

WHATS  
INSIDE?

# THE BUZZ

## OUR FIRST NEWSLETTER!

COVID-19 UPDATES

ONLINE ACTIVITIES

SPECIAL EVENTS

AND MUCH MORE!



WE ARE DELIGHTED TO INTRODUCE TO YOU THE FIRST PUBLICATION OF OUR QUATERLY NEWSLETTER 'THE BUZZ'. KEEP UP TO DATE WITH WHATS GOING ON IN ESTUARY CENTRE AND SEE WHAT WE HAVE BEEN UP TO THIS SPRING.

READ MORE ABOUT OUR NEWSLETTER ON PAGE 3...

HSE EVE ESTUARY CENTRE IS A PROGRAMME FOR PEOPLE WITH INTELLECTUAL DISABILITIES THAT OFFERS HOPE, CHOICE, PARTNERSHIP AND A VOICE. A COMMUNITY ENGAGEMENT PROGRAMME THAT SUPPORTS INDIVIDUALS WITH INTELLECTUAL DISABILITIES TO ACHIEVE THEIR UNIQUE GOALS IN RELATION TO EDUCATION, EMPLOYMENT, COMMUNITY AND HEALTH AND WELL-BEING. OUR PROGRAMME IS DYNAMIC AND TAILORED TO MEET AN INDIVIDUALS NEEDS AND IS INFORMED BY THE BELIEF IN THE POTENTIAL OF EVERY INDIVIDUAL TO GROW FOCUSSED ON THE PERSONS STRENGTHS AND ABILITIES.

## COVID-19 UPDATE!

HSE EVE ESTUARY CENTRE IS DEEMED AS AN ESSENTIAL SERVICE THEREFORE HAS REMAINED OPEN. HOWEVER, THE TYPE OF SERVICE WE OFFER HAS CHANGED, WE ARE NOW PROVIDING A BLENDED STYLE OF SERVICE, OFFERING PROGRAMMES AND SUPPORTS THROUGH A TIMETABLE OF ACTIVITIES ONSITE, IN THE COMMUNITY AND ONLINE TO FACILITATE ACCESS TO OUR PROGRAMMES REMOTELY.

ALL SERVICE USERS ATTENDING ONSITE ACTIVITIES ARE DONE ON APPOINTMENT BASIS ONLY AND FOR A MAXIMUM OF TWO HOURS. EVERYONE COMPLETES A WELLNESS CHECK ON ARRIVAL INCLUDING TEMPERATURE CHECKS.

WE ARE IMPLEMENTING STRICT POLICIES AND PROCEDURES TO ENSURE THE SAFETY OF ALL OUR SERVICE USERS AND STAFF. WE IMPLEMENT SOCIAL DISTANCING, HAND WASHING AND SANITISING AND WEAR FACE MASKS AT ALL TIMES.

WE ALSO ASK THAT NO FOOD OR DRINK IS BROUGHT ON OR CONSUMED ON THE PREMISES. THE SAFETY OF OUR SERVICE USERS AND STAFF IS OUR NUMBER ONE PRIORITY AND WE WOULD LIKE TO THANK EVERYONE FOR THEIR CONTINUED SUPPORT AND COOPERATION.

HI EVERYONE, FOR THOSE OF YOU THAT DON'T KNOW ME I AM EMMA, THE ESTUARY CENTRE MANAGER. ALOT OF YOU MAY KNOW ME AS I WAS THE SPORTS INSTRUCTOR HERE FOR 14 YEARS. I AM DELIGHTED TO BE BACK AND INTRODUCE OUR FIRST EVER NEWSLETTER 'THE BUZZ'.

ALTHOUGH THINGS ARE A LOT DIFFERENT AND WE ARE STILL GOING STRONG AND ARE GETTING USED TO OUR NEW WAYS OF WORKING. LOOKING FORWARDS TO SEEING YOU ALL AGAIN SOON!



