

# Core Values Monthly

February 2024



Avista



**It is February 2024.**

**Our core value of the month is Service.**

**Here's what Service means to us.**



My name is Patrick Heffernan.

I am from Banagher, Offaly.

As part of the service I do art, read books and go to the library.

I also work at a farm where I feed the calves. I love it.



My name is Mary Reynolds.

I work on the Navan Road, in St Vincent's.

Service means understanding what you do and what you are responsible for.

Service is doing the best you can because you really want to.



My name is Catriona Moran.

I am from Carrigaholt, county Clare.

Being involved in my family is important to me. For my Dad's birthday I got him a card and a present.

He loved it and I loved helping to celebrate his birthday. This is service in action.



My name is Lorna McCabe.

I work in St Joseph's, Clonsilla.

Service is giving the best support so people can live their best lives.



My name is Robert Reid.

I am from Shinrone, Offaly.

Avista in Limerick and Birr is a service.

At Avista I learn reading and writing skills.

I was supported to get a job and an email address.

All of these things make me happy.





My name is Eimear O'Rourke.

I work in Ashbrook, Birr, County Offaly.

Service is helping people to achieve their goals and live fulfilled lives.





My name is Donna Langan.

I am from Foynes, Limerick.

Service is when, in my home, I make sure the phone is picked up and the door is answered when people arrive.

This helps everything in our house run smoothly.



**Last month, our core value of the month was respect.**

Here are our stories about respect in action.

# Respect on the Radio

Celine, Lisa-Marie and Alan are from Stafford day supports.

They work on a farm with a farmer called Michael.

They were on the radio with Michael on New Year's Day.

They talked about how they enjoyed spending time together.

They planted apple trees to remember their time together.

Michael said Celine, Lisa-Marie and Alan can visit their trees whenever they like, because it is their space.

They will make apple crumble with apples from their trees.

To listen to their interview, please click here - [Rooted | Rooted - RTÉ Radio 1 \(rte.ie\)](#)



# My Reflections on Respect

My name is Marie Ryan.

Respect means not talking when others are talking.

Respect means we are treated like everyone else.

If we have something on our minds, staff listen to us.

It doesn't matter that we have a disability – they treat us as normal.

Our staff give us choices and support us.

Our staff who support us at home make time for us too.

We have advocacy meetings in our day service and in the community. We say what we want to change.





# Respect – find out what it means to me

In TEES in Westend in Dublin a group of people talked about respect.

Each person wrote down what respect means to them.

Respect means

- Knocking on doors
- Saying hello and goodbye
- Giving up your seat
- Having privacy and space
- Standing up for yourself
- Being nice, kind and understanding

They watched videos, listened to music and looked at the core values poster.

They made their own poster put it in a frame.



# What Respect Means to Me

My name is Claire O'Connor. I attend day service at the Tait Centre in Limerick.

I was worried about what would happen to me if something happened to my Mum and Dad.

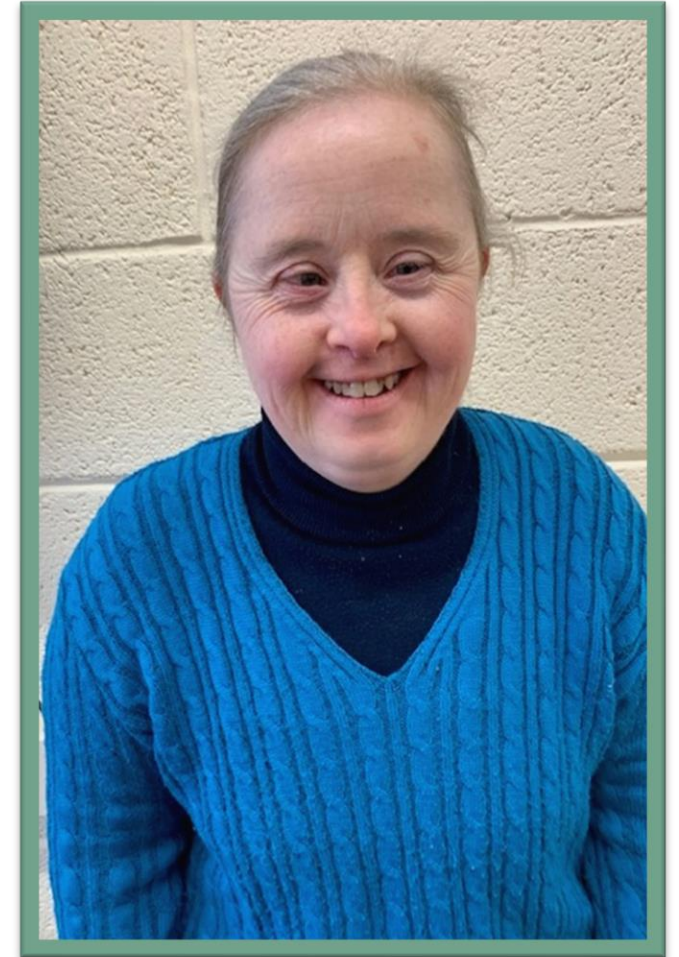
I told my key workers I was worried. They listened to me and respected my feelings.

I spoke about my worries with the multi-disciplinary team.

I was referred to the psychologist for help and I am on the waiting list.

The social worker met my parents to help them make plans for me and my future.

I am glad I told people. I feel better knowing that help will come.



**Thank you for reading**

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

[eve.roseingrave@avistaclg.ie](mailto:eve.roseingrave@avistaclg.ie)

0879608385