

Core Values Monthly

November 2023



Avista



It is November 2023.

Our core value of the month is excellence.

Here's what excellence means to us.



My name is Jane Harper.

I am from Phoenix View in Dublin.

Excellence is looking good, feeling good and doing things I enjoy.

I enjoy going to parties, doing jigsaws, getting my nails done and going shopping for new clothes.



My name is Breda O'Connor.

I work as the Transforming Lives Project Lead in Limerick and North Tipperary.

Excellence is empowering people to live their best life – always striving for better, never settling for anything less.



My name is Kathleen Dalton.

I am from county Clare.

Excellence is seeing my family, going shopping with my sister, being fashionable and listening to music.



My name is John Maher.

I work in Dublin in Maintenance.

Excellence is being on time.

Excellence is having enthusiasm.

Excellence is being understanding.



My name is Laura Tuohy.

I am from Pallas Green, Limerick.

Excellence is having fun with people, making jigsaws, colouring, and celebrating events like Halloween.



My name is Karima Abbes.

I work in Dublin as a Social Worker in Children's Services.

Excellence is working together with children and families to link them with supports that can make a difference in their lives.

Last month, our core value of the month was justice

Here are our stories about justice and making our own choices.

Redecorating the way we want

by Caroline Keane



Where I live it was time to have our rooms painted.

Each person chose what colour they wanted to paint their room.

I chose yellow. Mary picked mint green. Roisin picked pink for her wall. Lorraine picked cream.

We looked at colour charts and chose cream for our sitting room, hall and utility room.

This is one thing that has changed for us. Before, we didn't always have a say but now we do and that is great.

Understanding the ADM with Annette Egan

Annette made two posters to teach us about advocacy and the Assisted Decision Making Act.

Annette show us what she makes decisions about and how she makes decisions.

Annette chooses what she wears, how she spends and saves her money, and who she spends time with.

Annette's poster about the ADM



Annette's Advocacy Poster



Choosing to be happy on the inside and stylish on the outside

by Orla Gillan



I love getting my nails done. It makes me feel happy and stylish.

I get my nails done every month.

I choose the colours and designs I like. I like bright colours with a bit of bling!

I love looking at my nails. They make me smile and feel happy and good inside.

My friends and staff often admire them. Yvonne is the person who does my nails.

Making the paths around TOFA better for everyone

by Caroline Ryan



Caroline noticed the path she uses every day was dangerous. It was difficult to cross the road safely.

Caroline emailed her local councillor to ask for the path to be fixed.

Caroline has not heard back from her local counsellor yet. She will email her local counsellor again.

She will ask her local counsellor to phone or email her to tell Caroline what the story is with the path.

It is important to Caroline that her voice is heard.

Thank you for reading

If you would like to be in the core values monthly, please contact Eve.

eve.roseingrave@avistaclg.ie

0879608385