

St. Joseph's Foundation

Formerly Charleville & District Association for the Handicapped



Newsletter Winter 2004

*First Anniversary of The Forge Coffee Shop,
Craft Shop and the Print & Trophy Dept.*

to all our readers



This month sees the 1st Anniversary of the opening of the Forge Coffee Shop, Craft Shop and Print Department at Broad Street, Charleville. The Foundation would like to thank all our customers, service users and staff for making the past year a very successful one.

Come celebrate with us at our Complimentary Coffee Morning on Tuesday, 21st December from 9 to 11.30 a.m.

STAGECRAFT – It's that time of year again – *Drama Time* – when service users and staff prepare for another performance. This year's production *"Thank You for the Music"* is a musical that remembers some of our favourite hit songs from musicals that we all know and love.

Ms. Katie Holly director of the show does some rehearsals with Neilus and Andy and the lads from *"The Haven"* practice *"Doe A Deer"* with friends.



CHRISTMAS MESSAGE

It is that time of the year, when we once again look back and take stock of our achievements over the past 12 months. I am delighted to say that 2004 has been an exceptional year by any standards. The extension of services in all areas and the development of physical amenities are unrivalled in the Foundation's history. Some of the highlights included:

- The official opening of our Broad Street development by President Mary McAleese, which includes The Forge Coffee Shop, Print, Craft and Training Centre.
- Official opening of the Comhar Centre for children's respite by Mr. Tim O'Malley, T.D., Minister for State at the Department of Health and Children.
- Refurbishment of Telecom building which now provides additional administrative office space, behavioural unit, back to education classroom, prayer room, board room and a sports hall.
- Development of an all weather pitch and a putting green.
- Purchase and refurbishment of children's residence at Thomastown, Kilmallock, Co. Limerick.

Other projects on hand include:

1. Kilmallock residence currently under construction, due for completion April 2005.
2. Newtownshandrum residence about to go to tendering stage.
3. Pre-school/After school, planning permission granted.
4. Ballylanders retirement home currently at planning stage.
5. Hydrotherapy pool at Baker's Road at planning stage.
6. Holy Family School at architectural stage.

All of these achievements would not have been possible without the co-operation of the Board, volunteers, parents/guardians, fund raisers, service users and of course our committed and dedicated staff.

Unfortunately, the past year has brought its sad moments with the passing of some of our esteemed friends and colleagues. I would like to thank them for their immense contribution to our Foundation and their passing will leave a void with all of us.

Finally, I would like to thank you all for your co-operation and hard work during the year. Wishing you all A Happy and Holy Christmas and a Peaceful New Year. *Conor Counihan*

St. Joseph's Foundation says "Thank You" for recent donations

SCOOTER RUN TREMENDOUS SUCCESS.

The Foundation is very grateful to Margaret Taylor & Mary Kiely who organised the scooter run in Dromahane recently. Sincere thanks to all who contributed in any way to the success of this event. Their efforts realised a massive €7,301.90 for the Foundation.

ADA SECURITIES

The Foundation recently received a cheque for €6,500 from ADA Securities, Rockchapel, Mallow. This money was raised by the Staff & Friends of ADA who did a sponsored climb of Carrauntoohil. Again, the Foundation is very grateful to all who made this donation.

CHARLEVILLE CHURCH GATE COLLECTION

Charleville church gate collection was held on November 13th/14th and again the people of Charleville and District showed their appreciation of the work being carried out by the Foundation. A total of €3,726.08 was raised. Thanks to all who subscribed and a special thank you to all the collectors.

BIRTHDAY CELEBRATION!

The pre-school held a surprise birthday party for Peggy O'Toole on her 90th birthday on September 30th. It was a very enjoyable day. We extend a big welcome back to Peggy as she is going to do two days a week voluntary work with our children.

Photo:

*Ruth Clarkson, Peggy O'Toole,
Veronica and Dr. O'Donnell.*



The children of our pre-school are busy rehearsing for their Christmas play. A visit to "Little Rascals" to see the man himself Santa Clause is organised for Tuesday 21st December.

Paul Campion's Birthday Party and Halloween Celebrations in Dromina House



McCarthy Cup comes to St. Joseph's



Liam and Brian having a word with the Cork captain Ben O'Connor

MARY BARRY - AT CASTLEWHITE

Mary attended a Special Olympics Equestrian training day in Castlewhite, Co. Cork. Mary was thrilled to receive her Certificate at the end of the training day. Mary had lots of support from her friend Michael Goulding who was cheering for her from the side lines.

