



WINTER 2016

Daughters of Charity Disability Support Services

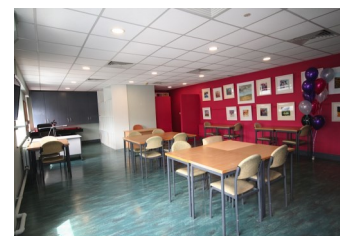


Volunteer *focus*

Welcome to the 2016 Winter edition of the Volunteer Programme newsletter. Thank you to all the volunteers who have contributed their time throughout the year.



Corporate Global Impact Days Making a difference over 1000 hours of volunteering



This year the Daughters of Charity benefited hugely from Corporate Global Impact Days. The year had barely begun when **BT Ireland** volunteered in St Joseph's Centre. This was their second time to volunteer in the Service. BT brought their enthusiasm and hard work ethic with them, unfortunately as it was January the weather was awful but that did not deter Dermot (from maintenance) who always has some project that needs to be completed. And so BT rolled up their sleeves and painted a preserve onto all the Sonas garden furniture.



In May the weather was better when **LinkedIn** volunteered in St Joseph's for a day of painting and gardening. The rain thankfully stayed off and both Dermot and Paula (from maintenance) were a great support to the two teams. A lot of work was completed and the ground work laid for 100 **Alexion** employees who volunteered in St Joseph's as part of their company's first Global Day of Service. Volunteer Ireland worked alongside Rhoda Judge the Volunteer Co-ordinator to facilitate the partnership. It was a mammoth task to co-ordinate but thanks to the dedicated staff in maintenance and catering



it was carried off without a hitch. The Alexion volunteers managed to transform the six garden areas surrounding the Sonas bungalows. Many thanks and gratitude goes to Katherine & Terri from Volunteer Ireland and Alexion, who not only provided the volunteers, they also funded the entire project!



Another significant make-over project took place in Weavers, this time **Irish Distillers** volunteered alongside **Facility Trades** and transformed two large rooms. This project took 3 days and 2 nights to complete. To say volunteers were exhausted is an understatement. The transformation was astonishing. And again the project was completely funded by both Irish Distillers and Facility Trades!



Corporate Global Impact Days making a difference (cont. from pg 1)



Airtricity and **Citrix** volunteered with the Out and About Groups in Westend and supported mobile phone training. Both days were thoroughly enjoyed by everyone. Lots of work was achieved - voicemails were set up for the first time, contact lists were updated and bus timetable apps were downloaded. It was such a success that we hope to develop this further and run training sessions in 2017.

St Louise's Centre also benefited from **Citrix** and **L'Oréal** who volunteered later in the year and finished painting the



remaining fences in St Louise's centre. The St Louise's maintenance department are always grateful for this helping hand as it frees them up to get through that



never ending list of jobs!

And finally a special thanks must go to L'Oréal

who donated product goodie bags to the ladies living in the Bungalows in St Joseph's and to the ladies attending the St Louise's Dinner Dance.

The Digital Life Story Project

*Creating Digital Life Stories to
support person centred care*

Since its inception in 2014 the life story project within the Daughters of Charity Disability Support Services has gone from strength to strength. This project supports people to create their digital life story through the varied media of photographs, video clips, audio and personalised music, using the 'Our Story' app on the individual's iPad. In 2016 the team presented at the Sonas National Dementia conference where Susan Rock from Charnwood Gardens received celebrity status for delivering her digital life story with great confidence and pride to a large audience. Susan's family were in attendance on the day and were delighted to witness her wonderful presentation. Special thanks goes to Gabriela Rivas, volunteer, who supported Susan to create her fantastic life story.

Many factors have contributed to the success of the life story project, staff and training, management support and a committed core team of staff. However the project would not have flourished without the fantastic team of volunteers who have committed their time and energy to support the creation of many diverse and wonderful life stories.

There are great plans afoot for 2017 and new volunteers are always welcome to join this innovative project.

The Library in St Joseph's Centre

The Library is open to staff, students, service users and their families, and volunteers.

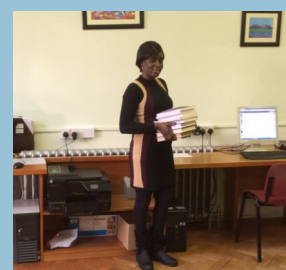
Grace Hillis, Librarian, is supported by two volunteers, Niamh Dillon and Enny Rabiou.

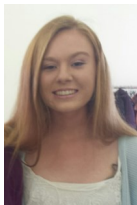
The volunteers have been involved in various projects from cataloguing books to managing the *free book* section to decorating the library for Christmas!



For volunteer Niamh Dillon, "it's great to be part of a team that supports and provides learning and reading facilities in a safe and very professional environment. I am so inspired to see a team care so much about making things

better for others. **My only hope is that my small contribution in the background helps turn the wheel in the right direction."**





Voice of the Volunteer

A Lasting friendship

By Zoe Fitzmaurice (Volunteer)

Rhoda the volunteer co-ordinator, asked me if I would like to support a girl, the same age as me, to go to a design summer camp. I said yes and as it turned out, volunteering and getting to know Sarah this year was such a lovely experience which I have learned so much from!

We built such a special friendship during just one week of summer camp and it is a time that I will never forget.

