

Core Values Monthly

March 2024



Avista



It is March 2024.

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

Here's what Collaboration means to us.



My name is Celine Bailey.

I am from Nenagh, Tipperary.

In the community training centre I make pottery with Annie.

I design the pottery and Annie puts it into the kiln.

We made tea coasters and I sold them at the Christmas market.



My name is Donna Sheridan.

I work in Parnell day supports in Dublin.

Collaboration is working together to reach a goal.

We encourage people to do their best and live lives they deserve.



My name is Eileen McNamara.

I live in Limerick.

Collaboration is working together.

You need to know the person you are working with because you will have a better team and it is easier to get the work done.

I have been on many teams and always got to know the people I worked with.



My name is Serena Roe.

I am from St Louise's, Dublin.

We make music together at music therapy with Clara. Making music with my friends makes me happy.



My name is James Gleeson.

I am from Moneygall, Offaly.

I work on a team in the Mart. I clean tables and make sandwiches.

We need to work as a team because it gets busy and people need their lunch.



My name is Nicola Haranbreen.

I work on the East Limerick Children's Service as a nurse.

Teamwork is so important on our team.

We work together with families and other services to support their child to live their best life.



My name is Lisa Marie Hutchinson.

I am from Borrisokane, Tipperary.

Teamwork happens when we work on the farm.

We feed the pigs. I get the pig feed and Michael the farmer pours it into the buckets.

After, he makes our lunch.

Last month, our core value of the month was service.

Here are our stories about service in action.

My Reflections on Service by Josie Mulqueen

My name is Josie and I go to day services at the Tait Centre in Limerick.

Service means helping people and supporting us to do what we want.

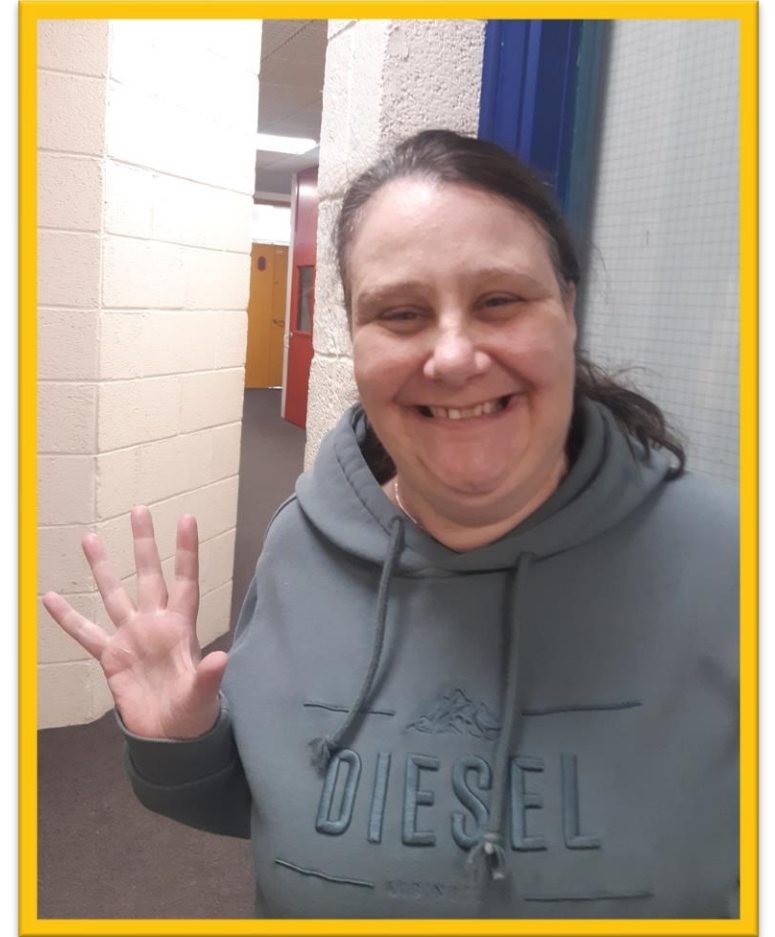
Staff support us by listening to us and guiding us. They look out for us and help us.

We set goals at our Person Centred Meeting every year. Me, my family and my staff come to my meeting. We say what our dreams and wishes are.

My goal was to do a course called 'Let's go to work' in the Technological University of the Shannon.

I learned how to do a CV and a proper interview.

My next step is to go on work experience. Supported employment staff, Rose and Colette are supporting me with this.



I am happy with me by Sandra Patterson

I decided I wanted to get fit. My knee was sore and I wanted to walk better.

I am a bridesmaid for my sister and I want to walk down the aisle at her wedding.

All the staff at Anusha, my physio, dietician, and the trainer at the gym helped me reach my goal.

I go to the gym twice a week and swimming once a week.

I go on the treadmill and I lift weights.

I can now go shopping and push the trolley. I can climb the stairs at work easily and walk to the shop on my own.

I ran on the treadmill for the first time this week.

Everyone has helped me and I am happy with myself.



Winter Walks in Clonsilla, Dublin

In January, Liz the volunteer partner lead organized lunch time walks.

Leanna works in reception. Miriam lives in Willow View. They went for walks together in January.

Leanna was excited to meet new people.

Leanna learned about how stylish Miriam is, and Miriam enjoyed being outside and meeting new people.

