



New Directions, February 2025 Newsletter



The men and women from Mountain View and Ash Tree Day Service visited Kilmainham Jail this month, read on to find out more!



The Men and Women from Rowendale were busy making Valentine's Day cards



A huge Happy Birthday to Sam in Cairde Day Service who celebrated his 40th recently...



With Pancake Tuesday just around the corner, turn to page 4 for an invite!

This month we explore the second pillar which underpins New Directions, we look at **'Support for Making Transitions and Progression'**.



What is the meaning of a transition?

A change or shift from one state, subject, place, etc to another. A transition is a change from one thing to the next, either in action or state of being; as in a job transition or as in the much more dramatic example of a caterpillar making a transition into a butterfly.

What is progression?

The word 'progression' is something positive, associated with moving forward or developing towards a better state. Progress has many meanings in social or political terms, but in common discourse, it is usually seen as a good thing. For example; the novel follows the progression of a woman from youth to middle age.

Introducing Staff Member Adeyinka Sofola



My name is Adeyinka Sofola. Some people call me Ade, which I don't mind.

I started working with SJOG in 2006 at Elvira Training Centre as a part-time CE scheme worker. During the CE scheme I studied for and got my social care degree. Later, I secured a full-time position as an instructor at the same centre.

At first, I worked as a one-to-one for three years, then moved on to supporting other men and women.

Over the years, I have worked in different centres, including Green Gables, Avila, Uaisle, and Supported Living at Exchange Hall during the COVID period.

My role involves supporting men and women with their daily needs, helping them engage in their communities, and participating in their chosen activities. I also assist them in achieving their goals, gaining work experience, and finding paid employment.

I truly enjoy working with the men and women and supporting them in their journeys.

I live in Tallaght with my family. I enjoy listening to music, dancing, shopping, and spending time with my family and friends. I am a bubbly, caring, and generous person.

Hazel Wood Pancake Event



SHROVE TUESDAY

For Pancake Tuesday, Hazelwood, Ash Tree and Mountain View Day Services are running a fundraising event on March 4th from 10am until 12pm. The teams will be selling pancakes for 2 euro with plenty of tea or coffee also included. This is an amazing chance to catch up with friends.

The funding will go towards developing a courtyard garden/orchard for the Summer months. If interested in attending, please email Vivian.mahady@sjog.ie to confirm numbers.

Avila Day Service

Below are some photos of the Service Users from Avila Day Centre participating in community dance classes at Ballycraugh Community Centre, Firhouse. The group go along every Thursday morning and started off with just 1 participant but now has risen to 4 in a very short time. This is definitely a programme that seems to be progressing, well done to all involved 😊



David Garland handmade and painted Christmas tree decorations and sold them at a coffee morning held in Avila where families and friends were invited in, he also sold some to staff and other people in his personal life. Money raised was donated to the charity GOAL, specifically for the aid they are giving to those affected by the war in Gaza. David also contributed a whopping €1,000 of his own money to the same cause. This was a big project that took weeks of preparation and work. His family, in particular his sister Gabrielle supported him with the project and accompanied him to GOAL offices to make the donation officially. A huge well done to David and all involved!



Jenny Malone also wanted to raise money for charity and was supported to achieve this goal by her keyworker Karen. Jenny and her keyworker baked cakes and sold them at the coffee morning in December. Jenny raised over €40 and decided to donate the money to Focus Ireland, Jenny and her keyworker delivered the money last week. What a wonderful achievement Jenny.



Rise Day Service



On Feb 14th, the Day Services from the Genil campus in Maynooth had an amazing party and singing contest hosted in Rise. The hostess was the fabulous Shelly and there were guests from Pathways, Connections and Leap. More than 10 singers tried their hand at performing to win some wonderful prizes. All prizes went to Service Users from Pathways this year. Third place went to Conor, second place to Ella and the overall winner of 2025 was John Egan with We Will Rock You by Queen.

