

St. Joseph's Foundation

Newsletter Spring 2008

Preparing for Our Spring Fair



**Spring Fair
Official Opening by
Dr. M. B. O'Donnell,
Hon. Chairman to mark the
40th Anniversary of the
Foundation.**



In his role as Chairman of the Board of Directors of the Foundation Dr. O'Donnell has voluntarily given of his time and has been untiring in his efforts to maintain and enhance the services being provided. His enthusiasm and determination has remained constant through-out the years. He has always been available and willing to help Service Users and their families, Board Members and Staff. His knowledge and expertise in the area of disability continues to be a great support to all. The Foundation has been very fortunate to have



Spring Fair, Sunday, 27th April, St. Joseph's Foundation Campus, 1.30 p.m.



Operation Restore Hope

I would like to thank everyone who sponsored or donated money to enable me raise €3151.96 to go to Tanzania in February on Operation Restore Hope. The organising charity – Humanitarian Volunteers is based in Cork City. The purpose of this organisation is to provide holidays for street children in Africa. I was required to raise €3000 for this project and our project was based in Dar Es Salaam, Tanzania with children and staff from the Shalom Orphanage from Arusha in northern Tanzania.

All volunteers brought the following to Africa: clothes, craft materials, footballs or toys. In my suitcase I had 26 t-shirts, 22 pairs of shorts, 2 footballs, 1 pump, 6 hats, 2 toy cars, 5 swimsuits, 5 pairs of armbands, jewellery, 2 bath towels & 10 bags of sweets.

The first day twenty nine children, quite, shy and polite, arrived to the sea side resort in Dar Es Salaam with Housemother Juliette and Teacher Golden. Initially the children stood staring into the sea but after much coaching we got them into the water and by the last day several were swimming.

Football and Arts & Crafts were great favourites with the children. They played in flip-flops or bare feet with the girls as good as the boys at football skills and speed. Not alone did they enjoy the football practice and arts and crafts but a collection was made to buy school bags for all the children which we filled with copy books, pens, pencils, rulers and a small toy. I also donated the additional money I raised to teacher Golden to help buy shoes for the children.

They were happy children always singing – they even sang Jingle Bells on a very hot African day which made the volunteers laugh. On Valentine's Day we had a barbeque with traditional dancers. The children spent most of the day making banners & posters and decorating the area with balloons and hearts – it was very colourful. They wore masks they had made earlier and everyone was singing and dancing.

When it was time to leave Teacher Golden said a few words that will be forever in my memory "the children would remember this time for the rest of their lives and our faces would be as fresh in their memory forever and never be forgotten".

All the volunteers were upset leaving. It was a very humbling experience for me



Rose Hanley and Bridget Dineen in the ceramics workshop

Our Ceramics Workshop

My name is Rose Hanley and I am Supervisor of the Ceramics Department. I have a degree in Functional & Sculptural Ceramics and for over 10 years now I have been involved in Ceramics manufacturing and the tutoring of ceramics to people with disabilities.

In ceramics we work with clay, which is pliable in its natural plastic state and when heated to extreme temperatures in a large kiln it becomes durable and hard. Clay is a captivating material and by its very nature it allows us to manipulate, mould and model it into creative forms. In our ceramics workshop we will work with a wide variety of techniques and processes encouraging a relaxed creative environment for service users.

Currently we offer ceramics training to a limited number of the service users. Shortly we will move to the new purpose built ceramics workshop located near our garden centre which will allow us to expand.

Bridget Dineen at work in ceramics



TESS Training Centre



Tony Buckley, Munster, with some members of the TESS Training Centre after the match in

On March 22nd a group from the TESS Training Centre went to support Munster in the Magner's League in Musgrave Park. It was a victorious night as Munster beat Ulster 46-6. Tony Buckley who played a super game met

NEWS FROM T.E.S.S.

Congratulations to Emma Ryan, Shane O'Neill, Margaret Fleming, Brendan Cronin and Francis Kennedy who have now completed their "Safety Module" with Jim Barrett. Congratulations also to Mairead Forde, Emma Ryan, Caitriona O'Sullivan, Eileen O'Keeffe, Peter Sexton, Nora Field and Angela Hynes who have completed their "Manual Handling Course" with Mary O'Connell.

Best of luck to the group of service users who are being trained by Helen Power (Supervisor) to work in housekeeping in the new Charleville Park Hotel.

