

St. Joseph's Foundation



Newsletter Spring 2007



Preparing for our **SPRING FAIR**

*which will be held
on Sunday, 29th April
2007 at 1.30 p.m.*



ST. JOSEPH'S FOUNDATION ADVOCACY GROUP



Left to right: Nora Mary Field, Elizabeth O'Donovan, Emma Ryan, Dermot O'Dwyer, Amanda O'Connell, Catherine O'Flynn, Aileen Barron, Susie Byrnes, Jeremy Brosnan, Kathleen O'Keeffe, Mary Creagh and Peter Sexton.



Mary O'Connell accepts the FETAC Certification on behalf of St. Joseph's Foundation from Mr. Sean Haughey Junior Minister at the Department of Education and Science. Also in photograph is Mr. Stan McHugh CEO of FETAC and Mr. Donal O'Rourke,

FETAC – Further Education and Training Awards

FETAC is the single national awarding body for further education and training in Ireland.

In September of 2006 St. Joseph's Foundation's application for registration was accepted and we are now recognised as a centre that can offer education and training modules leading to certification that is of a national standard.

St. Joseph's Foundation's Programmes are developed and delivered in the T.E.S.S. Training Centre and in the Adult Education Programme at FETAC Level 1 and 2 and will be validated, accredited and certified by FETAC.

The Organic - Sensory Garden

The long winter is finally coming to an end and it is Springtime. We can see the daffodil bulbs which we planted last October flowering and the spring onions we planted in the tunnel are up and will be ready for pulling by the end of April. We hope to have some rhubarb ready for May. The students from Dromcollogher Organic Horticultural College have been back since the weather improved to help us with our work in developing the garden. We are looking forward to and planning for the summer ahead and hope it will be as good as last year.

*"Growth"
The organic horticultural
tunnel.*



PCP – Person Centred Planning

Person Centred Planning is a way of discovering how: (a) a person wants to live their life and (b) what is required to make it possible. It can be used as a life-long process and support.

Person Centred Planning is particularly useful in providing the service user and his/her family with:

- a chance to take stock of his/her overall quality of life.
- an occasion to explore his/her strengths, capabilities and achievements so far in life.
- opportunities to discuss current needs and wishes for the future.
- the range of possibilities open to him/her at present.
- a forum within which to make choices as to what is most important.
- an opportunity to set out a number of goals to be achieved;
- strategies and action-plans around these goals.

In 2005 a pilot project on PCP's

Grant Aid from Cork County Council

We were delighted to hear that Cork County Council has granted us €2,200 from their Arts Grants Scheme.

Last year we did the pantomime "Aladdin". This year we hope to combine forces with Anne Marie O'Reilly (Music Therapist) and produce a show which will be a combination of music, dance and drama. Presently service uses and

Certified Recipients of Lámh Course Certificates



Front row, l. to r: Marion McLellan, Brid Frewen, Elaine O'Gorman, Anne Murphy, Catherine O'Keeffe and Geraldine Fitzgerald.
Back row, l. to r: Diane McDonnell, Pamela Kent, Olga Fitzgerald, instructors Ber Ryan and Maura O'Sullivan; Aine Dalton and

LÁMH

Lámh is a sign system designed for people with intellectual disabilities and communication needs in Ireland. It was originally developed in the early 1980's in order to have a unified, standardised, Irish-based, approach to signing. The signs can be used to support a person's understanding of what is being said and/or as a means to express oneself. Lámh can be used with both children and adults.

In 2005 my colleague, Ber Ryan and I trained to become Lámh tutors, completing a five day training

course. We have since delivered training to staff and service user's families. Thankfully feedback from those who have availed of the courses has been very positive.

Ber and I are hoping to deliver a new one day accredited Lámh training course during 2007 to interested staff.

We are dedicated and committed to promoting Lámh as a means of communication in St. Joseph's Foundation and welcome your assistance in this goal

THE ADVOCACY MEETING

The Advocacy Group in St. Joseph's Foundation has been re-established. The group consists of new representatives who will meet once a fortnight. The first meeting took place on Thursday, 15th March.

