

# St. Joseph's Foundation

Newsletter Winter 2009

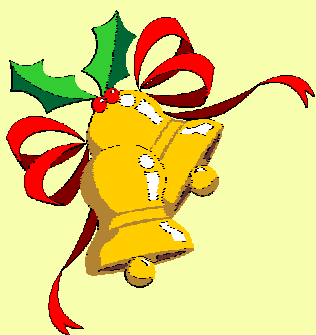


## St. Joseph's Foundation Honorary Directors



*Standing, left to right:* Breda Slattery, Shane Kilcommins, Patricia Messenger, Paul O'Shea, Ina Mortell, Con Lehane, Catherine Holly and Conor Counihan.

*Seated, left to right:* Liam McCarthy, Maureen Verling, Eamonn McCarthy, Patricia Hickey and Dr. O'Donnell. Inserts: Dan McCarthy and Ray Cosgrove.



*Wishing all our readers and contributors a very happy Christmas and a prosperous new year.*



# Padre Pio Preschool News

**MY FIRST SWIM:** Ella Sheehan and Jack Roche-Murphy have joined the rest of the children in Padre Pio Preschool and have taken to the water.



Ella Sheehan



Jack Roche Murphy

## Congratulations . . .



Congratulations to our staff members: Michelle Moynihan, who recently graduated with a Degree in Early Childhood Care & Education from Mary Immaculate College, Limerick. Miriam Sheahan and Catherine Browne who graduated with Master's in Applied Behaviour Analysis, from the National University of Ireland, Galway. We wish them every success in their future.

## TESS Graduation Ceremony 2009



## TESS NEWS

On October 21st seven people graduated from the TESS programme. They all received Certification from FETAC (Further Education & Training Awards Council). We wish them every success and happiness in the future.

We would like to welcome seven new entrants to the programme who started in September: Clara O'Shaughnessy, Orla Hayes, Clare Conway, Pamela Collins, Liam Hammond, Paul Kelly, and Richard Barrett. We wish them well on the programme.

The Intensive Tuition Adult Basic Education Project finishes on December 14th with a trip to Crag Caves in Castleisland. We would like to thank Mary O'Connell and Bernie O'Brien (VEC Tutors) for facilitating the programme, Eilish Roche ALO and Cork VEC for funding the project.

We are currently attending Drama classes with Friars Gate Education & Outreach Dept (Kilmallock). We would like to thank The Arts Office at Limerick County Council for its initiative and creative vision in funding this project and Fiona Quinn and all the staff in Friars Gate for facilitating it.

The fourth RUA training group (Raising awareness and understanding on relationships and sexuality) with 10 participants is nearly finished. On completion we will have a celebratory dinner.

Seated l. to r.: award recipients Mary Irwin, Patrick McCarthy, Seamus Brown, Brendan Cronin, Eileen O'Keefe, Gerard Healy. Standing: Jim Barrett, Ann O'Callaghan, Noreen Broderick TESS, Nora Mary Field (award recipient), Seamus Hogan FETAC Rep., Dr. O'Donnell (Medical Officer), presented the certificates, Annette O'Gorman, Noreen Jennings, Carol Power TESS, Triona Ryan Occupational Guidance Services, Limerick area.

## Volunteering with St. Joseph's Foundation



Volunteer Committee: Standing: Mary O'Dwyer, David Doyle, Eamonn McCarthy, Mary O'Connell. Seated: Ann O'Callaghan, Kathleen O'Callaghan, Jennifer Bourke (co-ordinator) and Patricia Hickey.

A volunteer is a person who shares their valuable time, energy, enthusiasm and skills within the community. No particular qualifications are needed, just a willingness to make a reliable commitment. When you volunteer you are giving something back to your community by lending a helping hand to people and organisations.

Volunteers are a valuable asset to any organisation. We are looking for volunteers to become part of our team in St Josephs Foundation. If you are interested in volunteering, or have friends or family members who are interested, please contact the Volunteer Co-ordinator in St Joseph Foundation.

On behalf of the Volunteer committee we would like to express our gratitude to all our volunteers for their hard work and dedication down through the years. We wish them and their families a Happy Christmas and a Peaceful New Year.

## FUNDRAISING NEWS.

### GREYHOUND BENEFIT MEETING.

A cheque for €54,000 was recently presented to the Foundation by the Greyhound Benefit Meeting Organising Group. The Foundation is extremely grateful to this very dedicated, hard working group, who for the past twenty two years have worked extremely hard to make this one of the most successful annual events to be run at Curraheen Park. Thanks also to the race sponsors, advertisers, donors, nominators and all who bought tickets or supported this event in any way. A special thank you to all who sold tickets.

### REGISTER OF FRIENDS APPEAL RESCHEDULED

The Foundation's Annual Register of Friends Appeal took place recently. Thanks to all who contributed to this appeal. Details of draw results will be published in the next newsletter.

A special thanks to everyone who contributed to fundraising for the Foundation during 2009. Your help and support is greatly appreciated.

