

# Core Values Monthly

January 2025



Avista



**It is January 2025.**

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

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



My name is John Mulligan.

I am from Dublin.

Respect is helping people. It's making coffees and holding doors.

It's letting people make their own decisions.

Respect is being nice to people.

It is looking after each other.



My name is Cathrina Smith.

I work in Phoenix View.

Respect is doing things well now so that we can reach our goals in the future.



My name is Margaret Brandon.

I live in CRS in Dublin.

We have to respect each other.

It is important to talk to people and ask them if they are OK.

Respect is being patient with each other.





My name is Carmen Martinez.

I am the Sports, Leisure and Recreation Coordinator.

Respect means making sure everyone feels valued and supported in the gym.

Respect is making sure everyone can be involved in the gym and be the best they can be.



We are Jane, Gillian, Grainne and Annette.

We are from Phoenix View.

Respect is giving time to each other to say what we want to say.

Respect is respecting everyone's choices, feelings and wishes.

Respect is understanding how people feel.

Respect is accepting everyone for who they are.

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

Here are our stories about Creativity in action.



# Achieve get Artistic!

The Achieve Group painted a mural in Huntstown Community Centre.

They are a very creative group.

They painted a window looking out into a field.

Everyone painted different parts of the mural.

They painted flowers, the sky and the leaves.

Everyone in Huntstown Community Centre loves the new mural.

Well done to everyone at Achieve!



# Craig on Being Creative

My name is Craig Kearney. I am from Dublin.

I like music. I really like rap music.

I have been to lots of concerts. I have seen The Vamps, 50 Cent, Eminem and Chris Brown.

I like Westlife and Harry Styles too.

I listen to music on my laptop.

I like style. I have a t-shirt with 2Pac on it. I have Ferrari shoes because I like cars. My brother Kevin likes cars too.



# Christmas Crafting in Limerick

The CRS Retirement Group in Limerick made lots of Christmas decorations.

They made reindeer, penguins, hot chocolates , melted snowmen and Christmas wreaths.

They put them up in the School of Nursing in Limerick.

They had a 'Christmas Free Zone' so people could have a break from Christmas if they needed one.

They decorated the door of this room with the Grinch.

Well done to all for such creativity!





## Fashion at the St Joseph's Christmas Party

There was a Christmas Party for everyone in St Josephs.

Everyone got dressed up for the party.

People painted their nails. They wore beautiful bags, shoes, jewellery and new outfits.

Everyone showed of their own style at the party.

The Joe Dolan Family band played at the party.  
Everyone had a great dance.



# Creating our New Core Values Symbols

We are making new symbols for the core values.  
We are working with artists to do this.

We had workshops to hear what symbols people want for each core value.

Individuals and staff came to the workshops They were on in Dublin, Tipperary and Limerick.

People showed photos, quotes and pictures of things that reminded them of the values.

Now the artists will think about what everyone said and come up with ideas for symbols for each value.



# Getting Creative in Caoimhin



Lisa, Anne, Bernadine and Barbara made decorations and biscuits to sell at the Christmas Market.

They made the decorations from recycled materials.

They used jar lids, cardboard and milk cartons.

Everyone got involved and made something for the market.

They nearly sold everything they made at the Christmas market.

They are planning a Christmas night out with the money they made.



# Helping Huntstown Look Festive



The women from Stepping Stones gave Huntstown Community centre a Christmas make over!

Adrienne, Margaret, Alicia, Audrey and Jane painted a Christmas picture on the doors of the community centre.

The community centre looks very Christmassy thanks to their hard work and creativity.



# Acknowledging our Creatives in Holland Road

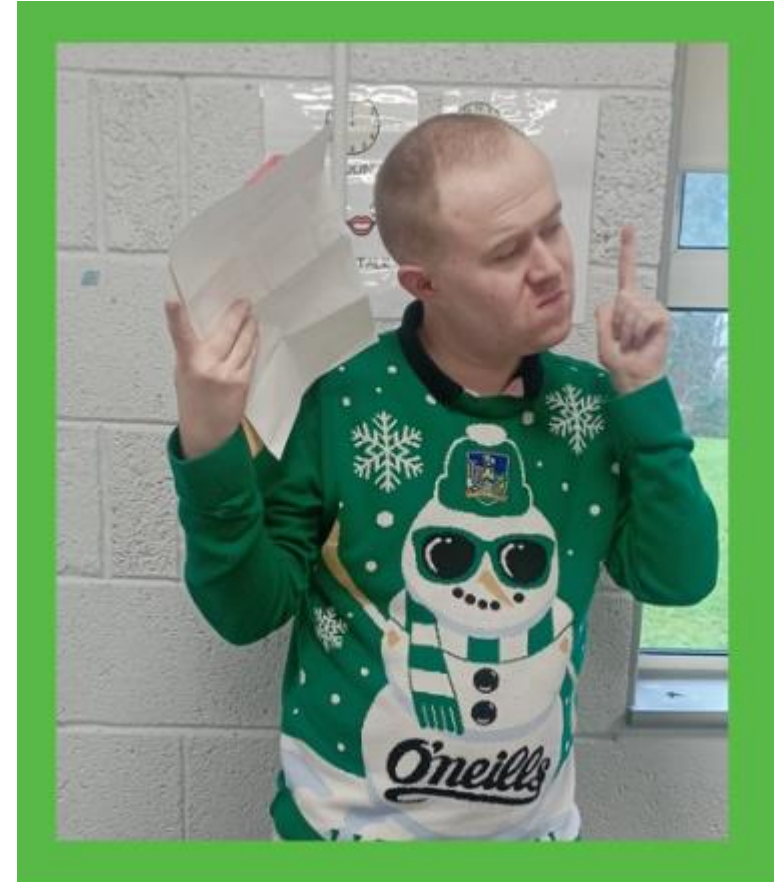
Patrick McGrath is part of Holland Road days supports.

Everyone knows he is very creative.

He is very good at computers. He also loves to dance and loves all types of art.

Everyone in Holland Road wants to tell Patrick how great he is at being Creative.

Well done Patrick!



**Thank you for reading**

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

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