The aim of the group is to support people with disabilities to identify and understand their needs, wishes, options and entitlements. The Comhairle (Amendment) Bill 2004 defines advocacy "as a means of empowering people by supporting them to assert their views and claim their entitlement to access services and have their voices heard".

This meeting was facilitated by Elizabeth O'Donovan and Mary Creagh (Student Social Workers), who are on practice placement from U.C.C. Joanne Jenks (Social Work Team Leader) will continue to facilitate the advocacy group. The advocacy group will be reviewed after a six month period.

If you would like further information on the advocacy group please do not hesitate to contact any of the group facilitators and members.

HOLY FAMILY SCHOOL



Affy Daly preparing to bowl on her day out



Sammi Lo enjoying a day bowling



Aziz Un playing air hockey

Paul Collins celebrating his 13th birthday.



Party Time at the Padre Pio Pre-School



Holy Family School Class 2 enjoying a trip to Mr. Binman with their teacher Marie McCarthy



It was party time in the Padre Pio Pre-School as all the children helped Joseph Sheehan celebrate his fourth birthday. Pictured with Joseph is his best buddy

Trip to Garda Training College in Templemore



Eileen O'Keeffe with gardai at Templemore



Carmel Hynes relaxing at the training college



Debra Scanlon on patrol with the Gardaí!

Representing Ireland in China

My name is Sharon O'Brien. I have been picked to represent Ireland in the Special Olympics in China in 2007. I am part of the table tennis team. I am doing a fitness programme in the workshop. I do aerobics, table tennis and walking on Monday, Tuesday and Wednesday afternoons. I spend one hour in the Ultimate Women Fitness Centre where I do a workout in the gym. I plan to spend the next few months getting fit by going to the gym. Mary O'Connor and Sean Keane have been great because

On February 17th 2007 the girls in Ardfern met up with the Bruff All Stars to go to a training day at the Garda Training College in Templemore. Patricia Hickey who is the coach for the Bruff All Stars organised the bus. We arrived in Templemore at 10 a.m. It is a lovely modern place with beautiful grounds. The Gardaí looked very smart in their uniforms. They gave us refreshments and then there were speeches. We had dancing in the gym and everybody joined in. We did the standing long jump, throwing the basketball, running, jumping, obstacle course and throwing bean bags.

We had a great laugh with the Gardaí and Cadets. We had lunch in the Garda Canteen and later watched them in a relay race. There were a lot of photographs taken and it was over at 3 p.m. All enjoyed the trip.

21st Birthday Party for Mark Walsh

In Blossomville last month we had a celebration when Mark Walsh turned 21. We had a party on February 9th in "The Arches", Mallow with Mark's family and friends. We had a great night with lots of yummy food and a chocolate fountain. Thanks for the great night Mark. We look forward to the next party.

Heading for our Spring Fair. . . Sunday, 29th April

The travelling creamery will again this year make its appearance at the Spring Fair. It is the only one in the world and was last used in West Clare. Eamonn O'Sullivan will attend to explain the history and the workings of the



The Supported Employment Programme



Hi everyone!

My name is Mary Hayes. I am the Job Coach at St. Joseph's Foundation. I have been running the supported Employment Programme here for the past six months. My job is to help the service users to find part-time or full-time employment. I support every aspect of job hunting including C.V. and interview preparation as well as on the job assistance for service users and employers.

I am pleased to say that so far this programme has been going well thanks to the interest and enthusiasm of everyone involved. We are fortunate to have the support of local business in Charleville, Kilmallock, Dromcollogher and the surrounding areas.

We are currently working on a Supported Employment information leaflet which will be available in the near future.

To finish I would like to congratulate all our Service Users who are on work-experience or long term employment. Well done everyone!
To find out more about the Supported Employment

Spring Fair a date for your diary

Preparation is currently underway for the Foundation's forthcoming Spring Fair which will take place on **Sunday, April 29th** at the Foundation's Campus on Baker's Road. The official opening at **1.30 p.m.** will be performed by the Bruree team – Limerick County Senior Hurling Champions.

