

St. Joseph's Foundation

Newsletter Spring 2011

ANNUAL



FAIR

on Sunday, 17th April, 2011 at Baker's Road, Charleville at 1.30 p.m.



Mary Hedderman, Katherine O'Flynn, John O'Connor, Bridie Fitzgerald and Marie Keane preparing for the Spring Fair on Sunday, 17th April, 2011.



**Greyhound Benefit Meeting on Thursday, 8th July, 2011
at the new Greyhound Stadium in Limerick**

Kieran Lehane with his horse "Billy"



Kieran Lehane goes horseriding on Wednesdays to Milford. Kieran really enjoys this day out.



CHORAL RECITAL

A Choral recital is being held in St. John's Church, Glantane, Co. Cork. on Sunday, April 17th, at 8 p.m. Tickets are €10 each and can be purchased by contacting the Foundation on (063) 89252. Please note tickets will NOT be available on the night. Proceeds in aid of St. Joseph's Foundation.

SPONSORED WALK



Annette O'Gorman is taking part in a sponsored walk on Friday, April 22nd, in the Galtee Mountains in aid of St. Josephs' Foundation and Special Olympics. If you wish to contribute, you can contact Annette on (087)

GREYHOUND BENEFIT MEETING THIS YEAR AT THE NEW LIMERICK GREYHOUND STADIUM



The Foundation has secured Thursday, July 8th for its Annual Greyhound Benefit Meeting. This year, we are going to the new Limerick Greyhound Stadium which is a fabulous facility and we look forward to holding our first fundraiser there. Further details will be available in the Summer newsletter.

LIBRARY NOW OPEN



Our library has been relocated to the adult services building. It offers a variety of books, magazines and daily newspapers for reading. It also has jigsaws, games, T.V. and a DVD/Video library. We are hoping to restock it and if anyone has unwanted books, games, magazines etc. to donate we would appreciate them. Please deliver to or contact the reception in the Administration Building.

Holy Family School News

Art Work Presentation

The senior classes in the H.F.S. had an Art Exhibition in Friar's Gate Theatre, Kilmallock. The art work was on display for one week from Wednesday, 30th March until Wednesday 6th April. The opening was performed by Mr. Billy Keane, Listowel and all art work was for sale.



Brian Roche, Sean McShera and Jamie Leahy with the chocolate hearts they made for Valentine's Day.



Annett's class were the Green Travel Slogan competition winners: "Spare Your Wheels, Use Your Heels". H.F.S. Green Committee presented their prize.



All set to do some "Spring Cleaning"



The Green Committee, Holy Family School.



Timmy Moloney getting ready to toss his pancake on Shrove Tuesday.



Lasma and Stevie learning about the food pyramid.



Timmy wearing his safety helmet on one of the new bikes.

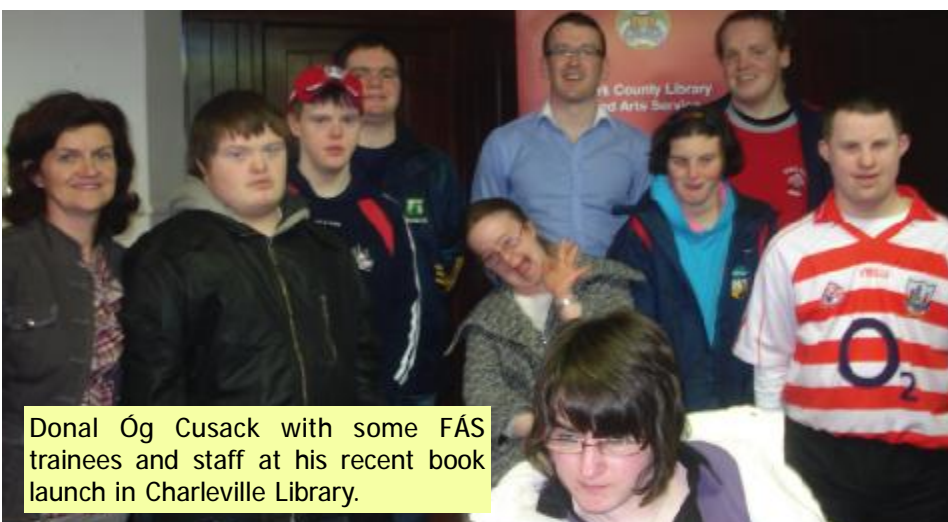
Christmas Swim Island Wood Newmarket 2010



Due to the arctic conditions experienced in Duhallow the Christmas Day Swim in the Island Wood, in aid of St. Joseph's Foundation was postponed for only the third time in the twenty eight year history of this charity event. After the big freeze came the big thaw and the charity swim was held on New Year's day. Over 30 swimmers turned out for this fundraiser. Many thanks to Mary Stack who organised the event in aid of St. Joseph's Foundation.



