

Core Values Monthly

October 2024



Avista



It is October 2024.

Our core value of the month is Justice.

Here's what Justice means to us.



My name is Jerome (Romeo) Moran.

I am from Blackhorse Avenue, Dublin.

Justice is having an ordinary life.

I have Down Syndrome. I have my own life.

I am a volunteer with Achieve.

I used to own a horse.

I learned to DJ on a course.

My friends are important to me.



My name is Margaret Rainsford.

I am from Limerick.

I am on the Advocacy Committee.

I advocate for people so they can say what they want to have in their service.

Justice is making a PCP that meets what every person needs.

Justice is giving people choices. It's about treating people fairly.



My name is Adrienne Horgan.

I am from Clontarf, Dublin.

Justice is being able to exercise.

I do gymnastics, bowling, relays, tennis, basketball, swimming, Zumba and cycling.

It's important to me.

I'm training for the Special Olympics.



My name is Claire Sheeran.

I am the Communications Manager.

Justice means everyone is equal when making decisions.

All people get to ask questions about what others think.

It means that all people get to have a say in how our world should work.



My name is Margaret Curtis.

I am from Cavan.

Justice is speaking up for myself.

I stand up for my rights.

Don't be afraid to stand up for yourself and be inclusive.

We support Little Seeds, a social group for Autistic children and teenagers.



My name is Gillian Kett.

I am the Nurse Practice Development Co-Ordinator.

We need justice to have a healthy workplace.

Justice is making sure we have fairness and equality.

Everyone deserves to be treated with respect and have their rights protected.

When we understand justice things are more respectful and harmonious.

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

Here are our stories about Collaboration in action.

The Important People in my Life

My name is Kieran. My family are very important to me.

We share lots of good times together. We take lots of pictures.

I have made a book full of the photos I love.

My sister sent me the photos. My key worker and I stuck them in my book.

I now have photos I love in my book.

They are of birthday parties, special occasions, and my brothers, sisters, parents, nieces, nephews, grand nephews and nieces.



Enjoying the Harvest in Phoenix View

The Gardeners in the Millennium Allotments in Coolmine planted potatoes in Spring.

The potatoes were ready this September.

They dug up the potatoes together.

They filled up a big bucket with all of their potatoes.

They shared the potatoes with friends and families.



Inclusion Camp – Unite, Inspire, Belong!

Children's Services in Limerick were part of making a Summer Camp.

They made it with Limerick Sports Partnership, Athletics Ireland, Munster Rugby, University of Limerick and the FAI.

The camp was for young people during their holidays.

They tried out lots of different sports and had lots of fun.

Everyone enjoyed it.



The Alzheimer's Memory Walk

The Alzheimer Memory Walk was on Sunday 22nd of September.

Walks happened in 30 places across Ireland.

Walkers from Avista in Limerick and St Louise's Dublin took part.

Both groups had a great walk and raised money for the Alzheimer's Society.

Two individuals in Beechwood in Limerick raised 200 euro.

Well done to everyone in Limerick and Dublin who raised awareness together for a great cause.