SPECIAL OLYMPICS IRELAND



This year I was asked by Special Olympics Ireland to speak to volunteer groups and tell them what being involved in Special Olympics has meant to me and I also told them a little about myself.

I gave my first speech at the Radisson Hotel, Limerick on 12th October. About sixty people attended and even though I was a bit nervous everyone said I did very well.

I told them I joined Special Olympics in 1996 when I joined Duhallow Riders Club. It opened up a whole new world for me. I train with my club every week and go to competitions once a year. I have competed in two National Games and also took part in the World Summer Games 2003, which was a fantastic experience for everyone. It made people realise that people like me have many talents and skills.

Special Olympics is not about World Games, it is an all island sports training programme. There are clubs and centres working all year around helping people start a new life through sport.

There is a place for everyone in Special Olympics Ireland.

Emily Hurley



Gerald holds the cup high.

Bruff All Stars Special Olympics Club

Saturday 13th November Sports Hall Athletics training in Cork.

- Stephen Hickey
- David Hickey
- Angela Hynes
- Carmel Hynes
- Emma Brett
- Catherine O'Flynn
- Deborah Scanlon

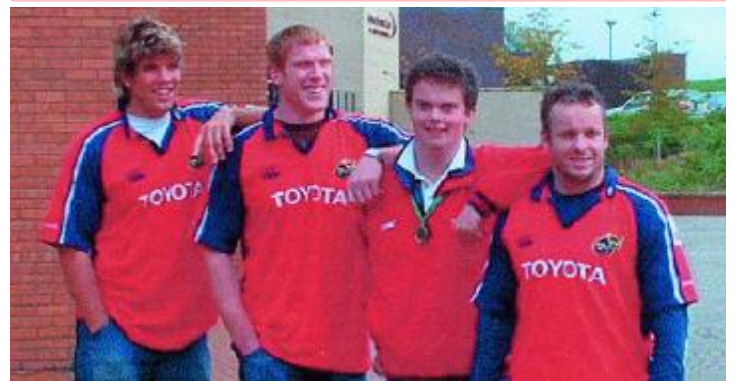
The remaining athletes will travel to Tralee in Co. Kerry in February and everyone will travel to Waterford in March and to Cork in June.

The Christmas party is in Bulgaden Castle on December 6th 8pm – 10 pm.

All athletes are taking part in Kris Kringle and gifts will be given out on the night.

All athletes continue to meet each Monday evening 7pm – 8 pm in Hospital.

Munster Rugby Team Members with David Hickey



In early October, I was invited with two of my friends in Special Olympics, Rebecca Bourke and Stephen Falvey, to meet some of the members of the Munster Rugby Team.

We met them at the University of Limerick during one of their training sessions.

Everyone said that I was tall enough to play for Munster. We had a nice lunch and the players asked us where we went to school and to work and what our favourite sport was. The players then invited us to watch their training session.

In the photograph you can see, Donnacha O'Callaghan, Paul O'Connell, David Hickey (that's me!) and Christian Cullen.

Come on Munster!!!!

David Hickey

Christmas Time at The Forge



Christmas baking at The Forge

1lb Christmas pudding
€10.00

2 lb Christmas pudding
€17.00

3 lb Christmas pudding
€24.00

9" Fully iced Christmas cake
€35.00

9" Plain Christmas cake
€25.00

6 Pack mince pies
€ 4.50

Individual mince pies
0.80

Once again Christmas is upon us and preparations for yuletide have started. Helen has been busy baking cakes and puddings for our festive tables. This year we will be offering hampers with homemade Christmas cakes, Christmas puddings, mince pies, homemade jams etc. Don't forget to take a break and rest those weary legs during this busy time and call to our Coffee Shop where a warm welcome and wonderful goodies await you.

GLEN BRIDGE GARDEN CENTRE

St. Joseph's Foundation, Baker's Road, Charleville

Telephone: 063-89252



Come and visit our Christmas shop for a wide selection of decorations, gift ideas, wreaths, garlands and Christmas plants.

Why not purchase your Noble Fir non shed Christmas trees from our large selection.

