

# Core Values Monthly

July 2024



Avista



**It is July 2024.**

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

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



My name is Aiden Clarke.

I go to Strafford Day Supports in Nenagh.

Respect is being kind and treating everyone the way you would like to be treated.



My name is Noreen Walsh.

I am a social care worker in TEES,  
Limerick.

Respect is listening to others well.

It is being patient, respecting people's  
opinions and treating everyone equally.



Our names are Francis Gleeson and Seamas Hough.

We are from Nenagh, Tipperary.

We are members of Nenagh Country Market. We sell cards that we have made in Ormond Day Supports.

Respect is being a valued member of our community every day.



My name is Barbara Ann Thompson.

I am the Personal Accounts Administrator in St Vincent's Dublin.

Respect is listening to other's opinions and treating everyone equally.



My name is Peter Meskell.

I am TEES, Limerick.

I like people to be respectful of my choices.  
This means listening to me and accepting  
me for who I am.

Respect is showing good manners and  
being kind every day.

I went to a chocolate factory yesterday and  
bought a bar of chocolate for my family.



My name is Thomas Dawson.

I am the service manager for day supports in North Tipperary and Offaly.

Respect begins with yourself. Having self respect is loving yourself and caring about yourself. You can do this by staying true to your values. If you value yourself the rest of the world sees that you should be respected.

Respect is valuing other people's opinions and beliefs. It is accepting other peoples rights and how they are different from you.





My name is Alan Clifford.

I go to Strafford Day Supports in Nenagh.

Respect is being nice to others.



My name is Eoin McGee.

I go to Strafford Day Supports in Nenagh.

Respect is being supported to be myself.



My name is Bridget Farrelly.

I am from Cavan. I live in St Louise's, Dublin.

I feel respected when I am listened to. For example, when I say I want to go swimming or to arts and crafts.

I respect my family relationships. I like talking to my sister on the phone.



My name is John McNieve.

I go to Strafford Day Supports in Nenagh.

Respect is others taking time to understand me and my feelings and giving me time to express myself.

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

Here are our stories about creativity in action.

# Kieran's Plans to be Scarily Creative

My name is Kieran. My favourite time of the year is October.

I love celebrating Halloween. This year I will organise a Halloween Party for my friends in Holland Road.

I like scrapbooking. I am on my second scrapbook this year. I colour or print out my favourite Halloween Creepypasta characters and put them in my scrapbook.

I enjoy watching movies. My favourites are: Halloween, Scream, Friday the Thirteenth, Texas Chainsaw Massacre, Slenderman and Planet of the Apes.



# Creating My Own Path

My name is Darragh. I am from Dublin 7. I got to TEES, Dublin. I wanted to work in childcare all my life. I wasn't confident to do something about it.

I did a reading and writing course in Blanchardstown Adult Education Centre. Afterwards, a guidance counsellor told me I could work in a shop. I wanted to prove him wrong. I didn't give up.

I did my Fetac level 5 and 6 in Early Childhood Education. I did lots of work experiences in preschools. In one work experience I did a creative activity with a kid. He liked 'under the sea'. I got a big piece of paper and the kids painted it blue. They stuck fish and Mermaids on it.

I like to learn about what every child needs and is interested in. Every day is different. Every child is unique. I will look for work in Early Childhood Education in August or September.



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# Conor's Creativity Brightens the Streets of Phibsborough

Conor Howe goes to Achieve day supports.

Achieve is in a busy village called Phibsborough.

Conor is very good at knitting. He knits hats and scarves.

At Christmas time, the bollards in Phibsborough were decorated by a local knitting group.

In March, Conor decided he wanted to get creative and knit tri-coloured covers for the bollards for St Patricks day.

Conor is standing beside his colourful knitting in the photos.

Conor brightened up everyone's St Patricks Day in Phibsborough. Well done Conor!





# Morning Affirmations in Maples: Creating a Supportive Home

In Maples House in St Louise's, Dublin we celebrated creativity. We made a 'Positivity Jar'.

In the Positivity Jar we put happy sentences on pieces of paper.

Every morning we pick one out and read it together. We then have a positive message for the day.

The Positivity Jar is at the front door. When anyone walks in the door they can take a positive sentence out.

We did this to try different ways we can be more creative and happy in our home and workplace.

We want to make a happy atmosphere and for everyone to feel good about themselves.



# Celebrating Diversity - an Invite to Áras an Uachtaráin

Robert Reid from Ashbrook Day Supports was invited to Áras an Uachtaráin to a party.

The party was to celebrate diverse communities.

Áras an Uachtaráin is where the president, Michael D. Higgins lives.

Robert met Michael D Higgins and his wife Sabina. He had a fantastic day.



# Creativity Through Collaboration in Offaly

In Riverview they got money from the County Council to make art together.

A local artist called Emma Barone came to Riverview to make art.

They made a beautiful mosaic of a tree. A mosaic is an art piece made with lots of very small tiles.

You can see the artists in the photos below.



# Creating Livestream Content with Kevin

Kevin is from Dublin. He makes live YouTube videos.

He talks about his favourite countries. He likes Australia, France and Germany.

People can talk to him when he is doing his videos. They ask him questions, like 'how are you', and type 'hello'.

Kevin wants to get 15,000 views because he will get paid.

There are some people online who say mean things. If this happens, Kevin blocks these people and reports them to YouTube.

Kevin has always been good at using computers. He plays a game called Heyday. He is part of a community of people who play this game online.

If you want to see Kevin's videos, [please click here.](#)



**Thank you for reading**

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

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