

# Core Values Monthly

February 2025

## Service



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



**Kathleen Heekin**  
Lisnagry, Limerick

Service is helping out in my house. I clean, empty the bins and help to tidy up. I'm also nice to people. I talk to people nicely, and I am not nasty. When I am using a service, I like it to be good!



**Rosie Mortimer**  
The Orchard, Tipperary

Service is providing support to individuals so they receive the best benefits and positive outcomes.



**Lisa Richie**  
TEES, Dublin

I like to teach adult dance classes. I go on a Wednesday. I teach everyone dance steps - to go forward and backwards. I pick songs that people would like to dance to. It makes me happy to teach people.



**Geraldine McDonagh**  
Annacotty, Limerick

To me service, is teaching others. I was part of the Health Fair in Trinity College where I presented a poster. I enjoyed doing the paperwork for the Health Fair.



**Enda Mason**  
The Orchard, Tipperary

As part of my service I attend my PCP meetings and I go to work in Murphy's.



**Aaron Zuikouski**  
TEES, Dublin

It's important to me to be there for my friends and family. We look out for each other. I try to make people happy by making them laugh. I have a Mum, Dad, 2 sisters, 2 nephews and a niece. I protect them and help them with any problems. I am a protective Uncle.

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

## Respect for Everyone by Lorraine Kelly

Some people don't respect others from different countries, but it doesn't matter where you're from or what colour you are, you should be respected. We should respect everyone. Be kind to each other and don't cut people up. This is a limerick saying. It means don't say things that aren't nice, be kind. I show respect by helping my friends. I open the door for them, I bring over the chair for them, and I make tea for my friend Rita every morning. To respect myself I look after my health. I eat healthily. I make sure I eat a good lunch and dinner. I exercise. I go for a walk

every day. I like meditation. It helps me keep my mind healthy. I do things that I enjoy and find relaxing, like watching TV and listening to music. I go to bed early to get a good sleep.



## Ruth's Reflections on Respect

Respect is being kind to each other. It's not bullying, not fighting. It's coming in on time, and respecting people's time. It's not killing each other. If this happens, everyone needs to relax, and do some meditation. Respect to me means letting me know what's happening. If plans change, let me know what's happening instead. For example, respite was cancelled because of the storm. First this made me upset. Then I heard I was going next week instead. Once I knew the plan I was OK. I like going to respite because we go shopping with Yvonne and go out for coffee.



## Caroline: a Champion of Creativity

Caroline was recognised as the champion for Creativity in the Tait in December - we didn't get a chance to publish her story, so here it is! Caroline is an artist. She makes beautiful pictures all from her own imagination. She makes amazing cards for every occasion and is excellent at creating cards for friends and staff to mark birthdays, give sympathy, for people leaving the organisation and, for people who are unwell and need cheering up. Her work is always very colourful and brings a smile to everyone who sees it. Caroline also has lots of ideas and asks lots of questions to try to find a solution to things.



### Geraldine's Guidelines on Respect

Respect to me is respecting the elderly by helping them on and off the bus and by offering your seat to them. Respect the driver by not distracting them. Respect everyone by listening to what they have to say and don't interrupt them. Respect my peers by listening to them. Respect animals. I have a cat in my house and I feed her and give her space. I open the door and let her in and out. I give her a hug when she is upset. I respect myself by looking after myself, keeping healthy, keeping myself safe, by being happy and by keeping God happy.



### Ciara on Keeping Cool and Kind

Respecting each other is important. If anyone has a temper, I would say to go outside to calm down and get support from staff. I can help sometimes, but not all of the time. I help my friends a lot, for example if anyone is getting bullied. I am a good listener too. It's important to me to be a good friend. I want to learn to cook so that I can cook for my friends. I have also started walking to Westend with my friend. I'm becoming more independent and working towards my goal of walking home by myself.



### Kindness, Hard Work and Courtesy

Matthew McInerney is the Respect Champion in Holland Road, Limerick. He is always courteous and treats everyone with kindness. Matthew is a hardworking man. He is interested in transport, and is very helpful when it comes to duties relating to the fleet of transport in TEES.



### The Meaning of Respect by Jimmy Murphy

Respect means helping others and being kind. It means working well as a team and with other people. It means staying away from trouble! I am respectful by listening to people and what they say. I don't bully people. I don't use bad names. At work I'm nice to the manager and to customers. I try to make people happy - I greet them and make them feel welcome. My friend David is great at being respectful. He's good, he's kind, he's helpful. He is a good adult.



# VALUE OF THE MONTH

February 2025

## SERVICE

The greatness of a community is most accurately measured by the compassionate actions of its members.



**Coretta Scott King**  
**Civil Rights Activist**