

# Core Values Monthly



November 2023

## Excellence

Our value of the month is excellence.  
Here's what excellence means to us.



**Jane Harper**

Phoenix View  
Dublin

Excellence is looking good, feeling good and doing things I enjoy, like going to parties, listening to music, doing jigsaws, getting my nails done and going shopping for new clothes.



**Breda O'Connor**

Transforming Lives Project Leader  
Limerick & North Tipperary

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



**Kathleen Dalton**

County Clare

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



**John Maher**

Maintenance  
St Vincent's Dublin

Excellence is being on time, having enthusiasm, and being understanding of the different types of roles and jobs you have to manage.



**Laura Tuohy**

Pallas Green, Limerick

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



**Karima Abbes**

Social Worker  
Children's Services, Dublin

Excellence is working in partnership with children and families to strengthen relationships and establish supports that can make a difference in their lives.

# Here is how we celebrated last month's value:

## Justice

### Understanding the ADM

by Annette Egan

Annette made a poster about the Assisted Decision Making and Capacity Act that shows us what she makes decisions about. She makes decisions about what she wears, who she spends time with and when she goes to respite. Annette has a purse and a bank account. She chooses how she spends and saves her money. Annette explained how saying no when you don't want something is important. She also said you should have all



of the information you need to make decisions and that if you are stuck, you can go to your key worker for support. Annette made another poster to explain what advocacy and self advocacy is. It includes an excellent art piece explaining the things we can control in our lives. A photo of Annette and her second poster is included in the easy read version of the newsletter.

### 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. Now I get my nails done every month. I get shellac nails so they last. 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.



November

14

**Come and share stories, poems and photos about Excellence on Tuesday 14th of November on the EHUB at 11am.**

## Justice

### Redecorating the way we want

by Caroline Keane

In our community house it was time to have our rooms painted. Fiona asked us what colours we would like our bedrooms to be. Each person got their own choice. I picked yellow. Mary picked mint green. Roisin picked pink for her wall. Lorraine picked cream. In our sitting room we looked at colour charts and we chose cream which we also put in the hall and the utility room. In our bathroom we chose a creamy brown with a white shelf. This is one thing that has changed for us. Before, we didn't always have a say, now we do and that is great.



### Making the paths around TOFA better for everyone

by Caroline Ryan, Dublin

Caroline walks on the path outside of TOFA every day to get to the library and to Weavers. Caroline noticed the path was dangerous. It was difficult to cross the road safely. Caroline got Sinead to take a photo of the path. She emailed this photo to her local councillor explaining that the path was dangerous and that she would like it to be fixed. Caroline has not heard back from her local



counsellor yet. Caroline is going to email her local counsellor again. She is going to request that she get in touch with her over the phone or by email to tell Caroline what the story is with the path. It is important to Caroline that her voice is heard.

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# VALUE OF THE MONTH

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# EXCELLENCE

“We are what we repeatedly do. Excellence, therefore,  
is not an act but a habit”



Aristotle - Ancient Greek Philosopher