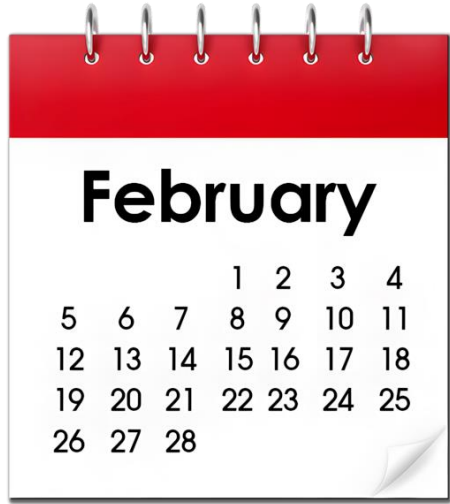


Core Values Monthly

February 2025



Avista



It is February 2025.

Our core value of the month is Service.

Here's what Service means to us.



My name is Geraldine McDonagh.

I am from Annacotty, Limerick.

Service is teaching people.

I was in the Health Fair in Trinity College.

I made a poster.

I enjoyed the doing the paperwork for the Health Fair.



My name is Aaron Zuikouski.

I am from Dublin.

It's important to me to be a good friend.

I try to make people happy. I make everyone laugh.

I have a Mum, Dad, 2 sisters, 2 nephews and a niece.

I protect them. I help them with any problems.



My name is Rosie Mortimer.

I work in The Orchard, Tipperary.

Service is providing support.

We provide support so people can be happy and reach their goals.



My name is Lisa Richie.

I go to TEES, Dublin.

I teach adult dance classes.

I teach the dance steps.

I pick songs that everyone likes.

Teaching makes me happy.



My name is Enda Mason.

I go to the Orchard, Tipperary.

Service is going to my PCP meetings.

Service is going to work in Murphy's.



My name is Kathleen Heekin.

I am from Lisnagry, county Limerick.

Service is helping out in my house.

I empty the bins and help tidy up.

I am nice to people. I talk to people nicely. I am not nasty.

When I use a service I like it to be good.

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

Here are our stories about Respect in action.

Ruth's Reflections on Respect

Respect is being kind. Respect is not bullying or fighting.

It's being on time.

If people fight, relax and do some meditation.

If plans change, say it to me.

My respite was cancelled because of the storm. I was sad. I heard I was going next week instead. I knew the plan. This made me happy.

I like respite because we go shopping and for coffee.



Geraldine's Guidelines on Respect

Respect is helping older people on and off the bus.

It is giving people your seat on the bus.

Respect means listening to everyone.

Respect animals. I have a cat. I feed her and give her space.

I let her in and out of the door. I give her a hug if she is sad.

I respect myself by eating healthy food, keeping myself safe, by being happy and keeping God happy.



Respect by Lorraine Kelly

We should respect everyone.

People from different countries and people of all colours should be respected.

Be kind to each other. Don't be mean.

I help my friends. I get their chairs. I make them tea.

I respect my friends. I look after my health. I eat healthy food.

I go for a walk every day. I do meditation. I do things I enjoy. I do things to relax.



Kindness, Hard Work and Courtesy

Mathhew McInerney is the Respect Champion in Holland Road.

He is kind to everyone.

Matthew works very hard.

He likes transport.

He helps with all of the cars in TEES.



Creating our New Core Values Symbols

Respecting each other is important.

If you are angry, go outside to calm down. You can get help from staff.

I help my friends if they are getting bullied.

I am a good listener.

It is important to me to be a good friend.

I am becoming more independent. I walk to Westend with my friend.

My goal is to walk home by myself.



Caroline: a Champion of Creativity

Caroline is an artist.

She makes beautiful pictures.

She makes great cards for friends and staff.

Caroline makes cards for birthdays, if people are leaving, if people are sick or if people need to be cheered up.

Her art is very colourful. Everyone smiles when they see Caroline's art.

Caroline has lots of ideas. She asks lots of questions. She tries to solve problems.



The Meaning of Respect by Jimmy Murphy

Respect means helping people and being kind.

Respect is working well with other people.

I listen to people. I don't bully people. I don't use bad names.

At work I am nice to the manager and to the customers.

I try to make people feel happy. I say hello to everyone.

My friend David is respectful.

He is good. He is kind. He is helpful. He is a good adult!



Thank you for reading

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

eve.roseingrave@avistaclg.ie

0879608385