*Further details on fundraising events available from*



Our Sports Dept. recently competed in a Special Olympics bowling competition in Cork city, on Thursday, October 29th. It was our first time competing there and all four athletes were winners. Congratulations to John O'Connor, Martin McCourt, Betty Barrett and Michael

See centre spread  
file for 4 and 5 pp



# Halloween at the Haven . . .



As part of the Halloween celebrations, we decided to put timetables aside for a few days and make preparations for a fancy dress party. We all met to decide who we would dress up as. We agreed that we would not dress up in the traditional Halloween attire. Everyone in the Haven was sworn to secrecy and we were feeling in a very competitive mood. Our service users thoroughly enjoyed going to second hand shops and discount stores to buy their 'costumes'. They helped staff to sew, glue and decorate the costumes and we really enjoyed the Halloween fun. We dressed up as different TV characters and rock stars such as Laurel and Hardy, Eminem, Inspector Poirot, Nanny McPhee, The Golden Girls and Little Red Riding Hood.



## New Saoirse Unit



Saoirse is a new unit which opened six months ago. We are situated in the old school building beside the music therapy room. We have a small workshop and we have just started producing fire logs from old newspapers which we will be selling in the next few weeks. We are also in the process of starting a car wash which will be situated near the new school and will hopefully open soon. Some of the things we do in Saoirse include hill walking, social outings, fitness classes, swimming and computer work. If anybody would like to purchase fire logs or have their cars washed contact us on ext 278 or 086 7804089.

*Thanking You, David Manning*

## Therapeutic Groups in Occupational Therapy at St Joseph's Foundation

Participation in Therapeutic Groups provided by Occupational Therapists within the Multi-Disciplinary Team is offered for children as part of their treatment plan. Children who come to the Therapeutic Groups have fun! Little do they know that their fun is leading to improved skills. We operate the groups in collaboration with Speech and Language Therapists who work on the children's communications skills.

Occupational Therapists help with improving:

- Sensory processing skills
- Endurance
- Coordination
- Motor planning
- Fine motor skills
- Handwriting readiness.

In these group settings, children benefit from interacting with one another while simultaneously working on their skill development. Through participation in the Therapeutic Groups our goal is to help the children in developing better social skills such as eye-contact, sharing their feelings, self-expression and



## Changes to the Board at St. Joseph's Foundation

Over the past few months there have been quite a few changes to the Foundation's Board of Directors. Firstly, Dr. Martin O'Donnell, Chairman since 1968, has stepped down as Chairman and has been replaced by Mr. Eamon McCarthy. Dr. O'Donnell will continue to be a member of the Board, and Honorary Medical Officer of the Foundation as well as Chairman of the Board of Management of the Holy Family School. The 40th anniversary celebrations highlighted his invaluable contribution.

Mrs. Lucy Murphy and Mrs. Ann Hurley did not seek re-election to the Board of Directors. Lucy was a member of the Board since 1981 and Ann since 1998. They have contributed in many different ways to the development of services at St. Joseph's. I hope that they will keep in touch with all their friends, service users, staff and Board members.

Four new members have recently been co-opted to the Board; Shane Kilcommins is with us since September. Ray Cosgrove and Con Lehane attended their first meeting in October and Patricia Messenger

## Mrs. Quinn's Charity Shop Draw Prize



Susanne Hynes, manager of Mrs. Quinn's Charity Shop, Balls Lane, Charleville, pictured with Mairead Forde who organised a raffle with the proceeds donated to Mrs. Quinn. Also in the picture are Michelle Roche, winner of the first prize and Shane O'Neill who accepted the second prize on behalf of Donie Carroll.

## HAZELVILLE RETIREMENT



Last March our friend and work colleague, Ann Maher retired. She is missed by all in Hazelville and we wish her all the best for the future. Picture shows Hazelville staff at a retirement party for Ann.

### Comings & Goings

Welcome to . . .  
Sheila Fennessy  
Ruth Murphy  
Nichola Burke

Goodbye to . . .  
Marian Cronin  
Theresa Thompson

### New CD Library

A new CD library is being set up at St. Joseph's Foundation. Any donations of CD's would be greatly appreciated. Day units and residential houses will be able to access the library when it is operational. It will be run by Eoin Mangan. CD's can be dropped into the Music Therapy Dept. or Reception.

*Ann-Marie O'Reilly*

### Training 2009

During 2009 we concentrated on the essential training requirements for all staff. Up to 460 in house training places were filled involving a variety of training courses such as Manual Handling, Adult Protection, Children First, Occupational First Aid, CPI, Studio 111, Administration of Medication, Dignity at Work, Challenging Behaviour, Infection Control, Safe Pass, Bereavement, Communication Strategies, Lámh & Hanen. Our budget was restricted this year and we would like to say a special thanks to staff who undertook training enabling them to deliver training courses for the Foundation. Their help and co-operation is greatly appreciated. Happy Christmas and a prosperous New Year.

### Mairéad Carr



Our friend and colleague Mairéad Carr retired in June. A retirement party was held in the Charleville Park Hotel. We all wish her a very happy retirement.

## HOLY FAMILY SCHOOL

Mary O'Shea and pupils from P.V.T. doing Christmas crafts.

**Holy Family School wishes everybody a very Happy Christmas.**