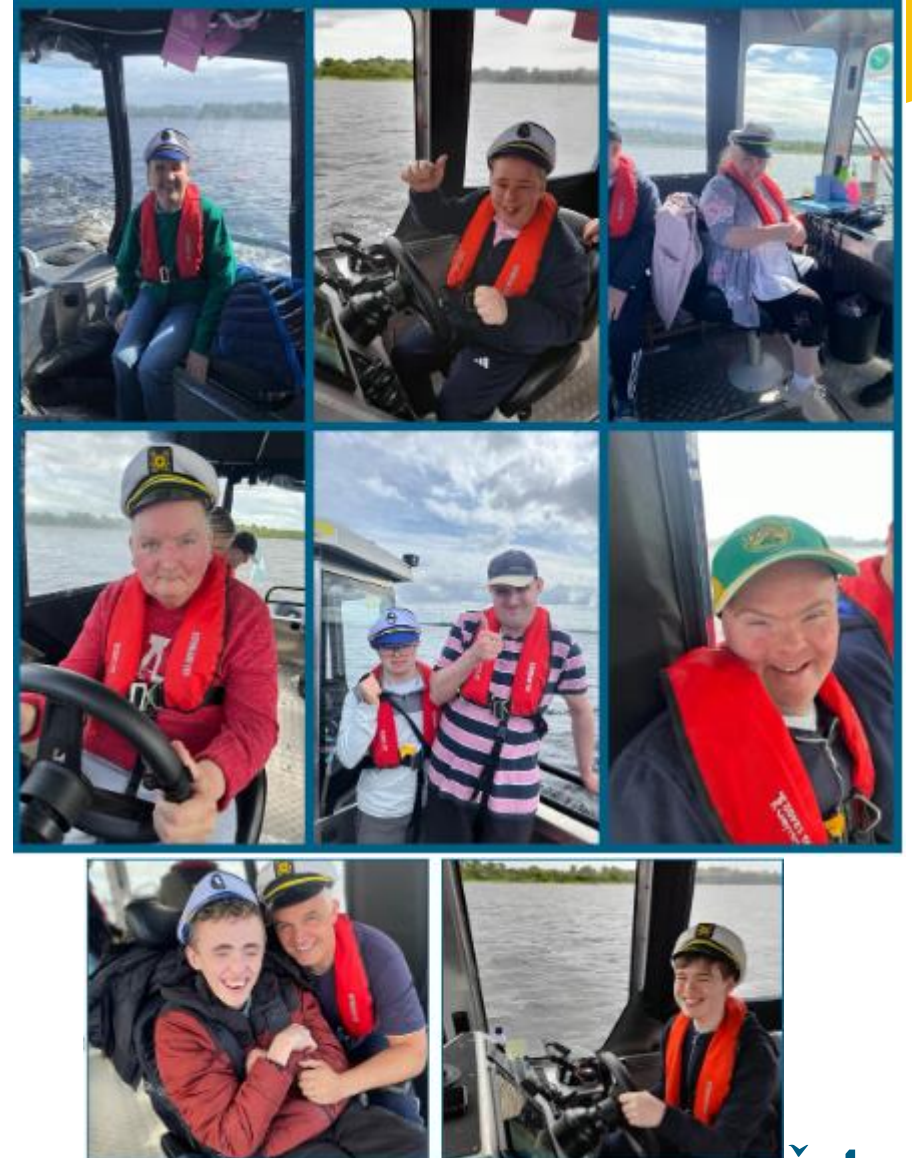
A Trip to Remember on Lough Ree

A group of people from Riverview and Ashbrook day supports in Birr organised a trip.

They went to Lough Ree to try the Access for All boat trip.

They all took turns driving the boat.

They said it was a great trip. Everyone really enjoyed it.



Organising the Best Day Out Together!

Lauressa, Maeve, and Kate worked together to plan a Summer trip to Wild Encounters Zoo in Limerick.

They worked together to pick somewhere they would all like to go.

Kate said they had an advocacy meeting. She wanted to go somewhere outdoors because she likes fresh air and walks. She listened to what her friends wanted to do.

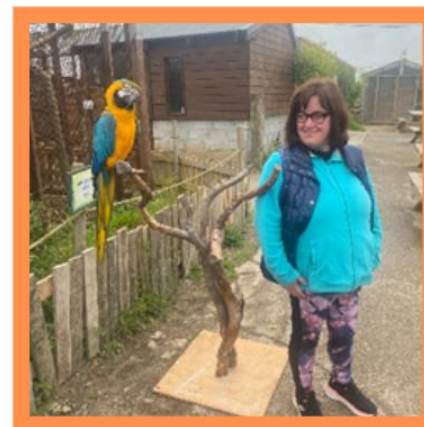
Lauressa said she wanted to go somewhere to see animals. Emer showed her a leaflet on Wild Encounters Zoo and Stonehall Farm. She had already been to Stonehall Farm. Everyone took a vote and chose Wild Encounters.

Maeve wanted to go out for lunch and do some shopping.

We realised Wild Encounters Zoo was a good choice for everyone.

We had a wonderful day out.

Margaret could not make it. We are going to plan another day out together for her to enjoy too.



TEES Limerick Collaboration Champions!

Congratulations to Lorraine Kelly and Leonie Tighe. They were nominated as Collaboration Champions because they put collaboration in action. Here is why they were nominated.



Lorraine is a great listener. She is friendly, looks out for others, and gives peers advice. She shows kindness.



Leonie is a very hard worker. She goes about her work quietly and helps out with a lot of kitchen duties in Holland Road.

Thank you for reading

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

eve.roseingrave@avistaclg.ie

0879608385