

Core Values Monthly

March 2024

Collaboration



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



Celine Bailey
Nenagh, Tipperary

In the community training centre I work with Annie to make pottery. I design the pottery and Annie puts it into the kiln. We made tea coasters. I sold what we made together at the Christmas market.



Serena Roe
St Louise's, Dublin

At music therapy with Clara, we make music together. I love making music with maracas and shakers. Making music with Clara and my friends makes me happy.



Nicola Haranbreen
East Limerick Children's Services

Collaboration within a CDNT is the culture in which we work. Being part of the team, which includes the family and can involve other services or agencies working together to support their child to meet their full potential and live their best life.



James Gleeson
Moneygall, Offaly

I work on a team in the Mart. I clean the tables, and make sandwiches. We need to work as a team because it gets very busy and people need their lunch.



Lisa Marie Hutchinson
Borrisokane, Tipperary

Teamwork happens working on the farm. We feed the pigs. I get the pig feed and Michael the farmer pours the feed into the buckets. Afterwards he makes our lunch!



Donna Sheridan
Parnell, Mulhuddart

Collaboration is coming together as a team to achieve a successful and positive outcome, providing a better service to the people we support, encouraging them to reach their full potential and supporting them to live the life they deserve and assist them in achieving their goals.



Eileen McNamara
CRS, Limerick

Collaboration means working together, I think you must get to know the person you are working with; I think that's so important if you know the person then it's a better team and easier to get the work done. I've worked as part of many teams and always got to know the people I worked with.



Kate Browne
Out and About, Dublin

I help look after my cat, Holly, and my nephew Freddie. I have another nephew on the way and I look forward to helping the baby and my sister. I am an important part of the team at home. In Out and About I remind everyone to bring their coats and bags, and remind Kerrie to bring her shopping list. I can see when people need help and that makes me a good team player.

Thank you to our Dublin correspondent: Orla King

Avista

Reflections and celebrations of last month's value: Service

My reflections on Service by Josie Mulqueen

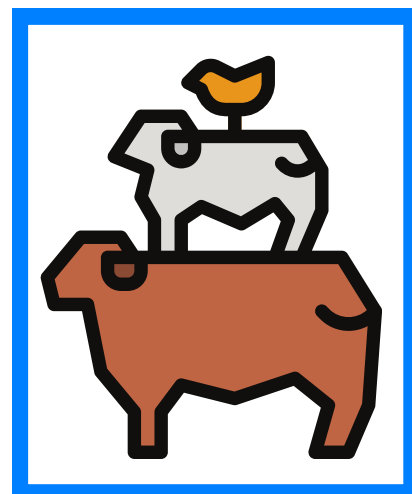
My name is Josie Mulqueen and I attend day services at the Tait Centre in Limerick. Service means helping people. It is about people supporting us in whatever we want to do. Staff support us by listening to us and guiding us. We set goals at our Person-Centred Meeting every year. This involves me, my family, and the staff I work with. Staff support us to achieve our goals. We get a chance to say what our dreams and wishes are. Staff are always looking out for us and help us in every way they can. One of my goals was to complete



a course in TUS-Technological University of the Shannon. I did a "Let's go to work" course and I graduated last August. I learned how to do up a CV and how to do a proper interview. Meeting other people from different centres was good too. The next step is to go out on a work experience. Supported Employment staff, Rose, and Colette are supporting me with this.

Volunteering on Mary's Farm by Ita Heffernan

I have been volunteering on Mary's farm for years. I provide great service to her. On Mary's farm, I feed the lambs with a bottle, and I feed the chickens with whole meal. The chickens lay eggs and I collect them. Sometimes Mary asks me to name the calves and the sheep on her farm. Volunteering is meaningful to me because I love animals, and I like being helpful. I know a lot about farms because am from a farm in Dundrum, Tipperary. I love being around animals and I have grown up looking after them. I have a dog named Holly and



two orange cats at home. I named one our cows Pixie. Being able to help out on Mary's farm is important to me.

Service that I see by Niall Harte

I feel like I see a great deal of service. I feel my staff do a lot for me and my choices. I like to go out in the community to get a milkshake or a latte. Staff help by bringing me by walking or going for a nice drive. Service is shown to me when my staff bring me to my courses, such as self-advocacy in Mulhuddart community centre. My staff help me to be there on time. I like how I see my family from time to time, and my staff help to arrange this. I also speak to them over the phone.



Niall at his cousin's wedding

Reflections and celebrations of last month's value: Service

Going the extra mile at the Winter Walks

In January, Liz the Volunteer Partner Lead in Dublin, arranged a Winter Walks series, where supported individuals and staff could sign up to go for walks in pairs at lunchtime. Leanna, who works in reception in St Joseph's Clonsilla, and Miriam who lives in Willow View both put their names forward and were paired as walking partners. Even though she gets to chat to everyone at reception, Leanna was excited about



the opportunity to spend some time outside getting to know supported individuals better. During their walks, Miriam and Leanna enjoyed looking at nature, and during one walk, they shared a laugh about how sunny it was in January. Leanna also discovered how stylish Miriam is. Miriam enjoyed being outside with Leanna and meeting new people. During their walks together, Miriam and Leanna got to take time to get to know one another and others in St Joseph's. They are looking forward to more walks in the warmer weather. Leanna would encourage all staff to volunteer for the next series of walks – it's a good way to get to know people, a great example of service in action and everyone is welcome to join! Anyone wishing to know more about volunteering in Avista can email volunteer@avista.clg.ie.

I am happy with me by Sandra Patterson

I decided that I was going to get fit. My knee was sore and I wanted to be able to walk better. My sister is getting married this year and I am a bridesmaid. I wanted to be able to walk down the aisle. To do this, I got help from all of the staff at Anusha, my physio, my dietician and Joanne, the trainer at the gym. I started going to the gym twice a week, and swimming once a week. At the gym I go on the treadmill, the rowing machine and I do weights. It's been two years since I decided to get fit. I can now go shopping



and push the trolley without any issues. I can climb the stairs in work easily, and walk to the shop independently. I have also started to run on the treadmill for the first time. I am hoping to do the colour run this Summer. Everyone is behind me, and with the right help I can do anything. But most importantly I am happy with me.

March

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**Come and share stories, poems and photos about collaboration
on Tuesday 5th of March on the EHUB at 11am.**

VALUE OF THE MONTH

March 2024

COLLABORATION

‘Teamwork is the secret that makes common
people achieve uncommon results’

Ifeanyi Enoch Onuoha