

Core Values Monthly

December 2024

Creativity



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



Mylene Pagsolingan
Blakestown, Dublin

Creativity is the expression of your own vision or ideas into reality and a solution to a problem.



Paul Buckley
Anusha, Tipperary

Creativity involves using my skills to help make cards and frames with my peers in Anusha and making crafts in art class.



Chris O'Shea
St Louise's, Dublin

Creativity is being flexible, responsive and thinking on your feet!



James Glover
Blakestown, Dublin

To me creativity is an act of turning new and imaginative ideas into reality



Thereze Oliver
Quality of Life Coordinator

Creativity means thinking outside of the box! Doing things differently to how we always do and making sure we take time to think, chat, discuss. It is being supported to give, share and be asked about ideas! Being open to ideas is crucial in the work that we all do and supporting people to live their best lives and also for our own work satisfaction!!



Linda Maloney
St Louise's, Dublin

I love to sing. I'm in the choir in St Louise's. We're singing at the Christmas concert. I'm looking forward to singing You Better Watch Out and Silent Night.

Thank you to our Dublin correspondent: **Orla King**

Avista

Reflections and celebrations of last month's value: Excellence

Mary's First Holiday

This year, Mary went on her first holiday. She decided to visit Ballyporeen, a lovely village near her home place, Bansha, Tipperary. She researched accommodation, and found 'Granny's Cottage', a beautiful house near the Vee and the Galtee mountains. To prepare for her holiday, Mary bought new clothes, a suitcase and got her hair



done. Arlene, a nurse who works with Mary, and Mary spoke about Mary's holiday plans for a month before they departed. When the day arrived, Mary walked out the door with her suitcase in hand and a smile on her face. During the drive to Tipperary, they stopped on the road to enjoy a cup of tea. During her stay Mary adventured through the scenic Galtees, visited Cahir Castle and enjoyed a delicious meal at the Galtee Inn. Since she has returned, Mary has continued to adventure to new places such as Jack White's pub in Brittas and Sandycove beach. Well done to everyone who played a part in making Mary's first holiday such a success.



Josephine: Excellence through Kindness

Josie Mulqueen has been nominated as a champion for excellence at the Tait Centre, Limerick by her peers and staff. Josie is an excellent friend. She has a very good heart and always does her best to help others. She is very kind. She is interested in current affairs and asks good questions when there are group discussions. Josie is excellent at craftwork. She is very friendly and loves talking to people and sharing things with them. She is very welcoming to any visitors and is always willing to show them around. She is an excellent ambassador for the the Tait.



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Reflections and celebrations of last month's value: Excellence

Meagan: a true Champion of Excellence

In the Garvey Centre in Limerick City, Meagan Casey has been nominated by her peers as a champion of Excellence. Meagan is someone who speaks up for others and ensures that her peers are treated with respect. She recently spoke up for a peer when someone was not being nice to them. Because of these actions, everyone in the Garvey would like to acknowledge Meagan for championing the value of excellence.



Getting Election Day Ready in Tofa, Dublin

With one week to go, in Tofa, they decided to focus their Friday information session on the upcoming General Election. Everyone sat down to talk about the different political parties; their names and what their interests were. They also looked through the recently published Electoral Commission Easy to Read on Voting. They spoke about what an election is, and what to expect when you are going to vote. It was a discussion topic that was enjoyed and of interest to everyone.



Right to Vote Roadshow at HSCP conference

A poster on the Right to Vote Roadshow was accepted to be shown at the HSE Health and Social Care Professionals Conference in Croke Park. Human Rights Officer, Lila Carey and Values Co-ordinator, Eve Roseingrave, attended to present the poster. It was a great opportunity to showcase an initiative that supported people with disability to realise the right to vote.



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Reflections and celebrations of last month's value: Excellence

Deirdre Kelly: a leader in excellence

Deirdre Kelly has been nominated by her peers as a champion of excellence in Holland Road, Limerick. She demonstrates excellence through the outstanding way that she carries out her duties every day. She is friendly, and great at getting on with everyone, her peers and staff. Deirdre loves getting involved in all activities, and will always try her best and give everything a go. She is an excellent time keeper, and a great friend to all. Well done Deirdre, keep up being a champion of excellence.



Katie, Sarah Jane and Kate go for Gold!

After several years of hard work, Katie, Sarah Jane and Kate received their Gold Medal Gaisce Award. They were invited to Áras an Uachtaráin to receive their medals. Katie shared that to earn her medal she volunteered in a Charity Shop and for Food Cloud. Katie would collect food not sold by supermarkets and drop it to a local women's shelter. Katie also learned jewellery making, cooking skills, and took on a walking challenge. During one of her hikes, she met the boxer Kellie Harrington! She also undertook a project about animals. Part of her



fieldwork involved visiting Dublin Zoo and Newbridge Farm. In November, Katie, Sarah-Jane and Kate were invited to the Áras to accept their medals. They wore fabulous dresses and great shoes. They first went to Ratra House, where they enjoyed cupcakes with the Gaisce Medal on them, and were chauffeured to the Áras, where they received their medals and were personally congratulated by President Michael D Higgins. What great demonstration of commitment and excellence from Katie, Sarah-Jane and Kate. Well done!



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VALUE OF THE MONTH

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CREATIVITY

“Creativity fuels our imagination, and our imagination fuels our dreams of a better world.”



Greta Thunberg
Climate Activist