

St. Joseph's Foundation



Newsletter Summer 2006

St. Joseph's Foundation Special Olympics Ireland Games Squad Departs for Belfast



25 Years Service with St. Joseph's Foundation – *on the double*



€41,250.31
Raised by Spring Fair



Jim Cullotty triple gold cup winning jockey on Best Mate, with the organisers of the Spring Fair 2006.



Charleville Brass and Reed Band who played at our Spring Fair 2006.

The Spring Fair was held on Sunday 23rd April at our campus here in Baker's road. As usual it was a very successful event. Special guest on the day was national hunt jockey, Jim Cullotty, three times winner of the Cheltenham Gold Cup on Best Mate. It was a beautiful day and large crowds turned out despite there being many sporting fixtures on the day, including the Heineken Cup semi final Munster v Leinster. However, thanks to Simon Trow and John Frawley of Tarsier Ltd and Tom Harrold, Electronics, Ballyagran, we were able to provide a Big Screen for that rugby game. We are very grateful to them for their joint sponsorship.

We would like to thank our other sponsors, Charleville Credit Union and Byrnes and Dillon Oil Co. who sponsored the prize money for our main raffle.

A special word of thanks also to Denis Keohane, office Supplies Centre, Cork who sponsored five Munster Jerseys which were raffled on the day.

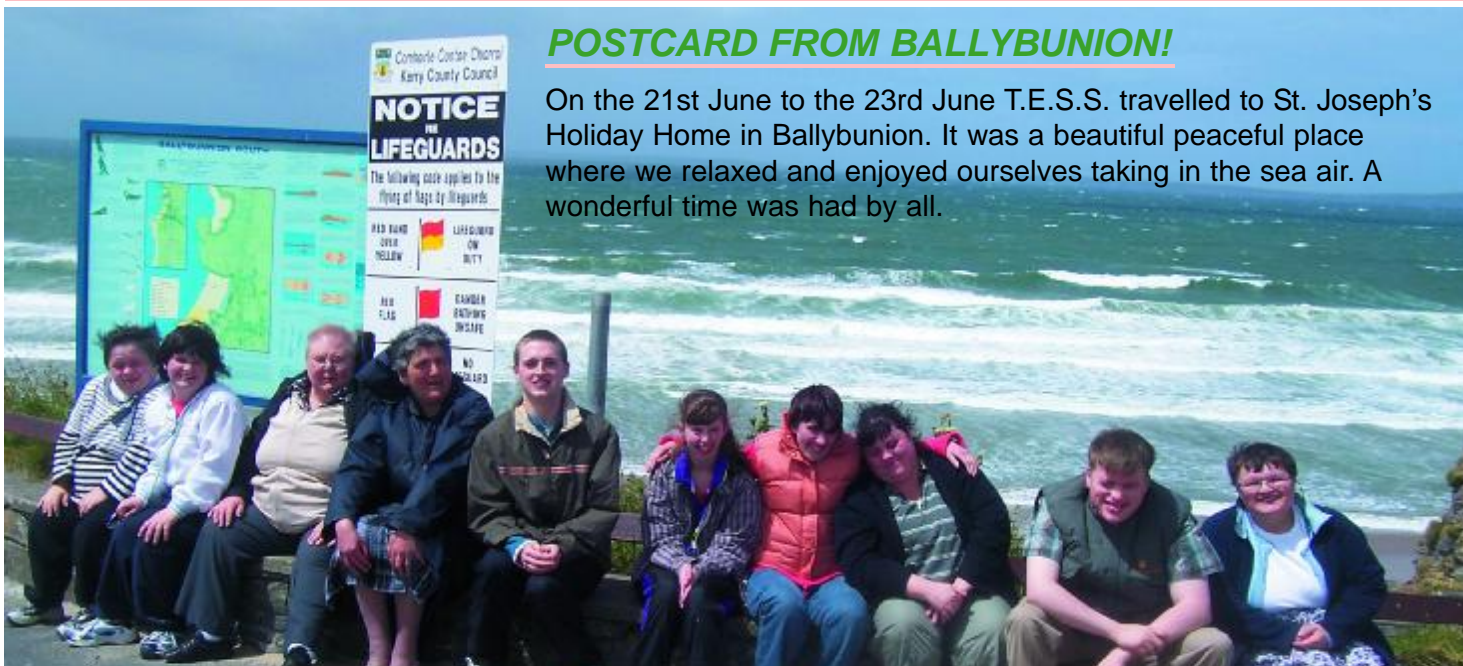
A representative group of all the athletes who participated in the Special Olympic Ireland Games in Belfast on June 21st were present on stage on the day for the official opening. They were Catherine O'Flynn, (representing Bruff All Stars), Therese Clifford, (representing Copstown Golf Society), James Farrell and Donal Stritch, (representing St. Joseph's Workshop), Dolores Murnane, (representing Mallow Marlins), Eimear O'Callaghan (representing Duhallow Riders) and Liam Hammond (representing Doneraile Rockets).