Stalls will include: Cakes, Books, Toys, Bottles, Wheel of Fortune, Home Produce, Euro Stall, etc. Items for any of these stalls would be greatly appreciated, especially cakes books, toys, or bottles.

Attractions on the day will include Vintage Car Display, Kiddies Disco, Magic Show, Bouncing Castle, Super Slide, Obstacle Course, Pony Rides, Goal Kicking, Pongo, Golf Putting, Face Painting etc. If you would like to be associated with this event or can help in any way, we would love to hear from you. Further details from **Maura Twomey at (063) 21679.**



THANKS

Special thanks to Mary for all the years of hard work in organising many successful Spring Fairs at St. Joseph's Foundation.

Best wishes to Maura in organising the 2007 Spring Fair.



Maura Twomey and Mary Biggane



GREYHOUND BENEFIT MEETING

The Foundation has secured **Thursday, July 12th** for its **Annual Greyhound Benefit Meeting** at Curraheen Park, Cork. Further details will be available in our Summer newsletter.

Haven News

The Haven welcomes Olivia Shanahan Meehan who is now working every Wednesday with us. We thank Laurence for the new karaoke machine which everyone enjoys in the Anam Sessions on Mondays and Fridays.



SPORTS AND RECREATIONAL NEWS

Happy Easter to all from Sean and Mary. Spring is in the air and we encourage you to get up and go for nice evening walks and healthier diets.

Our basketball team are really benefiting from being part of the inter club/centre league within Munster.

Our soccer team have played their first round of the league in Waterford and the 5-aside teams are preparing and training for the Special Olympics regional games in Limerick, on the 12th and 13th of May. Our swimmers are training for the forthcoming gala in Cork.

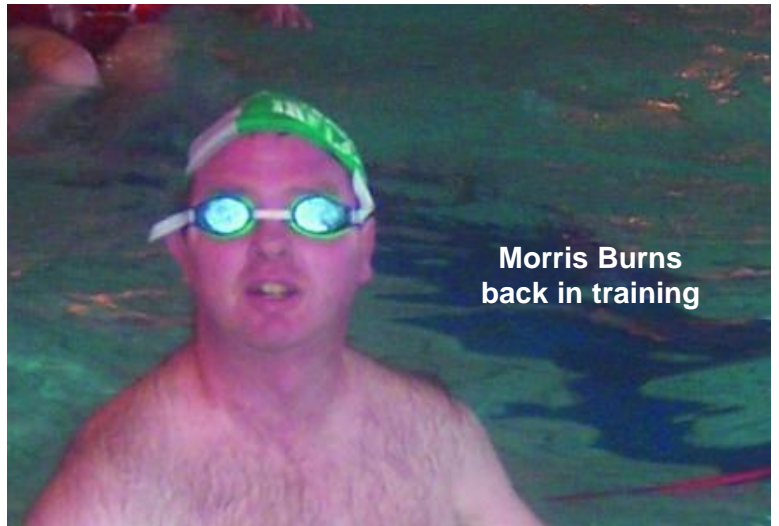
Our choir had a very nice St. Patrick's Day prayer and communion hour and we are now preparing for



Mary and Amanda in Mallow Pool

MALLOW SPORTS AWARDS

Mallow Sports and Leisure held their sports awards last month. Our Special Olympic athletes from Mallow were recognised for their achievements. Well done to Maeve Long, who



Morris Burns back in training

ALZHEIMERS TEA PARTY

Remember the Alzheimer's Tea Party is on Thursday the 3rd of May. Once again we here at St. Joseph's wish to support this event. This is a great opportunity for us to fundraise for a very worthy cause and all the moneys raised come back to our local Alzheimer's groups.

PERSONS OF THE YEAR AWARD

Congratulations to Donie and Eileen Carroll on being honoured with "Persons of the Year" award from Mallow Sports and Leisure Council. They received this award for their trojan work for Special Olympics over the years. All their friends here in St. Joseph's



St. Joseph's Foundation Basketball Team



CONGRATULATIONS

Congratulations to Sean Keane, who was selected to represent Europe at the West African Tae Kwondo Championships. He travelled to Ghana last month and brought home gold medals and an overall trophy in both the West African Cup and the Nations Cup. Sean was recently honoured with overall best Irish sports man in Tae Kwondo.