Everyone had a great time, lots of singing and dancing, and of course some treats to make love sweet on Valentines Day. The group in Rise are already preparing for a Green Party for the St. Patrick's day next month. Looking forward to my invite 😊



Ash Tree Day Service



Mountain View and Ash Tree Service Users have been busy this month, the group visited Kilmainham Jail in Dublin. A visit to Kilmainham Gaol takes you on a journey through Irish history. The group discovered the stories of people held here as ordinary criminals alongside those who fought for Irish independence. From the 1798 rebellion, to the 1916 Easter Rising, the Anglo-Irish War (1919-21), to the devastation of the Irish Civil War (1922-23) all these important events have a chapter in the story of Kilmainham Gaol. It looks like a wonderful and informative day out.



Re Nua Day Service

Willie and Tommy celebrated Birthdays in January and February. On 7th January, Willie was 84 and on 3rd February Tommy was 61. Both celebrated with their friends in Re Nua. A huge Happy Birthday gentlemen.



A group from Re Nua went to the Bord Gais Theatre to see Mary Poppins. All those in attendance really enjoyed the performance and went for a lovely dinner afterwards.



Islandbridge Day Service

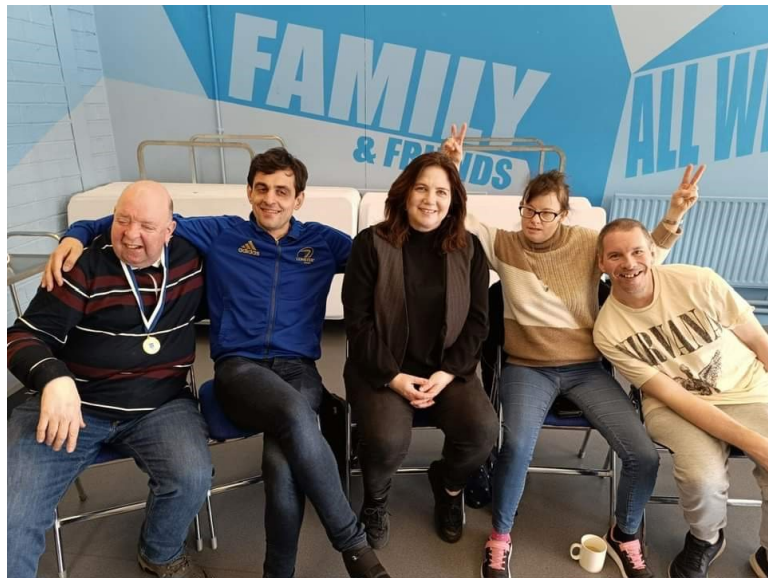
Eco-gardening Workshop in Richmond Barracks; John, Bernie and Vera from Islandbridge enjoyed a 5 week workshop with eco-gardener Polly Rowley-Sam in the Richmond Barracks Garden and it was a HUGE success.



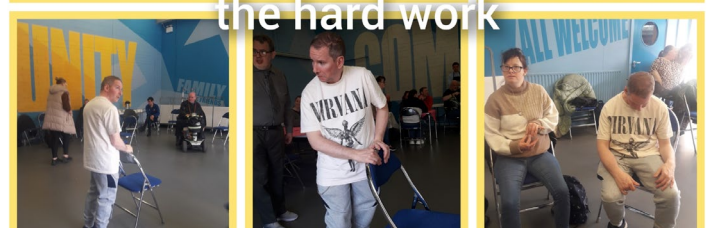
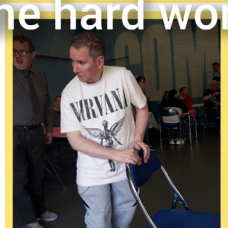
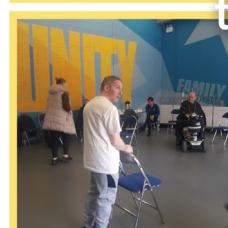
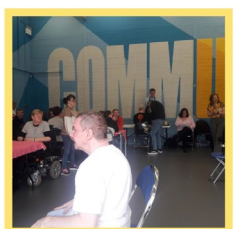
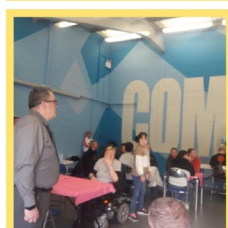
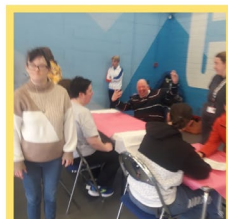
There were celebrations galore recently for the gang in Islandbridge as some were celebrating a Graduation! Each Graduate got to choose how they wanted to celebrate their recent success and a trip to the Guinness Storehouse was on the cards.