Entertainment on the day was provided by Charleville Brass and Reed Band and the one and only Johnny Barrett.

All stalls and side shows did very well and everything ran very smoothly on the day. We wish to thank most sincerely all those who helped to make the Fair such an outstanding success. We wish to thank everyone who donated cash or goods, the pupils in our local schools who donated items for our stalls, stallholders, stewards, those who sold tickets and to anyone who

POSTCARD FROM BALLYBUNION!

On the 21st June to the 23rd June T.E.S.S. travelled to St. Joseph's Holiday Home in Ballybunion. It was a beautiful peaceful place where we relaxed and enjoyed ourselves taking in the sea air. A wonderful time was had by all.



SOCIAL CLUB



A meeting was held on Thursday, 28th June to elect a social club committee for St. Joseph's Foundation. Kathleen O'Callaghan facilitated the election of officers, John O'Shea Chairperson, Rita Sheehan Vice-Chairperson, Annette O'Gorman Secretary, and Jenny Lee Treasurer. A big thank you to everyone that attended the meeting. New members greatly welcomed. Watch our new notice board for details of up and coming events. Contact any of the committee

T.E.S.S. TRAINING CENTRE

Congratulations to everyone who passed their FETAC Certification.

Computers:

David Hickey
Stephen Hickey

Outdoor Pursuits:

Mary McCarthy
Bridget Dineen
Nora Cronin
Dolores Murnane
Donna Walsh
Daniel Kelleher
David Hickey
Garry Mulcahy
Alan Lenihan
Noel Lynch
Damien McCormack

Personal Care and Presentation:

Bridget Dineen
Nora Cronin
Claire Galvin
Margaret Quain
Margaret Fleming
Anne Byrnes
Dolores Murnane
Elizabeth Curtin
Donna Walsh

Metal Work - Mannix College:

David Hickey
Daniel Kelleher

Well done to Claire Galvin, Liz Curtin and Margaret Quain in completing their first part of the ECDL Module in Computers in Mannix College.

T.E.S.S. ENVIRONMENTAL AWARENESS PROGRAMME 2005/2006





Special Olympics
Ireland
a place for everyone!

2006 Games - Belfast

CONGRATULATIONS TO ALL WHO TOOK PART IN THE SPECIAL OLYMPICS IRELAND GAMES 2006

Medal Winners: Soccer 5-a-side: James Farrell, David Hickey, Donal Stritch, Willie Harnett, Diarmuid Sweetnam, Daniel Kelleher. **Table Tennis:** Denis Twomey, Sharon O'Brien, John O'Connor, **Swimming:** Dolores Murnane, Brid Slattery. **Golf:** Maeve Long, Jeremy Brosnan, Therese Clifford. **Athletics:** Liz Walsh, Carmel Hynes, Stephen Hickey, Catherine O'Flynn, **Volunteer:** Emily Hurley.

During our five day trip to Belfast all athletes excelled at the Special Olympics Ireland Games. For all, there were moments of laughter, excitement and emotion. The standard of competition was high and all performed exceptionally well.

A word of thanks to those who helped and supported our teams, our coaches, Martina, Donie and Mary and our organiser Patricia Hickey. They did an amazing job in looking after us. In the near future we will have a day of celebration and recognition for all.



Martina Piper with John O'Connor in Belfast.



Friends and supporters of St. Joseph's Foundation in Belfast to support our athletes.



Dolores Murnane phoning home with news of her two gold medals which she won in swimming at the Special Olympics Ireland Games.

