork and putting it together into one amazing Mural, it was a brilliant workshop and Vera and Suzanne really enjoyed being part of it. The artwork will also be exhibited in the College of ART in March 2025! Great work everyone.



Martina and Jade from Islandbridge attend weekly ARTSESSION classes in the Community Centre in Bluebell. They both love expressing themselves through art and it is a great way to meet other people. This really ties in with the theme of this month's newsletter, thank you to staff member Veronica for keeping us all updated.



**8 TUESDAY MORNINGS
STARTING
SEPTEMBER 3RD 2024
10.30 - 12.30**

**BLUEBELL COMMUNITY CENTRE,
BLUEBELL ROAD, D12 RT27**

- Beginners welcome
- Try something new!
- Painting, drawing, sketching
- Fun / friendly

 Bluebell Community Development Project (Bluebell CDP)



QQI Awards



There was great excitement on Monday 14th October at the presentation of QQI awards for many of the men and women who attend REACH, LEAP and Rise day services in Celbridge/Maynooth. Three people received major awards in General Learning at Level 1, and many others received certificates for individual modules, including reading, writing, shape & space and quantity and number. The group also celebrated the graduation of Peter and Alan from their RT programme. They were presented with their certificates that night. A huge congratulations to you all, amazing achievements.

News from Sharon Conway

FAI Soccer

This August we started Soccer with our FAI coach Chris who is a football for all disability officer. We had a brilliant turn out with over 30 service users every week for soccer coaching and games. We finished up last week with a trip to Abbotstown to the indoor dome pitches beside the sports Ireland campus for a training session and a game. After the game we had a presentation of FAI medals. We also met Stephen Kenny and some of the St Patricks athletics players and they kindly stopped for photos. We are hoping to start back soccer in November





Boxing

Boxing started in March this Year with Ed the boxing officer for Dublin City. We started off with over 35 service users and continued till the end of May. Ed had a presentation of Certs and Medals for completing the course in May. We were invited to visit the National Boxing arena where we watched some boxing matches. We met with Michael Carruth and he brought his Olympic gold medal and Olympic torch for pictures. We hope to start back boxing in the new year.



Reach Day Service



Recently Cuinn and Diana from REACH have started travelling independently on the bus. Cuinn travels to Maynooth on the C4 bus, and Diana travels to Leixlip on the L59 bus. Congratulations on this achievement! Also, well done to all the staff for their support with these outcomes.



Uaisle Day Service

The men and women in Uaisle are always showcasing their skills when it comes to Personal Expression and Creativity. Each Friday, they take part in an in-house art class from 10.30-12:00.

An example of this was the Personalised frame artwork day. The group researched the meanings of their own names and used the Canva app to create a nice portrait of it. They used their favourite colour paint to do their own handprint for a background, cut the photo to size to display on the front, and used different decorations and props which represented the things they like or like to do, and glued them to the frame (be it gardening, nature, fashion).

The frames turned out beautiful and were a great success! A huge well done to Amanda, Bernie, Nina, Donal and Doreen.



Evergreen Day Service

Graham Pakenham from Evergreen Day Service in Tallaght was recently supported in achieving an outcome. He attended a St Pat's football match in Tallaght Stadium with his peers who are big Shamrock Rover's supporters. What a rivalry!

A fantastic evening was had by all who attended the match, we won't ask who won 😊



Glencommeragh Day Service

Glencommeragh had their own QQI awards in Celbridge on Wednesday 25th September to celebrate the achievements of the Men and Women who attend. All received their Level 1 award in Food Choice and Health and Level 1 in Personal Care. Family and friends attended the awards and it was a lovely afternoon. The QQI programme was implemented this year by staff member Shirley Balfe who worked hard to make sure all the work was completed and submitted on time. Some of the guys are now working towards their major awards for next year. A huge well done to all involved.





Co-Design Awards at TUDublin 2024

This month, 12 co-designers from across Liffey Services received their certificate for Co-Design from TUDublin.

The co-designers worked with Computer science students to build 5 accessible apps.

Co-designers Barry Cryan, Peter, Kevin Wynn, Ken Shannan, Katie Mc Hugh, Alex Kennedy Karen Lambe, Ann, Fiona, David Carter, Ronke

Co-Design helps us to design with people and not for people.





LiffeyVoices.ie



Liffey Voices Meeting

Thursday 31st October 2024

11am – 12:00pm



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

Please register:

<https://forms.office.com/e/B8Va65u2X>



Update from the last meeting can be
found on [LiffeyVoices.ie](https://liffeyvoices.ie)



Meeting ID 474389762
Password 054429



Scan Here to join Zoom



The third Liffey Voice Men's group met on Wednesday, October 23rd, and this time, they moved to Ballyfermot Community Centre; thanks to everyone who came and special thanks to Ian Byrne who helped facilitate the talk and all the male staff.



Basketball, followed by a healthy lunch by On The Platter, and finished with a discussion on Choice making led by Patrick. The group have chosen to go bowling next month so we will let you know but it will be in Tallaght on Wednesday 20th of November

Men's Group Registration 20th
November 2024 in Tallaght Leisure
Plex Bowling



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

DIGITAL INCLUSION Showcase



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



Register

Scan the QR code



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

**st John
of God** 

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UNIVERSITY OF GRAZ



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TRYCAMPS
Language School



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Thank You for Reading...

Last but not least, I wanted to send a friendly reminder about my 'What is New Directions?' Online Engage sessions will be happening on Thursday 7th November 2024 at 10am and again at 1.30pm. We will be focusing on the New Directions support for Having Meaningful Roles.



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.