Good luck to Margaret Fleming who will be moving into her new house in Charleville in the next few months.

The T.E.S.S. Training Centre enjoyed a trip to Cork to see the Panto Aladdin and a trip to Mallow Cinema in February.

Best of luck to Claire Galvin in her new job in Tesco



Supporting Munster in the win over Ulster in Musgrave Park by 46 points to 6.

National Job Shadow Initiative Day

Mairead Forde and Brendan Cronin will represent the TESS Training Centre in the National Job Shadow Initiative Day on April 23rd, 2008 to raise awareness on Supported Employment.



Mairead and Brendan are pictured here with Mary Hayes (Job Coach, St. Joseph's Foundation) and David Ryan (Regional Co-ordinator, Irish Association of Supported Employment). David took part in the Malin to Mizen 5 Day Cycle Challenge from Sunday, 30th March to Friday 4th April 2008, to launch Job Shadow

SUPPORTED EMPLOYMENT PROGRAMME

We are one of several organisations throughout Ireland participating in National Job Shadow Initiative Day 2008. This will take place on Wednesday 23rd April.

This is a national project designed to bring together people with disabilities and local employers. It will help jobseekers find out more about the working world and open up more opportunities for them. It will also help employers appreciate the talents of jobseekers with disabilities and the positive contribution they can make to any workplace.

Five service users from the Holy Family School and TESS Training Centre will participate in the Job Shadow Initiative Day. For the day they have chosen to shadow an employer in an area of work which is of interest to them. They hope to learn more about career choices.

Some of the employers involved are:

St. Joseph's Foundation: Conor Counihan, C.E.O.

103 FM Radio: Patricia Messenger, Talk Show Host.

Sport and Recreation News

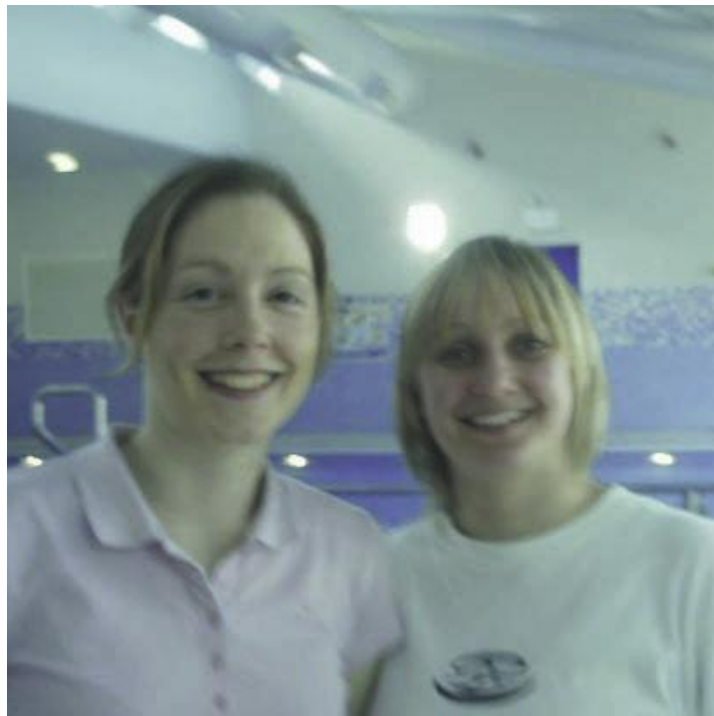
We welcome Joanne Burgess and Dorothy Shine, (Sports & Recreational Facilitators) and wish them every success in their new positions. They both have vast experience in this area and we are all looking forward to the benefits of their training programmes. In fact all service users on a personal training programme are already highly motivated and enjoying working out with them. We ask families to get involved, for example go out for a 15 minute walk in the evenings and encourage healthy eating . If you need support or ideas please contact us at St. Joseph's Foundation on ext. 225/316 .

The hydro therapy pool is up and running and all who have used this facility have enjoyed its benefits. Hydrotherapy is a form of water therapy. It increases our fitness and physical and mental well being and offers great relaxation. It offers a friendly and enjoyable medium in which to exercise. During hydrotherapy the pool temperature is raised, this also facilitates the treatment of injury by physiotherapists using jets, pools, and water massage. When in water the body is virtually weightless - this buoyancy helps make movement easier, especially for anyone who is over weight or has a disability which limits mobility. Water movement also helps to tone and shape the body.