I enjoyed every minute of it and I wouldn't hesitate to ever engage in an opportunity like this in the future.

Sarah and I had such great fun learning new skills and meeting new people, it was everything I expected and so much more!

I am very lucky to have met both Sarah and her family. The best part of my volunteering was that Sarah and I built a lasting friendship and hopefully we will be friends for years to come!

Our Volunteer Gardeners



St Joseph's, St Vincent's, St Rosalie's and Blakestown have all benefitted from having volunteer gardeners. Currently we have six volunteer gardeners with a seventh hopefully joining in the New Year. Our gardeners have brought botanical life back to areas around the centres. All the volunteers have two things in common— a love of gardening and a desire to give something back to their local community.

Volunteers in St Rosalie's Centre

Swimming, horse-riding, bowling, gardening, and and going to concerts (to name a few activities) there is a lot happening in St Rosalie's and volunteers are involved in a lot of aspects. Volunteer Martin Flaterty keeps the poly tunnel under control and Bridie and Ann can be seen out and about with the ladies enjoying those lovely coffee shops that Portmarnock & Malahide have to offer. David Greene was always a regular on a Monday for bowling, rarely missing a session, due to changing circumstances David retired from volunteering in the latter half of 2016. He is still missed! But we still have our regular and long term volunteers, Eileen, Mary, Grainne, Elizabeth and Deirdre. We are very appreciative for their dedication to the ladies.



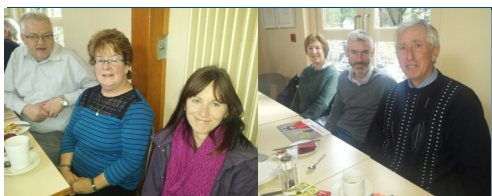
Volunteers Mary, Grainne and Eileen

St Louise's News



The St Louise's Gazette editorial team comprising of TY students from Castleknock College and the ladies from St Louise's published two further newsletters in 2016. But it wasn't all editing and no fun, when the team wasn't writing articles and taking pictures for the newsletter they could be found in the kitchen cooking up a storm. We wish the boys all the best in 5th year and welcome our new team in 2017.

St Louise's Ceili is still going strong and the Maguire family continue to entertain everyone with their traditional Irish music. Tea and cake is provided after the ceili to the delight of everyone. Though we have our regular group of volunteers, which we are very grateful for, we could do with some more volunteers. The Ceili is once a month for 2 hours, all you need is a willingness to get involved, it is that simple!



International Volunteer Day 5th December

International Volunteer Day on the 5th December was celebrated with a coffee morning in the Boat House in Farmleigh. This was an opportunity for volunteers to come together and meet each other over a cup of coffee and a delicious pastry. Good chats were had by everyone and people commented on how worthwhile it is to meet others who volunteer within the Service. So the next coffee morning will be held in the beautifully refurbished St Vincent's Centre.



Coffee Mornings in Blakestown Community Hub

Volunteers enjoyed several coffee mornings in Blakestown in 2016. Joan Nolan and Yvonne were always on hand to help out and support the volunteers. Volunteers are involved in a lot of aspects in Blakestown from book clubs to horticulture to drama—it is never a dull moment there. Joan retired during the year but we welcomed Lorna Quinn as the new manager. Exciting times ahead and we look forward to working on more volunteer projects in Blakestown.

Volunteer Andy Keating nominated for Citizen of the Year

Andy Keating, volunteer with Achieve (TEES), was short-listed for The Good Citizen Award. A ceremony was held in the Mansion House on 16th May. Unfortunately Andy didn't take home the prize. HOWEVER in our eyes he is a WINNER!

About Andy

In the three years in which Andy has volunteered with Achieve, he has supported young men to produce fortnightly radio programmes for Phoenix FM, their local community radio station and he has also helped them record and produce their own CD. In addition, he has raised funds of over €8,000 for this programme by organising, with the help of the lads from Achieve, several fundraising gigs. The next gig is on the 29th December 2016 in the Breffini Inn, it is an annual event organised by our friends in the community in memory of a local man (Fergus O'Reilly), funds raised go toward Achieve. Tickets are €5 and can be purchased at the door or contact Louis Colley on 087-9483889.

Supporting Volunteers to Carry Out their Role



Supporting volunteers to carry out their role is very important and part of that is providing relevant training. This year the volunteers attended several training sessions but these sessions would not happen if the volunteer programme did not have the support from staff. Gareth Bailey (Social Worker), Thereze Oliver (Clinical Nurse Instructor), Stephanie Lynch (Clinical Nurse Specialist—Assistive Technology) and Pamela Dunne (Clinical Nurse Specialist—Dementia) all provided invaluable training for the volunteers.

Remembering Mrs. May Redmond, Volunteer and Friend who passed away in 2016

Mrs. Redmond volunteered for nearly 30 years in St Vincent's Centre, every Sunday and even on Christmas Day, she walked up from Blackhorse Ave to St Vincent's. She embodied the core values of the Service of Love and Respect, Mrs. Redmond always befriended those with the most needs and brought joy into many people's lives for over a quarter of a century here in St Vincent's Centre. Mrs. Redmond has shown that volunteers do make a difference and will be sadly missed.



For information about volunteering please contact
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