Maple Walk Day Service

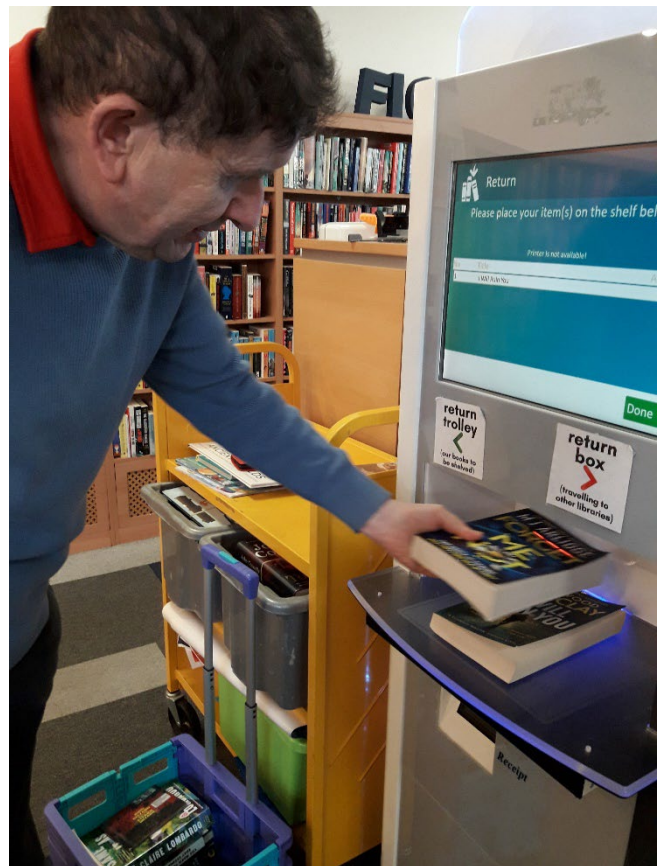
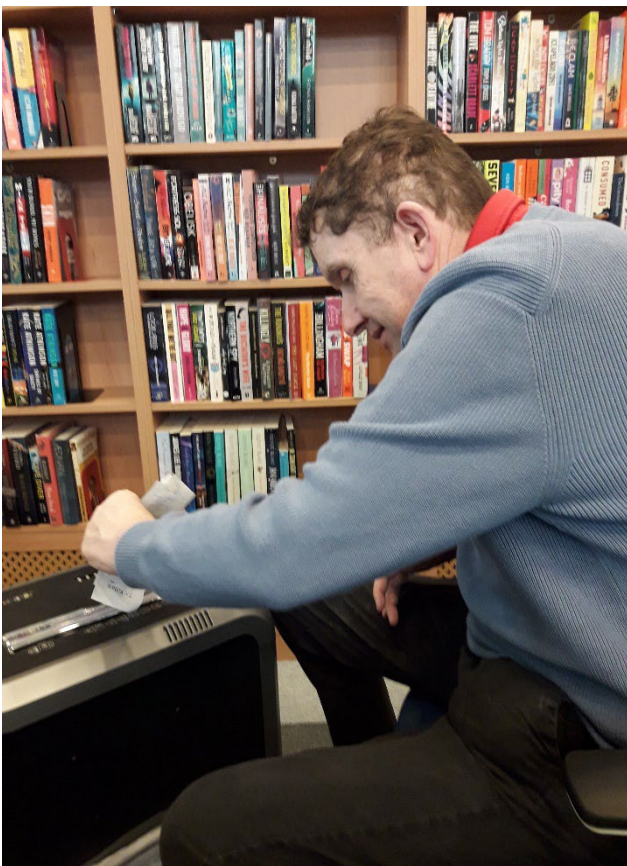


A group from Maple Walk Day Service regularly attend a drama group called Smashing Barriers. These photos were taken by Together FM for the Cherry Orchard Festival. The drama group invited people to take part in a play which was based around 'barriers that people face out and about in the community'. The play, which came from ideas from the participants, focused on a woman going into a restaurant to meet her date with her guide dog and the woman being refused entry. So powerful, amazing to hear this issue being highlighted, well done to all involved!