FÁS trainees and staff on a recent outing to Tralee where they met with Colm "Gooch" Cooper captain of this years Kerry Senior Football Team.



Donal Óg Cusack with some FÁS trainees and staff at his recent book launch in Charleville Library.

Pre Retirement Group

The pre retirement group started in May 2009, with eight members. The aim of the group was to prepare the members for retirement, to relax, unwind and discuss their fears and anxieties around retirement. Taking part in the group allowed them to do fun and interesting activities such as arts and crafts, baking, music sessions and other activities which they enjoyed. The members made choices each week as to what activities they wanted to do. Sadly this group finished on Friday 1st April 2011. I would like to take this opportunity to thank the members and all those who participated in making it a success. I would like to wish Agnes Fehin, Bridget Dineen, Mary Hedderman, Tommy Ryan, Nora Cronin, David Condon, Denis Twomey and Martin Keating all the best for the future and thanks for being such an enjoyable group to work with.

Jennifer Bourke.

*Preparing
for
our
Spring
Fair
on
Sunday,
17th
April 2011*





St. Joseph's
Foundation
Annual



FAIR

On Sunday 17th April, 2011
at Baker's Road, Charleville at 1.30 p.m.

***Official Opening by Conor Coughlin
Manager of the Cork Senior Football Team***

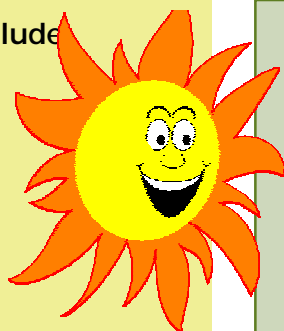
Stalls will include cakes, books, toys, bottles, home produce, Euro stall, wheels of fortune, white elephant, sewing, crafts and ceramics.

Glen Bridge Garden Centre will be open on the day.

Special raffle for Two Tickets for Manchester United v Chelsea, plus one night's hotel accommodation

Attractions and side shows include

- The Mobile Creamery
- Vintage Car Display
- Bouncing Castles
- Super Slide
- Obstacle Course
- Pony Rides
- Goal Kicking
- Golf Putting
- Basketball
- Guess the Glugger
- Face Painting etc.



Teas, sandwiches, cakes and minerals etc. will be on sale throughout the day.

Entertainment by Charleville Brass and Reed Band for the official opening.

Variety of Musical Entertainment Throughout the Day

RAFFLES INCLUDE:

- Raffle for 1st Prize:- €1,000
- 2nd Prize: €500
- 3rd Prize: €250.

Thanks to Byrnes & Dillon Oil Co. and Charleville Credit Union for their generous sponsorship towards this raffle

Lines for the above raffle only €2 each or 3 lines for €5.

Other very valuable prizes will also be raffled on the day.

Heifer Calf (or the value of same) kindly donated by Billy & Hannah Mulcahy, Ballyhea.

Manchester United v Chelsea - Raffle for Two Tickets

Prize includes 2 match tickets, for Old Trafford on Saturday, 7th May, plus one night's accommodation.

Admission: €3 for Adults - €1 for Senior Citizens and Students -

GREEN COMMITTEE



Green Committee members on a recent trip to Mallow. They travelled by train to collect information on the accessibility differences between Charleville and Mallow train stations. They are designing an information leaflet highlighting the challenges

We have been very busy all Winter preparing for our Green Flag for Travel. Our Travel assessment took place on the 24th of March.

Our five main goals for the fourth Green Flag are:

- Bus Shelters for Bus Stops in Charleville town.
- New Lift and Bridge at the Railway Station.
- Disability Crossing in Broad street.
- Creating awareness around the Foundation on Travel.
- Continuing to work with Charleville Tidy Towns Group.

Planning permission for work at the Railway Station and Bus Shelters has been submitted.

The Disability crossing on Broad Street has been completed and is awaiting signage.