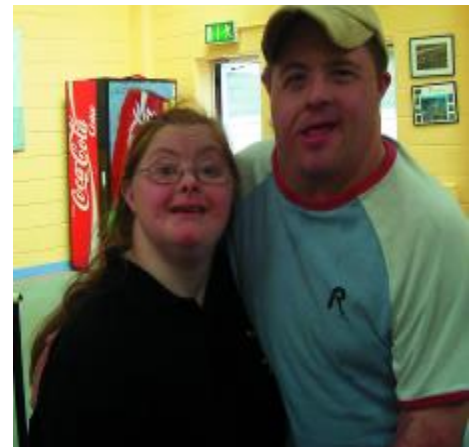


Kieran Murphy Memorial Swimming Gala in Mallow

The Annual Kieran Murphy Memorial Gala was held on June 14th at Mallow Pool. Participants included Mallow Marlins, Cope Foundation, St. Joseph's Foundation including the Holy Family School. It was a very successful evening thanks to all the participants and helpers. The overall winners were St. Joseph's Foundation. It was a pleasure to have the Holy Family School compete in the junior section - their first time!

Sport & Recreation News

- Our Summer programme will commence in July, with our historical group outings.
- We hope to introduce the ball game of "Bocce" to help learn new skills.
- Service users and staff raised €550 with a Tea Party on May 4th in aid of Alzheimers. We were pleased to be once again associated with this special



THE HAVEN

Our new Sensory Garden is taking shape and our organic tunnelling is now erected. We hope that all in St. Joseph's will enjoy this new project when it is up and running. We would like to thank Maurice Burns and all the litter wardens for keeping the grounds so tidy. Keep up the good work! For information purposes we are in the process of setting up an Environmental Information page which will be available on GLOBAL on the server.

The service users and staff of the Haven would like to thank Stacey McKeown for her hard work and wish her all the best in her new post. We welcome Cait Murray as the new Supervisor in the Haven. We would also like to wish Joe Power the very best in his studies. Joe who was with us for six weeks work experience organised an art exhibition whilst he was here and it was very successful.

Our Lámh and Anám sessions are going well. We would like to thank Ber Ryan and Maura O'Sullivan who ran the Lámh course. It was a great learning experience and thoroughly enjoyed by all.

Congratulations to everyone who participated in the Special Olympics in Belfast. It was a very exciting and successful weekend. Well done to all.



Our new tunnel and sensory garden

THE FORGE DAY OUT



BOWLING MAD

The Forge staff let loose again in March '06. They had a very enjoyable night out in Limerick Bowling Centre.



BLAINE TWOMEY relaxing in front of the Basilica in Lourdes in early June.

OFFICIAL OPENING OF CARRON VIEW

Carron View was officially opened on the 10th April 2006, providing a Day Service for five service users. On Tuesday 13th June Fr. Buckley kindly officiated at an outdoor mass here and gave our house a beautiful blessing. Families and staff attended the ceremony and we all enjoyed refreshments and a chat afterwards. Here's wishing Carron View many years of happy days.
Liz Fitzgerald and staff.



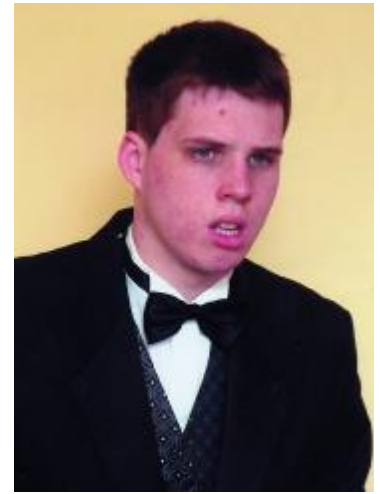
Holy Family School Graduation 2006



Gerard Healy, Brendan Cronin and Seamus Browne looking very smart, dressed by Mike O'Connell's Men's Wear, Limerick – Mike's sponsorship is greatly appreciated.



Mary Irwin and Patrick McCarthy enjoying their graduation celebrations at St. Joseph's



Niall Buckley celebrated his graduation with friends at St. Joseph's Foundation.

On the 19th June, the Holy Family School celebrated the graduation of Niall Buckley, Gerard Healy, Brendan Cronin, Mary Irwin, Patrick McCarthy and Seamus Browne. The night started with Mass in the Holy Cross Church, Charleville, celebrated by Fr. Buckley. The mass was very meaningful and reflected their journey through their school years.

The mass was very well attended by family and friends of the graduates. Refreshments were served in St. Joseph's Foundation. To finish off the the night the graduates joined the Special Olympians in their send off to Belfast for the games. We wish our graduates the very best in the future in whatever they choose.



Pupils from the Holy Family School Canoeing in Lough Gur, during the summer.



Sponsored Healthy Breakfast in aid of Special Olympians



Holy Family School visits Eamonn de Valera's Cottage

TRAVELLING FARM VISITS THE HOLY FAMILY SCHOOL



Suggestion Box

As part of our ongoing communication strategy with staff we once again ran our Suggestion Box Project. This project seeks the views of our staff on how we might improve our services. A decision is made by the Chief Executive as to the best suggestions. On this occasion we had two winners who received a voucher for €250 each. All other participants received a voucher for the Forge Restaurant.