The five aside soccer team are in top position of division two with two matches remaining to play. The basketball team train on Wednesdays and look forward to some friendly matches. Golf and bowling are as popular as ever and with the additional staff we hope to introduce these sports to the Special Olympics Programme. Our new Bocce Court is well on target, to be open for the summer.

Our choir performed at the Penitential service for Easter. We sing each month for the First Friday Service and we meet and practice every Friday at lunchtime.

Well done to David Hickey, Eileen O'Keeffe and Emily Hurley who attended and successfully completed a course on "Introduction to Coaching "



Dorothy Shine and Joanne Burgess Sports Department



Special Olympics World Summer Games 2007. Mary Loughran O'Connor coach with Sharon O'Brien, Table Tennis. Mary was part of the families supporters club.



Service users enjoying the Therapy Pool

Spring Fair - Sunday, 27th April, 2008 - 1.30 p.m.

The Foundation will hold its annual Spring Fair on Sunday 27th April at its campus Baker's Road, Charleville. The Official Opening will be performed by Dr. M.B. O'Donnell, Hon. Chairman to mark the 40th year of service provision by St. Joseph's Foundation.

Stalls will include Cakes, Bottles, Toys (soft toys not being accepted this year) Books, Home Produce, Euro Stall, Wheels of Fortune and White Elephant stall. Glen Bridge Garden Centre will be open on the day and members of Charleville Flower & Garden Club will give an exhibition of flower arranging.

Attractions and sideshows include:

Party Kartz, The Mobile Creamery, Reserve Defence Force Display, Harley Davidson Display, Vincenzo Magic Show, Kiddies Disco, Vintage Car Display, Bouncing Castle, 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. An added attraction at this year's Fair is the Ice Cream Parlour.

Entertainment will be provided by Charleville Brass and Reed Band for the Official Opening and by Dan Noonan from 2.30p.m. to 4p.m..

Raffles include:

Raffle for 1st prize - €1,000, kindly sponsored by Charleville Credit Union.

Raffle for 2nd prize - €500 sponsored by Byrnes & Dillon Oil Co. Ltd., Charleville

Raffle for 3rd prize - €250 sponsored by Byrnes & Dillon Oil Co.

Tickets for the above raffle are only €2 each.

We will also be holding a raffle for lunch for 4 at the Forge Restaurant., Broad St., Charleville,

All prizes in all raffles will be drawn on the day of the Fair.

We are looking for items for all our stalls and anyone who would like to help/volunteer should contact **Maura Twomey, on (063) 21679.**

Admission to the event is: €3 for Adults, €1 for Senior Citizens and Students. Children free.

St. Joseph's Foundation would especially like to thank the following sponsors: Charleville Credit Union, Byrnes and Dillon Oil Co., Tom Harrold Electronics, Tarsier Electrical Engineering Contractors. A special thanks to everyone who contributes in any way, either by donating cash or goods, by selling raffle tickets, school collections, helping on the weekend of the Spring Fair or working setting up stalls, catering and



Staff and Service Users from the Forge Coffee Shop who will have their Receipt Book on sale at our Fair.

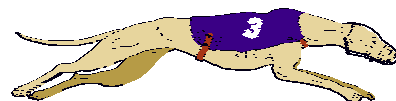


Amanda O'Connell at work for Spring Fair.



Print Workshop take a break from preparations for the Spring Fair

Greyhound Benefit Night
a date for your diary



will take place in Curraheen Park, Cork
on Friday, 11th July, 2008

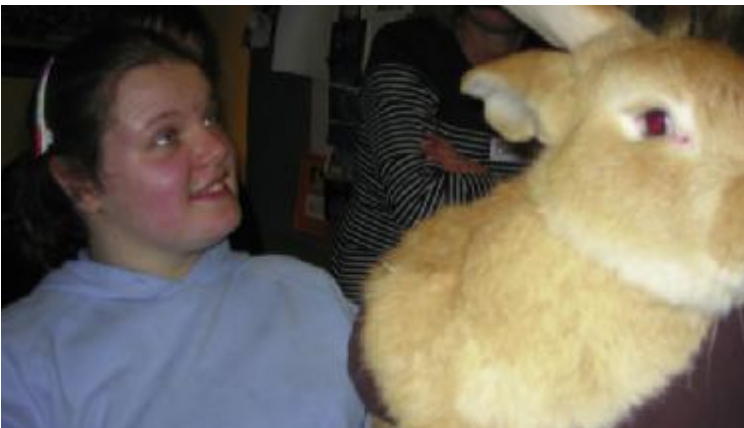
Holy Family School Activities . . .