In St. Joseph's Foundation we continue to encourage:

- Walking uptown.
- Walking in Charleville Town Park.
- Using our own walkway on Campus.
- The use of Public Transport and service users are now using the bus to Mallow and Cork more frequently.
- Spreading the word on our new Travel Logo.

GOT SOMEONE TO MEET?, TRAVEL WITH YOUR FEET

REDUCE, REUSE, RECYCLE.

National Job Shadow Day 2011

This is the fourth year St Joseph's Foundation will be involved in National Job Shadow Day which is on April 20th this year. Participants from the Holy Family School are: Brian Roche, Jamie Leahy, Sean Mc Shera, Sean O'Keeffe, and Anthony Lopez with Pamela Collins and Claire Collins from TESS.

This is a very important day for people with disabilities as it promotes Supported Employment all over the country. We are delighted that Charleville Garda Station, Cute N Clever, Charleville Plant Hire, Troys Farm, ISS Safety Signs and Kilfinnane Outdoor Activity Centre are supporting us on the day.



Green Committee service users helping to clean up the planted areas in Charleville.

Walk in the newly developed Charleville Town Park



The Tidy Towns Committee and the local Council have worked together to install footpaths in Charleville Town Park which is located by the playground across from the main SuperValu Car Park. It is wheelchair accessible and the Green Committee recently went for a walk there. This walk is half a mile long and is the shape of a half circle. There is no safe crossing point at the moment but the Tidy Towns Committee have applied for one to be put in place by this Summer. So take care crossing and pick a good spot to cross. There are also plans to put in bird boxes to encourage some of our wild life to return to the town park.

Presentation to Bridgit Dineen and Mary



A party was held for Bridgit and Mary in the Corbett Court, to celebrate their move from Teach Mhuire, Newmarket to Ballylanders Retirement Home. Family, friends and staff came along to celebrate the occasion.



Gary Mulcahy, Carmel Hynes and Mary McCarthy presenting Maura O'Sullivan with a gift as she leaves St. Joseph's Foundation. Maura was the community nurse with the Foundation and she will be missed by all. We wish her the best of luck in her new role managing the family business St. Gobnait's Nursing Home, Ballyagran.



Laurence Hanley celebrating his 30th birthday in Sub-Contract Unit with his long standing best friend Susie Byrnes.

Comings & Goings

Welcome to:

Cecile Charbonnel
Martin Lynch
Olive Long
Anne O'Connor
Catherine Holly

Goodbye to:

Maura O'Sullivan
Pat McCourt
Sinead O'Riordan
Mags Murnane
Pat Herlihy
Jacqueline Morrissey
Olivia Paule

FUN WITH FOOD

Mealtimes are usually enjoyable however, this is not so for some children attending St Joseph's Foundation Early Intervention Services. One mother reported it would be a miracle if her child would only eat a chip. Imagine that! Now consider this stress several times everyday and how it impacts on families.

In an effort to support parents raising children with feeding difficulties, a group of children and their parents attended 4 workshops over the summer (2010) with the early intervention team therapists, Sinead, Charl, Mags and Anrece.

These groups allowed free reign for everyone to explore various kinds of food with the children encouraged to taste, lick, feel, suck, throw, and generally mess about with food. For 90 minutes it was "any which way you like" to get the child interested in food. The messier the better! The purpose of these initial groups was to create different associations with food for these kids, whilst removing the usual pressures associated with food and meal times. These groups will provide the basis for further therapeutic interventions and we hope to run more in future.

HIQA INSPECTION

I would like to take this opportunity to thank all the staff who have been working and supporting us as we prepare for the HIQA inspection. We have no official date for the inspection, but we are slowly taking baby steps in trying to implement the Standards, which in turn will improve the quality of life of our service users.

Different groups have been organised to work on tasks for the inspection and one such group is looking at care plans for our service users. It appears that all areas have their own type of care plans and this work group is trying to marry them together and design a care plan that will deliver the best of care in a co-ordinated holistic manner. Other groups are looking at policies on; Complaints, End of Life Care; Storage of chemicals, Service Users monies,

As this project is in its infancy, I would really love to have any feedback from service users, families and staff, on what has and has not worked well over the years.

I wish to say thanks to all those who took the time to write mission statements for their work areas. The statements are in the Print Department and will soon be ready to go on display.

We have a huge amount of work ahead of us but it can be done. How does one