Wardsview Day Service

When we talk about Transition and Progression, one must also be reminded that sometimes starting something new, perhaps out in the community, is a transition. You are transitioning from Day Service to new opportunity in new environment. Michael from Wardsview Day Service in Celbridge, demonstrates just that with his new work experience role in Maynooth Library. Below in the images, we can see Michael shredding unused documents and scanning returned books at the library. The very best of luck to Michael on his new 6 weeks work experience initiative, no doubt you will be amazing.



Movie name: SHREK 1

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
A BIG, UGLY OGRE AND A PRIENCESS LOCKED IN A TOWER	DONKEY SHREK PRIENCESS FIONA LORD FARQUAAD	GOOD FUNNY ALL VOICES	ALL COMPUTER ANIMATION IT WAS GOOD
QUOTE	MESSAGE	CROSSOVER	MUSIC
"DONKEY'S SLEEP OUTSIDE!"	HELPING EVERYONE	TOY STORY! A UNIVERSE JUMP WHERE THEY FALL INTO THE OTHERS WORLD!	ALL STAR BY SMASH MOUTH I LIKE IT
I LIKED	I DIDN'T LIKE		
SHREK IS FUNNY, WHEN HE BUMPS HIS HEAD AND THE JOKES ARE FUNNY.	I DON'T LIKE ONIONS, PEOPLE LIKE CAKES!		

Movie Review by Craig from Green Gables Day Service

ON JUNE 29TH 2001 SHREK 1 CAME OUT IN THE CINEMA. THERE ARE SHREK MOVIES SHREK 2, SHREK THE THIRD AND SHREK 4EVER AFTER WITH NUMBER 5 COMING DECEMBER 2026.

SHREK IS ABOUT THE PEOPLE FROM THE VILLAGE WHO GET SCARED BY THE OGRE AND THEY TAKE HIM FROM THE SWAMP TO THE FOREST WHERE GAURDS ARE LOOKING FOR FAIRY TALE CREATURES.

THEN SHREK MEETS DONKEY, THE ANNOYING, TALKING DONKEY. ALL THE FAIRY TALE PEOPLE ARE MOVED TO THE SWAMP AND AWAY FROM LORD FARQUAAD. THEY ASK SHREK FOR HELP AND HE WANTS HIS SWAMP BACK.

SHREK AND DONKEY GO TO RESCUE A PRINCESS FOR LORD FARQUAAD WHO PROMISED HE WOULD GET HIS SWAMP AS A DEAL.

SHREK IS FANTASTIC!
IT IS A GOOD MOVIE FOR KIDS AND FAMILIES.



Rowendale Day Service

Those who attend Rowendale in Celbridge were definitely feeling the love in the air this month as the group were hard at work making valentines cards ahead of February 14th. A huge thank you to staff ember Jaclyn for the email and always keeping me in the loop. I guess my card got lost in the post this year 😊 Keep up the good work guys.





The sixth Liffey Voice Men's group occurred in Tessa House on Wednesday, February 21st. This month, the group decided to explore eSports, and thanks to two local volunteers, we set up seven different gaming stations for everyone to try a different sport and game.

The different accessible games included two racing car simulators, Mario and Meta Quest VR, Accessible iPad games, an Adaptive controller with Fifa Soccer, and a large interactive air hockey game. Next month the Men's Group have voted to try out some crazy golf.