Tree stands also available. Seasons greetings to all our customers.

THE FORGE CRAFT SHOP



Short of ideas for your Christmas gifts? Don't forget to call to the Craft Shop where wonderful delights await you. In our large selection of crafts we have candles, scented and plain, tea cosys, Christmas decorations, pottery, Christmas cards and jewellery. Handmade nativity sets and cribs also available to order. Gift wrapping for your presents.

Glen Bridge Print & Trophy Dept. The Forge, Broad Street



Christmas Cards • Social Tickets • Lottery Tickets • Business Cards • Wedding Invitations • Circulars • Raffle Tickets • Posters
Handbills • Large selection of Sports Trophies • Plaques • Medals • Plates • Presentation Glass • Order from our extensive catalogue.



The Mobile Cinema

Service users and staff visited the Mobile Cinema when it came to Charleville on Wednesday, 8th November. We all thoroughly enjoyed watching "Home on the Range".

The Cinemobile is Ireland's first travelling cinema. We are all looking forward to seeing it return to Charleville again in March 2005.

A wonderful hamper, to the value of €250 has been donated to St. Joseph's Foundation by Cork Prison Officers Association Social & Charity Club. We have decided to raffle it. Tickets are €2 with books of 3 for €5. Draw on Tuesday 21st December.



HAPPY BIRTHDAY

Special *Happy Birthday* to Damien McCormack who celebrated his 21st in September and Noel Lynch who will celebrate his on 22nd December. A happy and safe Christmas from all in T.E.S.S. Training Centre.

Christmas Party in Bruff:— Seamus looking cool!; Santa and Geraldine; Niall having a swinging time with encouragement from Esther; and Marsha and Sean enjoying the party with their teacher Juliette.



Holy Family School Parents Association

The following are the new list of officers for the Parents Association for the current year 2004-2005:

Chairperson:

Marie O'Keeffe

Assistant Chairperson:

Theresa Hill

Secretary:

Breda Slattery

Assistant Secretary:

Carmel Roche

Treasurer:

Breda Buckley

Committee: Frank Carey, Frankie Meuller, David Doyle, Patricia Messenger, Pat Smyth, Anne O'Mara.

We want to become an active association offering support to all parents. To this end we would appreciate your attendance at our meetings.

We also hope to have speakers on the following topics over the next few months

- Epilepsy
- Dental Hygiene

In memory of our dear friend Louise Kett



On November 25th we lost our wonderful friend Louise to a tragic accident. Louise will be sadly missed here in the Training Centre. She brought love and life to us with her caring personality.

*We are sad to see you go,
But you're really not far away.
As you always wanted to reach to the sky,
Now you have!
So when we look up,
We will smile and say
Hi! Louise Rest in Peace*

From all in T.E.S.S.

MASS

T.E.S.S. Training Centre celebrated their mass for the Holy Souls and all staff and trainees on 25th November 2004. Fr. Buckley celebrated a lovely ceremony and joined us with our lovely hymns and prayers.

Nora Cronin and Bridget Dinneen

Congrats . . .

To Mary O'Connor, Mary O'Connell, Annette O'Gorman who received their Certification in Training of Trainers on the 17th November. Well done to all who took part in all training during the year and best of luck to all those who are still working hard.

Breeda Fenn, R.I.P.



Our friend Breeda Fenn died on 8th October 2004. From the very first years of our Foundation, Breeda was a volunteer and helped in all aspects of the Association, the setting up of the various units and fund raising. In 1985 Breeda joined the Board of the Association and in 1987 she was elected Treasurer, a position which she held for many years until her illness in the last year or so. During those years huge developments took place, the services expanded to meet the needs of people with disabilities and a lot of building went on and during all that she was a tremendous support to everybody on the Board in the way she managed the finances. She was involved in every aspect of it, fund raising; she attended the accounts office on a weekly basis, signing cheques, checking payments etc. She was meticulous in this very important job and we were very fortunate to have someone of her calibre and her ability to carry out this function. She understood figures and had great business acumen. She kept herself very up-to-date with government legislation and kept abreast of all current affairs. She was a person we knew we could rely on and we did.