We look forward to implementing your ideas over the coming months. Well done to everyone! Winners: Mary O'Connell and Cait Murray.

It is also hoped to make the various suggestions available to all staff via "Global" on our computer system.

Conor Counihan

MY HOLIDAY IN GARRETTSTOWN

My supervisor advised me to destress and relax so off I went to Garrettstown for a week's holiday. I went with my friend Mary and we met other people from Dublin, Limerick and Cork. I went to the cinema, walking on the beach, to mass in Ballinspittle and out and about to eat and drink. We also just relaxed, chatting and watching TV.

Garrettstown is a very relaxing homely place and the beds are comfy. I had a room with a view of the sea. The staff were lovely and always there for you. I love going on holidays, in August I will be going to Portugal but this year Garrettstown was the highlight!

Dermot O'Dwyer, Craft Dept.

BALLYBUNION TRIP ENJOYED BY ALL

We all set off on the Saturday morning of the June Bank Holiday weekend for our adventure in Ballybunion. Norma, Vanessa & Mary accompanied Paul, Suzanne and Pat. The weather was glorious and we were all in a good mood. We stayed in the Foundation's Holiday Home which is within walking distance of the town. We had a lovely lunch in a new café and went back to relax for awhile after taking a walk around the town. We had our evening meal in a local restaurant and later enjoyed a walk in the fresh sea air.

On Sunday we had another glorious day and went to the beach which was very busy. We really felt we were on holidays beside the sea in the sun. In the evening there were a lot

Adult Education Programme

We are taking a break from programmes and hope to get out and about during the months of July and August. However, our organic Horticulture Class is just starting off. This class is sponsored by BTEI and Co. Cork VEC, Brendan Glynn Co-ordinator of the scheme has appointed Marian Cronin as tutor for the class. The class will run on Mondays in the Sensory Garden.

Dromcollogher Organic Horticulture College

We would like to say thank you to Andrew, Carlos, Marian and Laura, students from the Organic Horticulture College in Dromcollogher who have taken on the tedious and slow work of helping us to set out and plant the vegetables and flower beds in the Sensory Garden.

This work is voluntary and we admire their determination and dedication.

THE HOME FROM HOME PROJECT

The Home from Home Project would like to acknowledge and sincerely thank all those who have supported and assisted in so many different ways in getting the Project off the ground. It is very much appreciated and welcomed. We would also like to thank those who requesting more information about the project and expressed an interest in applying to be a Host Carer.

Enquiries and applications can be made to this office at any stage throughout the year. Also, I would like to encourage Service Users and their families to come forward if they are interested in the option of a short respite break.

Saretta O'Mahony, Project Co-ordinator

COMMINGS & GOINGS:

Welcome to :

Breda O'Connor
Bevelyn Mupada
Bridget O'Neill
Deirdre Fitzpatrick
Diana O'Connell
Elizabeth Goold
Joan O'Connor
Kitty Heffernan
Marianne Gardiner
Martin Buckley
Mary Brown
Mary Dillon
Mary Walsh
Noreen Daly Murphy
Rhona Clements
Tina Lane
Yvonne Biggane
Aisling McEnergy

Goodbye to :

Joan O'Donovan
Michelle Withers

Strawberry Meringue Roulade

Roulade:

4 large egg whites
8 ozs sugar
1 level tsp cornflour
1 level tsp wine vinegar
1 level tsp vanilla essence
pinch of salt

Filling:

9 fl oz whipped cream
1 punnet of strawberries diced

Method:

1. Preheat oven to 200°C Gas 6.
2. Place egg white in bowl with a pinch of salt and beat until it forms a peak.
3. Add caster sugar spoon by spoon.
4. Mix cornflour, vinegar and vanilla in cup and pour into meringue mix.
5. Mix for 1 minute and stop machine.
6. Line baking tray with parchment paper and spread mix on top.
7. Bake in oven for 10 minutes.
8. Reduce heat to 170°C Gas 3 and bake for 10 minutes.
9. Remove from oven and allow to go cold.
10. Whip cream.
11. Dice strawberries.
12. Turn meringue roulade onto clean parchment paper.
13. Spread cream evenly on top.
14. Sprinkle with diced strawberries.
15. Roll up roulade with the aid of the parchment paper