He is pictured here with Mary McCarthy, Maura Kearney, Sharon

The late Diarmuid O'Brien, Meenatariffe, Newmarket, Co Cork.

A quiet thought, a silent prayer for someone special in God's care

It was with great shock and sadness that we learned of the death of Diarmuid O'Brien son of Catherine O'Brien our Social Care Leader at Teach Mhuire, on the evening of February 16th last.

While many of us did not know Diarmuid personally we knew the enormous loss and devastation that his death would bring to his family – to Kate & Pat, Denis, Bridget, Patrick, Marie, Mrs Withers and his many relatives and felt helpless in lessening that loss.

It was obvious to all who attended Diarmuid's removal and funeral that the young man was a deeply loved and respected member of his community in Newmarket. People spoke of his love of life and sport, his sense of humour and his generosity. They recalled funny incidents involving Diarmuid and recited stories of his exploits with Newmarket GAA. This was someone special to all who knew him.

Ar a dheis Dé go raibh a anam dílis.

To Diarmuid's parents – Kate & Pat, his brothers and sisters – Denis Patrick, Bridget & Maria, to his grandmother Mrs Withers and his extended relatives and friends we extend

Holy Family School wishes to remember with love and affection our two beautiful children who passed away recently.



PATRICK CAREY



STEVEN O'KEEFFE

*They took their candles,
And went to another room we
cannot find,
But we know they were here,
Because of the happiness
they left behind.*

THE HOME FROM HOME PROJECT

The Home from Home Project provides short, family based, respite breaks to both children and adults attending our services. It involves a Service User staying in an approved Host family's home for regular planned visits.

Some families prefer to avail of a few hours break from time to time while others may need an overnight stay or help during school and summer holidays. There is no typical arrangement as it depends on the person's need and the availability of the Host Carer.

We are now currently recruiting for applicant Host Carers in the community. For those interested, application forms can be obtained from the Co-ordinator's office at 063-33308 or by writing to Saretta O'Mahony, The Home from Home Project, St. Joseph's Foundation, Baker's Road, Charleville.

There will also be an Information stand on the Project at our Spring Fair day on

News from the CEO's desk – STRATEGIC PLAN

The Board of St. Joseph's Foundation are in the process of putting together a Strategic Plan. This plan will identify the role and range of services to be provided by the Foundation going forward. The process will involve considerable consultation with all the stakeholders e.g. Service Users, Parents/Guardians, Staff, Board Members and external agencies. The timing of this review is very important in the context of changing structures within the Health Service Executive and the significant growth in our own service user numbers.

We look forward to your input to this process in what is a very changing and challenging time within our sector.

Developments.

The Foundation continues to work on its extensive capital development programme and outlined below are some of the projects that will be completed shortly.

Children's Respite Service, Cooleens, Charleville, June 2007

Retirement Home, Ballylanders, Co. Limerick, June 2007

Refurbishment of Assisi House, Love Lane, Charleville, June 2007

Hydrotherapy Pool, Baker's Road, Charleville, August 2007

For further information see our website: www.stjosephsfoundation.ie

Conor Counihan, CEO.

COMMINGS AND GOINGS:

Welcome to...

Aine Dalton
Christina Hayes
Deividas Kasperavicius
Geraldine Murphy
Gerry Ryan
Jacqueline Caplice
Jane Lawlee
Jerry Scannell
Olivia Roche
Olivia Shanahan-Meehan
Peg Penny
Rose Hanley
Roseann Corcoran
Sheila Aherne

Goodbye to.....

Ann O'Shaughnessy
Breda Cummins
Joanne Stack
Oonagh Stovell
Cathy O'Regan
Tom Brady
Mary Walsh O'Riordan



The Forge Night Out at the Shane Ward Concert in Millstreet