They are looking forward to more walks together in the warmer weather.



Volunteering on Mary's Farm by Ita Heffernan

I have been volunteering on Mary's farm for a long time.

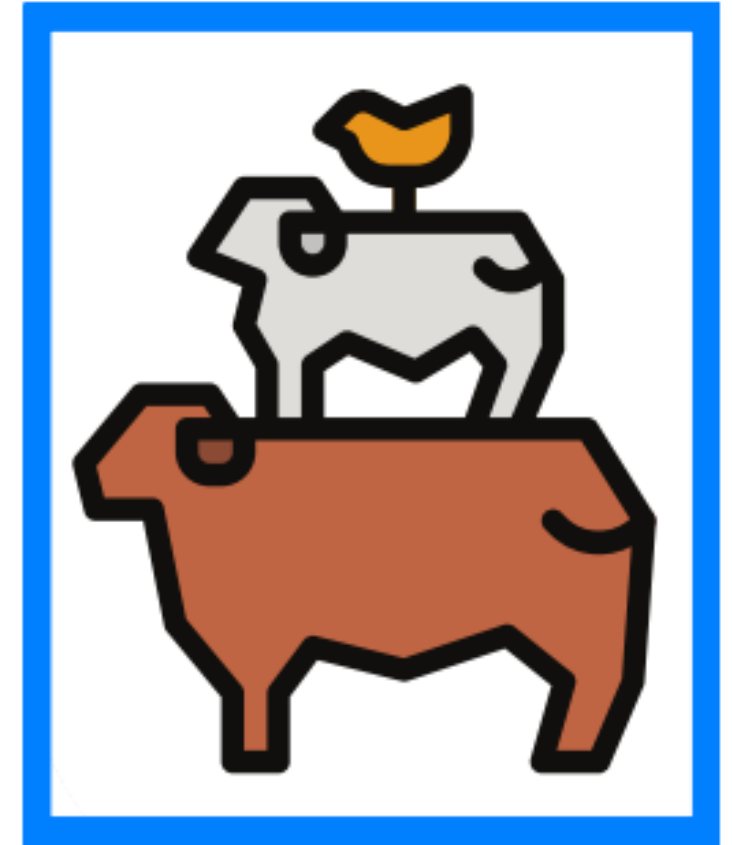
I provide a great service for her.

I feed the lambs and the chickens. I collect the chicken's eggs.

Sometimes Mary asks me to name her calves and sheep.

Volunteering is important to me because I love animals and being helpful.

I grew up on a farm. I know a lot about animals. I have a dog named Holly and two cats.



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Service that I see by Niall Harte

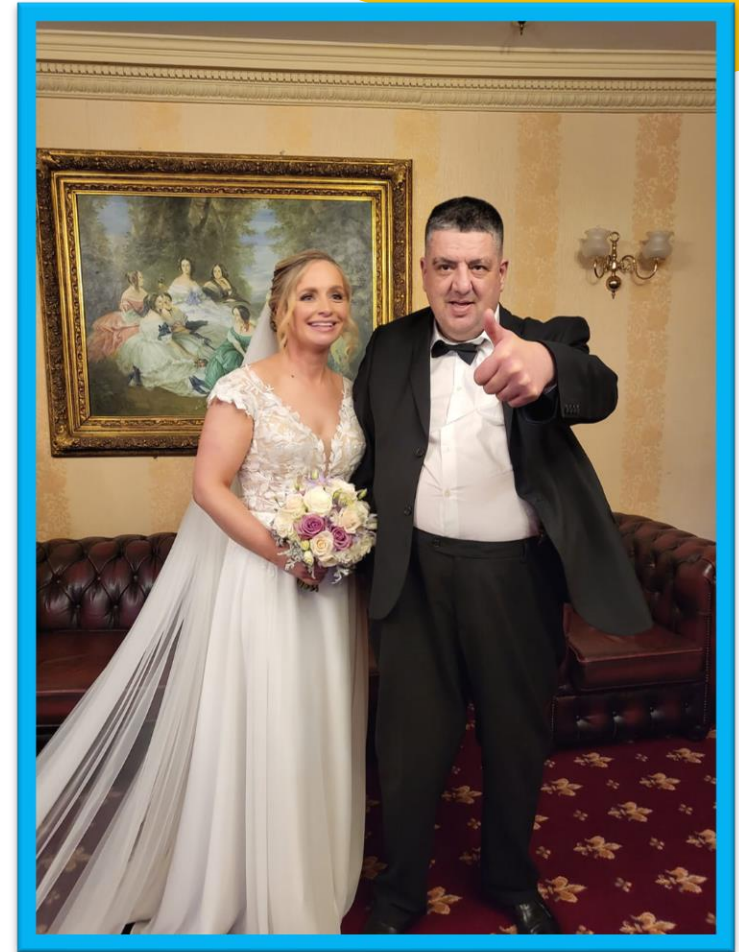
My staff do a lot for me and my choices.

I like to go out to get a milkshake or a latte.

Staff help by bringing me.

I see service when my staff bring me to my courses, like Self-Advocacy in Mulhuddart Community Centre and help me to be on time.

I like how I see my family and my staff help to organise this.



Niall at his cousin's wedding

Thank you for reading

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

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