O.T. student Alan starts a session with Affy, Dean and Sammy



Holy Family School's Easter Party in Bruff



Aoife and Goliath at Animal Magic



Peter Byrnes opening his gift at our Easter Party in Bruff



Joan, Marsha, Timmy, Evan and Adam planting tomatoes.



Paul Collins taking part in a science experiment



Aaron and Marie planting potatoes

Progress on our new school . . .



On Tuesday March 11th all the teachers got a tour of the new school. We were indeed a motley crew from our designer wellies to the latest fashion accessory – the plastic bag!

John Ronan and Ray were very patient as the excitement grew. Children on a school tour!!! John laid a footpath for us to plough through the muck!

It is truly awesome, magnificent and spacious. The Junior School is connected to the Senior School by the administrative block and therapy rooms.

We have an enormous task ahead to maintain our big happy family atmosphere in such a large building. We must ensure our ethos goes with us. We're looking forward to bringing our pre vocational training class back into the fold - eight years is a long sentence!!! Also we welcome back our ASD3 class which St Joseph's Foundation so generously housed in the Eircom building.

We're currently planning furniture and fittings for our individual rooms. Seeing is truly believing.

Finally a word to all in Adult Services who have "eyes" on Holy Family School – we're on our way but we won't be pushed!!! – *Sheila O'Keeffe*

PADRE PIO PRESCHOOL



Ellie, Thomas and William enjoying the preparation for St. Patrick's Day in Padre Pio Pre-school. Lots of fun and enjoyment was

Occupational Therapy News

After five years of working at St Joseph's our lovely OT "Ginny" has left her post to return to the USA. There she will be near her daughter (Deirdre), sister (Mary), other family members and friends. Ginny had a very gentle, considerate nature and will be missed by service users, their families and staff here.

Welcome to Mags Murnane Occupational Therapist who has recently joined the Multi D team. We hope she will be happy and fulfilled.

Anrece O'Connor



Ginny Lee (Senior Occupational Therapist) was presented with gifts, photos and well wishes on her departure from the Foundation after five years working here. She returns to



PRESENTATION

A presentation was made from the Service Users in St. Joseph's Foundation (Adult Services) to Chris Hanly - Dentist in Charleville



Tommy Ryan, Alan Lenihan, Sr. Maura and Deirdre Hogan

Sr. Maura Murphy has been doing voluntary Pastoral Care work in St. Joseph's Foundation (Adult Services) for over a year. In association with Emer Williams (Pastoral Care) she takes service users to Mass, on walks and visits families. She also visits Hazelville Retirement Home in Dromcollogher. Sr. Maura feels her work is about "getting to know people and giving time to individuals".

Sr. Maura is originally from Newmarket and spent 38 years in Australia. She is a member of the religious Sister of St. Josephs of the Sacred Heart founded by Blessed Mary Killop and Fr. J. T. Woods. The order were in Newmarket from 1927 - 1970. She now lives in Charleville and visits the Foundation three times a week.

Comings & Goings

Welcome to...

**Amy Gavin
Catherine Hogan
Dorothy Shine
Ita Haverty
James Barrett
John O'Shea
Koteswar Kareti
Laura Buckley
Mags Murnane
Mary O'Brien
Peggy Gammell
Samantha Chaffey
Sarah Reilly
Tara Houlihan
Teresa O'Sullivan**

Goodbye to.....

**Breda Buckley
Claire Healy
Emma Buckley
Helen Curtin
Jennifer Doyle
Karen Whitley
Kathleen Kelleher
Sarka Ladrova
Virginia Lee**

Michael Geary Celebrates 50th Birthday

I was 50 on March 25th. My sister took me to Westport for a few days. I had a great time. I had a party at home and I got a lot of presents. I had a lovely birthday cake in the Canteen where I work and got another cake and presents from Staff in Ray's Centra. thanks to everyone.

Michael Geary

R.U.A.

Congratulations to the first group of Service Users who completed the R.U.A. programme with trainers Stacey and Helen. R.U.A. is raising awareness and understanding of relationships, friendships and sexuality. They have already started with their second group and were very pleased when the Social Care Leaders in Adult Services requested an introduction to the programme.

Stacey and Helen spoke about the programme at the recent "Open Night" held in the Foundation. They were pleased with the