

Core Values Monthly

January 2024

Respect



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



Mark O'Reilly
Clonsilla, Dublin

Respect is when people listen to me and remember things about me - like my favourite band, sports team, and how I like to keep up to date with the news. To respect me, you need to know I speak up for myself and make my own decisions.



Lorraine O'Shea
CNM3, Lisnagry, Limerick

Respect is acknowledging people for their abilities and worth, and treating everyone equally.



Barry Hogan
Birr, Offaly

Respect is giving.
Respect is enjoying each other's company.



Gosia Przewczek
Payroll, Navan Road, Dublin

Respect is being open to everyone. Respect is trying to be empathetic and to understand the needs of others.



John Paul Kelly
Banagher, Offaly

Respect is respecting other people's belongings and lunches. By being a part of our local Tidy Towns, we respect our environment.



Stephanie O'Donohue
Woodhaven, Limerick

Respect means having my choices listened to and this makes me happy.



Enda Moran
Lusmagh, Offaly

Respect is trusting me to be responsible for important things. Respect is respecting my space and my property.



Sinead McNamara
TOFA, Dublin 15

Respect means to me, treating others as I would like to be treated myself.



Hubert Hutchinson
Shinrone, Offaly

Respect is holding doors for one another and looking out for each other.

Thank you to our Dublin correspondent: Orla King

Avista

Here is how we celebrated last month's value:

Creativity

Kathryn Dineen on Try-ing Tag Rugby

In the spirit of creativity and trying new things, I joined a tag rugby team. I play tag rugby weekly with all my friends in work. We train every Tuesday for upcoming competitions and events. I have been lucky to have competed in different Wooden Spoon tournaments across Ireland. I find that this is a great way to make friends from different parts of Ireland. I really enjoy getting to do this with all my friends and make some new friends along the way. It is a very fun way of keeping fit and active but also having fun. I got a trophy in my last competition and was very excited to show all my friends in work the following Monday. We train in Garryowen rugby field in the warmer months and in U.L Sports hall in the colder months.



Capturing Creative Lives - the Digital Life Story Project

Everyone has a unique story, creatively woven with melodies, visuals and narratives. The Digital Life Story project transforms everyday experiences into vibrant narratives through music, storytelling, film and photography. It is particularly aimed at people at risk of developing dementia. The Digital Life Story project amplifies the voices of supported individuals. A photograph or favourite song can reveal unexpected aspects of someone's life. This allows for us to connect on a deeper, more empathetic level, as well as creatively ensuring the person's identity is preserved and cherished during challenging life transitions. We use the free app called Our Story 2. On the app, you make chapters about where you came from, your family and friends, special memories like birthdays and celebrations, as well as things that you like to do or are good at. We have set up a Life Story club that meets twice a month on the EHUB where we share our stories and the creative ideas we have had. For more information and to get involved please get in touch with the DLS Coordinator, Catherine Ireton catherine.ireton@avistaclg.ie or Pamela Dunne, pamela.dunne@avistaclg.ie



There's no business like snow business - TEES does WHAM!

A group of talented performers got together to record their very own version of 'Last Christmas' by Wham!. Every year, the performers get creative to make their annual Christmas music video. They choose a festive song and get together to shoot the music video. This year, the performers channelled their best coiffed hairdos and cheesy 80s dance moves to create their own version of 'Last Christmas'. If you would like to watch their music video please [click here](#).



January

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Come and share stories, poems and photos about respect on Tuesday 16th of January on the EHUB at 11am.

Creativity

New Starts for Mary Kehoe

I have always wanted to get a job since working in Holland Road, I was lucky enough to try out something new in November 2023. Being open to trying new things is a big part of creativity and were important when I was looking for a job. Supported Employment with Avista found me work experience in a café in Limerick. I began my 6 weeks of work experience in The Planters café in the Parkway shopping centre. I had many duties and in work such as cleaning the tables refiling stock, and helping at the tea and coffee station. I loved every minute of my work experience, and I am hoping to get a job soon.



Creativity at the heart of our first induction day

We had our first official New Induction day on November 29th in the Conference Centre in St Vincents on the Navan Road. As this was our first in a very long time, we reached out to all parts of the service across the country to look for staff who started in 2023 to attend. We had great attendance from all parts of the Service. The focus of the day was our Core Values. Participants talked about why they work in Avista and how the values reflect in what they do. The value of creativity was a strong theme throughout the day in the stories shared, innovative questions asked, in the presentations and activities. As a welcoming present, every participant received a poem written by the poet Clare Farrell, to inspire and encourage them on their first steps in their journey with Avista. It was a really enjoyable day for all. A huge thank you to all who contributed and participated, either as a new inductee or as part of the induction team. The HR team were front and centre in their Avista T-shirts to help and as members of the team, and some also participated as new staff! We circulated a Survey Monkey and people said they really enjoyed the day overall. They enjoyed hearing peoples stories and learning about our history. All feedback will be incorporated into our next Induction and these will take place at regular intervals in 2024 throughout the country. Welcome to all of our new staff and thank you for coming!



HR heroes Valentina, Sasha and Gloria

My End of Week Reset by Laurie McNamara

I really enjoy my pamper evening on Friday. We all get to sit around and relax after the week in work and discuss our weekend plans or anything exciting, we have coming up. We have the choice to get our nails painted or hair done. I enjoy doing this with my friends. We listen to music to sing and dance to, and I can work on my puzzles. I enjoy doing these things to be creative, wind down and relax. It is a great way to end the week of work and get us excited for the weekend.



VALUE OF THE MONTH

January 2024

RESPECT

“Treat people the way you want to be treated. Talk to people the way you want to be talked to.”

Hussein Nishah