

Core Values Monthly

May 2024

Excellence



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



Amy Fulcher
TEES, Dublin

Excellence is winning a trophy for best dancer. I do tap, jazz, ballet, contemporary and Girls Brigade.



Bernadette Kane
Children's Services, Dublin

If you carry out your role from your heart, to the very best of your ability, then excellence is a given!



Enda Mason
Clonmore, Tipperary

I am excellent at work. I set the table, and I am on time. I am a friendly person and know a lot of people in my local community which makes me good at my job.



Eugene Perevertailov
TEES, Dublin

Excellence is making friends. I am good to my friends. To me, excellence is going for coffee, walks, the cinema and bowling with my friends.



Siobhain Tallon
St Louise's, Dublin

Excellence means doing my best and being the best I can be. It means helping the people around me to be their best too.



Jason Slevin
Tipperary

Excellence is sticking up for what's right, for example, I believe in kindness. I help my friends by standing up for them.



Jane Fleming
the Orchard, Roscrea

For me, excellence is knowing my roles and responsibilities in order to help the individuals we support to lead the lives they want to live.

Thank you to our Dublin correspondent: Orla King

Avista

Reflections and celebrations of last month's value: Justice

Where do decisions get made? We found out!

We are from Achieve, in Phibsborough Dublin. We decided we wanted to go to the Dáil. We wanted to learn more about politics. We had seen the Dáil on TV and we know that decisions are made there by the TDs who are elected to represent us in our government. We wanted to see how it works. We got a tour of Leinster House, where we saw the Dáil. This is where the government have debates and makes decisions. We saw the Dáil from the viewing balcony. We found out that you can watch the Dáil when it is in session from the balcony. During our tour, we met some TDs coming out of Leinster House, as well as the Virgin Media reporter Gavin Reilly.



Jenny joins the Nothing About Us Without Us Group

Jenny decided to try the 'Nothing About Us Without Us' Group on the Navan Road, Dublin facilitated by Pauline Thompson. The group talks about decision making. Last time they met, they spoke about how they spend their money. Jenny spoke about how she likes to buy shoes and clothes in the shopping centre. The group are also working on a creative art piece and a dance to celebrate the ADM. After the group, Jenny said they enjoyed some coffee, croissants, popcorn and diet coke.



Environmental Justice: The National Spring Clean in Birr

John Paul, Barry, Hubert, & Robert enjoy helping to keep their environment clean at Ashbrook Day service in Birr Co. Offaly & are part of the Birr Tidy Towns committee. They have been involved with An Taisce's National Spring Clean which is Ireland's nationwide anti-litter campaign. This campaign took place for whole month of April and coincided with the celebration of Earth Day on Monday 22nd of April. John Paul, Barry, Hubert & Robert are excellent advocates for environmental justice. Well done everyone!

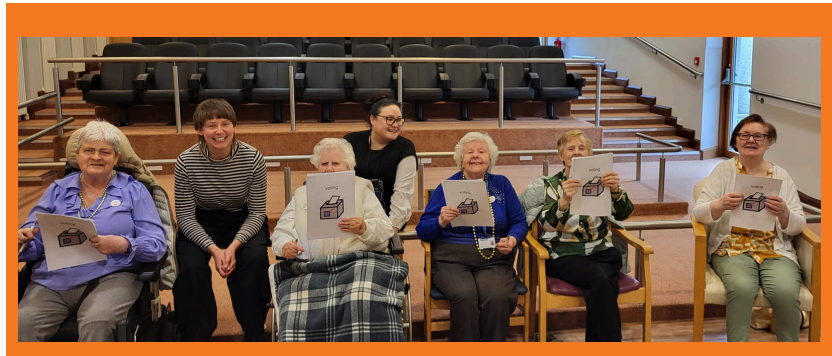


Come and share stories, poems and photos about excellence on Tuesday 7th of May on the EHUB at 11:00am.

Reflections and celebrations of last month's value: Justice

Register to vote roadshow - my voice my vote!

The register to vote roadshow has been happening all across Avista. There has been great interest in the Register to Vote Roadshow as it has travelled through St Joseph's, the Navan Road, TEES Dublin, St Louise's and St Vincent's Lisnagry. The Roadshow will be landing in Roscrea



on the Wednesday 8th of April from 10am-2pm. Everyone has been finding out how they can vote, where their local polling station is, and what happens on election days. Many people have registered to vote, while others have updated their addresses or checked if they are on the register. The Register to Vote Roadshow has been a great vehicle to discussing how we all have a constitutional right to vote, and how having a vote is empowering in our communities and on a national level. Everyone who has visited the roadshow has also enjoyed some freebies from checktheregister.ie! If you would like to register to vote, please visit <https://checktheregister.ie/en-IE/>. The closing date to be registered for the June elections is the 20th of May.

Capturing my life through my own eyes

Recently, a group of people involved in the Digital Life Story Team took part in a film workshop as part of the Catalyst Film Festival in Limerick, organised by Catherine Ireton. The Catalyst film festival platforms diversity and diverse storytelling. During this workshop, the participants learned different ways to capture footage on their smart phones. The aim of these workshops is for the participants to develop the skills to be able to capture moments of their every day lives. They will use this footage to create a short film. These short films will give an insight into the every day lives of supported



individuals, their lived experiences and their point of view. The participants are looking forward to sharing their life, their voice and their perspectives.

May

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VALUE OF THE MONTH

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EXCELLENCE

If your actions create a legacy that inspires others to dream more, learn more, do more, and become more, then, you are excellent.

Dolly Parton