

# Core Values Monthly

October 2024

## Justice



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



**Jerome (Romeo) Moran**  
Blackhorse Ave, Dublin

Justice is having an ordinary life. I have Down Syndrome and I have my own life. I do volunteering work with Achieve, I used to own a horse and I learned to DJ on a course with Achieve. My friends are important to me.



**Margaret Rainsford**  
Limerick

I am on the advocacy steering committee in Holland Road and advocate for people to have a direct involvement in their service and support needs. Justice is about creating a Person Centred Plan which meets each person's daily needs. It's about empowering people and giving them choices in their daily lives and treating them fairly. It also means giving people the opportunity to access local facilities in the community and providing employment opportunities which many of my peers do here in Holland Road.



**Adrienne Horgan**  
Clontarf, Dublin

To me, justice means 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.



**Claire Sheeran**  
Communications Manager

When I think about justice, I mainly think about social justice. Justice means that the underdog and the most powerful get equal placement at decision making tables, they get the chance to challenge each other's thinking and determine how our world should work.



**Margret Curtis**  
Cavan

Justice is speaking up for myself. I stand up for my own rights. Don't be afraid to stand up for yourself and be inclusive. In Stepping Stones, we support Little Seeds, a social group for Autistic children and teenagers, by making cards for them to sell and raise money.



**Gillian Kett**  
Nurse Practice Development  
Co-ordinator

Justice is crucial for a healthy work environment. It's about ensuring fairness and equality. Everyone deserves to be treated with respect and have their rights protected, and include Fair Treatment and Open Communication. By understanding justice, you can create a more respectful and harmonious environment for everyone.

# Reflections and celebrations of last month's value: Collaboration

## Celebrating the Important People in My Life

My name is Kieran. My family are very important to me. We have shared so many good times together. To remember all of these great times, we take a lot of photos. I love looking at the photos. I decided to make a book to put all of my photos in. My sister sent me lots of photos of my family and I. With the support of my key worker, I made a beautiful book full of the photos I love. There are lots of photos of birthday parties, special occasions and my sisters, brothers, parents, nieces, nephews, grand nephews and nieces. Here's a photo of me and Caitriona with my book.



## Enjoying the Harvest in Phoenix View

At the beginning of Spring, the gardeners in the Millennium Allotments in Coolmine started planting. They sowed some potatoes. Recently, they were able to enjoy the fruits (or vegetables!) of their labour. Digging together, they pleasantly discovered a huge amount of healthy potatoes. They were able to fill up buckets with their harvest. Not only did they collaborate with each other to plant the spuds, they were also able to share them with their friends and families. Team work makes the dream work!



## Inclusion Camp - Unite, Inspire, Belong!

This Summer, Children's Services in Limerick collaborated with Limerick Sports Partnership, Athletics Ireland, Munster Rugby, UL and the FAI, to facilitate an inclusive Summer Camp. At the camp, young people tried lots of different sports, with a focus on 'fun'damental skill and confidence building. It was a big hit with all who participated!



Experience the magic of Inclusive camp!  
Unite, Inspire, Belong!



**Come and share stories, poems and photos about justice on  
Tuesday 1st of October on the EHUB at 11am.**



# Reflections and celebrations of last month's value: Collaboration

## Raising Awareness Together at the Alzheimers Memory Walk

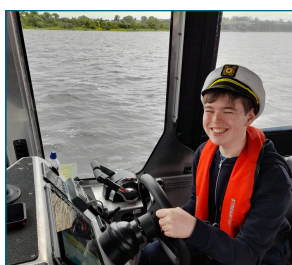
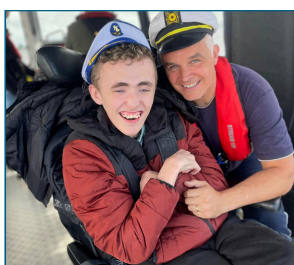


This year, the Alzheimer Memory Walk was on Sunday 22nd of September. Over 30 walks were organised around the country to help to support the 64,000 people living with dementia in Ireland and their families. Two groups of walkers from Avista joined in the Memory Walk. In Limerick, a keen group of met in Mungret Park, while in Luttrellstown Castle an enthusiastic group from St Louise's took part. Both teams had a fantastic morning walk and were delighted to be raising money for Alzheimers Society. Two of the participants from Beechwood in Limerick raised an incredible 200 euro for the Alzheimer's society. It is great to see the collaboration in Limerick and Dublin, coming together for a great cause.

## Planning A Trip to Remember on Lough Ree

In Riverview and Ashbrook day supports in Birr, a group of interested people organised a trip to Lough Ree. The group had decided that they would like to try out the Lough Ree Access for All boat trip. They took turns driving the boat at the helm. They said it was a

fantastic trip that everyone really enjoyed.



# Reflections and celebrations of last month's value: Collaboration

## Organising the Best Day Out for Everyone!



Lauressa, Maeve and Kate worked in collaboration to plan a Summer outing to Wild Encounters Zoo in County Limerick. We worked as part of a team to work out where we would go. Hear how we all contributed to make it a great day for everyone.

**Kate:** We had an advocacy meeting with our group and Emer our Supervisor. We wanted to plan a Summer Outing. I wanted to go somewhere outdoors as I like fresh air and walks! I listened to what my friends wanted to do.

**Lauressa:** At our Advocacy Meeting I said I wanted to go somewhere to see animals and Emer showed me a leaflet On the Wild Encounters Zoo and a leaflet on Stonehall Farm. I had already been to Stonehall Farm. We took a vote and we all chose Wild Encounters Zoo!

**Maeve:** I wanted to go out for Lunch and to do some shopping as they are my favourite things to do.

We all chatted and realised that Wild Encounters Zoo was a good choice for everyone as it was in the outdoors with nice walks, it had amazing animals and a great café for lunch and a lovely souvenir shop! It had something for everyone. We had a wonderful day out! Unfortunately, Margaret couldn't make it - we're going to collaboratively organise another day out that she can be enjoy too.

## TEES Limerick Collaboration Champions!

Congratulations to Lorraine Kelly and Leonie Tighe who were nominated by their peers as people who put collaboration into action. Here's why Lorraine and Leonie are Champions of Collaboration.



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.

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# VALUE OF THE MONTH

October 2024

## JUSTICE

“Advocacy is not just a task for charismatic individuals or high-profile community organizers. Advocacy is for all of us; advocacy is a way of life. It is a natural response to the injustices and inequality in the world.”



Alice Wong  
Disability Rights Activist