Breeda also served on various sub-committees, financial, Spring Fair, Greyhound Benefit meeting and served on the Residential Admission's committee for several years. She knew many of the people and their parents who were seeking admission to residential services and was always a source of comfort and reassurance to parents. She was also concerned that the residential services would meet the needs of the new residents. Breeda brought great joy to many of the residents by organising trips to the University Concert Hall in Limerick to attend Daniel O'Donnell concerts. These were wonderful nights which were enjoyed by all.

It is difficult to do justice to the memory of somebody who was, for so long, a hard working member of a group and a very caring person and was a friend as well to all of us. Her approach to everything she did was positive and encouraging. There was never any unpleasantness when Breeda was around. She was fair in her dealings with all of us and it can be difficult on a voluntary committee to strike harmony and maintain it with so many different elements involved, committees, boards, staff and service users, but everybody she worked with loved Breeda and found her a pleasure to work with and she was most helpful. She was knowledgeable and intelligent and was a great person to have by your side when dealing with various government agencies.

We were all always aware that Breeda was a great family person and took great pride in their achievements. We were delighted that she was able to come to the official opening of The Forge by President Mary McAleese in July. We knew then that her time was short but she still had an encouraging word for all of us. We miss her from the meetings and we will continue to miss her, but we do have the memory of a very good and loyal friend to us all and a wonderful colleague.

On behalf of everybody in St. Joseph's Foundation, committee and members, volunteers, staff and service users I offer our sincere sympathy to her family, Eleanor, Majella, Dan, Jim, Tim and Frank and to all the extended family. May she rest in peace.

Dr. M. B. O'Donnell. *Hon. Chairman.*

REDUCE • REUSE • RECYCLE

To help us on our way towards getting our Green Flag, Jim Donnelly, Tom Ward and Stephen O'Sullivan from Cork County Council came to the Workshop to talk to us about the environment and how we can Reduce, Reuse and Recycle.



Patrick Hennessy and Elizabeth Curtin doing their bit for recycling

TRAINING

The training department had a busy year with up to 30 courses run internally. The main courses were Manual Handling, Child and Adult Protection, Behaviour that Challenges and Infection Control. Other courses such as Occupational First Aid, Drugs Administration, and Epilepsy were also run and many staff took part in external training courses. Training is a very important part of all our working life and the co-operation of all those who attended the courses is appreciated.

Happy Christmas and New Year 2005.

Kathleen O'Callaghan

COUNTRY MARKETS

In October this year we got involved in the Country Market. It takes place in Kilmallock between 10 a.m. and 1 p.m. every Friday.

We are part of a group selling products like cards, tea coseys, flowers, pottery, candles, flower pots, Christmas decorations.

We take part every second week taking turns to operate the till.

We have a great time meeting other people and buying our fresh fruit and vegetables and homemade cheese.

*Anne Byrnes, Mary MacCarthy,
Liz Walsh.*

We went to the Crescent Shopping Centre in Limerick with T.E.S.S. staff. We set off in the morning and bought presents. We will have fun wrapping them. I bought a tin of biscuits for T.E.S.S.

Happy Christmas.

Donna Walsh

Visit to Buttercup Farm



Yana O'Donovan, house parent, with Sharon O'Brien, Denis Twomey, Sharon Healy and Michael Lyons.

COMINGS & GOINGS

Welcome to:

Josie Fitzgerald
Mary McDermot
Angela Fleming
Noreen Daly
Patricia Deasy

Goodbye to:

Maeve O'Donoghue,
Holy Family School

Apple & Cranberry Pie

Makes 12 individual pies.

Pastry: 500g flour, 125g caster sugar, 2 eggs, a drop of milk.

250g butter

Filling: 400g chopped apple, 200g frozen cranberries, 1tsp cinnamon, and 100g sugar

Method:

1. Make pastry; rub flour, butter & sugar together.
2. Add in egg and milk and mix to a dough.
3. Allow to rest for 1 hour in the fridge.
4. Mix chopped apples, cranberries, cinnamon & sugar together.
5. Roll out pastry.
6. Grease queen cake tin and line each well with pastry.
7. Fill to top with apple mix
8. Dampen rim of pastry with water.
9. Cut out pastry into rings with scone cutter and place on top of each pie and press down.
10. Egg wash each pie and put a hole on top.
11. Cook in a moderate oven at 200° until golden brown for about 15-20 mins.
12. When cool take out of tins and dust with icing sugar.

Helen O'Gorman