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

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



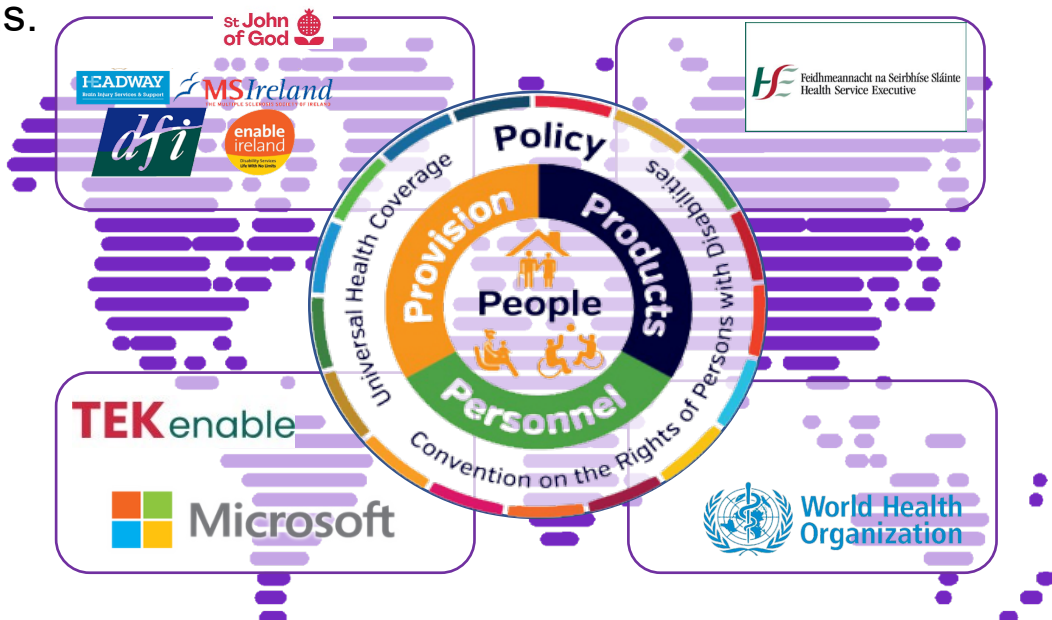
Men's Group Registration Tuesday
18th March 2025 Rain Forest
Adventure Golf Dundrum



AT Passport



St. John of God Liffey Services is delighted to be part of the AT Passport 2.0 initiative, empowering individuals to take control of their own assistive technology journey. As part of this CREATE-funded project, two additional staff are going through the Foundations in AT with Enable Ireland and TUDublin. Our commitment to self-directed, inclusive, and meaningful support drove us to reach out to 10 people within and outside our organisation who needed but did not have access to assistive technology to support daily living, communication, education, or employment tasks. Although we were initially granted €5,000 to support five people, our strategic approach and resourceful allocation allowed us to reach 10 individuals with diverse needs across all categories. Many of the people supported were going through a transition. This achievement demonstrates our dedication to maximising impact and ensuring that the AT Passport owners are in the driving seat, leading lives that reflect their will, preferences, and aspirations.



Co-Design our Personal Plans



We are delighted to be in our 9th year of co-design with TU Dublin! This year, we are excited to partner with Aspirico iplanit to co-design a new look for the personal plan on iplanit, putting plan owners and their circle of support at the centre of the process.

Over the next 14 weeks, 32 individuals supported by Liffey Services will be co-designers, sharing their ideas and choices to make their personal plans more accessible for everyone.



Every Friday, we will collaborate with computer science students and lecturers at TU Dublin Grangegorman, bringing together creativity and innovation to shape a more inclusive future.

We are proud to use our award-winning co-design toolkit, which empowers everyone to work collaboratively through accessible design thinking tools. This year, we are thrilled to have paid co-designer and co-researcher Patrick Fitzgerald on board. Along with the incredible support staff and co-designers across Liffey Services, this looks to be our most impactful year yet!

The outputs of this project will be implemented, ensuring that the men and women we support, along with their circle of support, will have access to personal plans that include daily notes, an accessible calendar to know what's happening when, a messaging service, and health updates. This will empower individuals to communicate more easily, make informed choices, and actively participate in planning their future—helping them reach their life vision.

FÍOR'25 – St John of God Liffey and Research Foundation at Croke Park



St. John of God Liffey Services and St. John of God Research Foundation joined forces to showcase their work in digital accessibility at FÍOR'25, where 400 early-career researchers from four grant streams nationwide gathered. Patrick Fitzgerald, now hired as a co-researcher with the Foundation, teamed up with Fatima Badmos from our DAT team, a PhD student with d-REAL at TU Dublin, and Rachel Pender from the Research Foundation. They connected with over 30 researchers and will follow up to explore potential collaborations in digital accessibility, paving the way for future innovation and inclusion.





LiffeyVoices.ie



Liffey Voices Meeting

Thursday 27th March 2025

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

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, 6th March at 10am and again at 1.30pm. We will be focusing on the New Directions pillar 'Support for Inclusion in One's Local Community'. 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.