EMMA

## NEWS!




MARC

## NEW STAFF MEMBER MARC!

IN JANUARY MARC JOINED OUR TEAM HERE IN ESTUARY CENTRE AND WE ARE THRILLED TO HAVE HIM ON BOARD. MARC HAS WORKED IN HSE-EVE FOR THE PAST 20 YEARS AND LOVES SPORTS, GARDENING AND AS SOME OF YOU MAY ALREADY KNOW A LIVERPOOL F.C FANATIC. MARC HAS ALREADY STARTED HIS OWN ONLINE FITNESS PROGRAMME HERE IN ESTUARY 'MR.MOTIVATOR' AND IS LOOKING FORWARD TO STARTING SOME GARDEN PROJECTS IN THE SUMMER. ON BEHALF OF EVERYONE IN ESTUARY CENTRE WE WOULD LIKE TO WELCOME MARC (WOO-HOO!)

HSE EVE ESTUARY CENTRE  
LISSENHALL  
SWORDS, CO. DUBLIN  
K67 FY05

 (01) 840 5459

 ESTUARY.CENTRE@HSE.IE

 @EVEESTUARY

 EVEESTUARY.WPCOMSTAGING.COM

 MON-THURS: 9.00AM - 4.30PM  
FRI: 9.00AM - 3.30PM

## CONTACT US!

## SNAP YOURSELF!

SEND US YOUR PHOTOS OR SELFIES OF WHAT YOU HAVE BEEN GETTING UP TO DURING LOCK-DOWN. PLEASE BE AWARE ANY PHOTOS SENT MAY BE SHARED ON OUR SOCIAL MEDIA OR FUTURE NEWSLETTERS.

SEND US YOUR PHOTOS ON FACEBOOK MESSANGER  
'HSE EVE ESTUARY CENTRE'  
OR EMAIL ESTUARY.CENTRE@HSE.IE

# ONLINE SESSIONS

## DID YOU KNOW?

WE HAVE UPDATED OUR WEEKLY ONLINE TIMETABLE. WE ARE NOW OFFERING 8 ONLINE SESSIONS A WEEK INCLUDING, ART, THE BIG FAT QUIZ OF THE WEEK, BINGO, COOKERY, SOCIAL CLUB, CURRENT AFFAIRS, MEN'S GROUP, FITNESS AND OUR MONTHLY ROUND UP AS WELL AS OUR NEWEST ADDITION STEPS TO HEALTH CHALLENGE. IF YOU WOULD LIKE TO PARTICIPATE IN ANY OF THESE ONLINE SESSIONS LET US KNOW AND WE'LL SEND YOU AN EMAIL LINK TO TAKE PART!



PAULINE GETS HER TABLET!

PAULINE RECEIVED HERS AND WAS OVER THE MOON, NOW PAULINE IS ABLE TO JOIN DAILY ONLINE SESSIONS AND TAKE PART IN HER FAVORITE ACTIVITY WHICH IS BINGO. SHE IS ALSO ABLE TO CATCH UP WITH HER FRIENDS WHO SHE HAS REALLY MISSED!

ON BEHALF OF EVERYONE IN ESTUARY CENTRE WE WOULD LIKE TO SAY THANK YOU!

## TABLETS!

IN FEBRUARY HSE-EVE ROLLED OUT THE TABLET LOAN SCHEME FOR PEOPLE WHO DON'T HAVE THE FACILITIES TO ACCESS OUR ONLINE ACTIVITIES WHICH HAS PROVEN AND INVALUABLE TOOL.



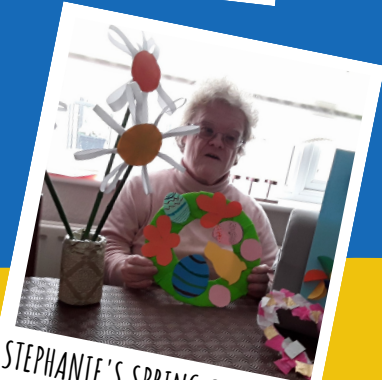
PATRICIA'S EASTER CHICK

## ARTS & CRAFTS!

THIS SPRING OUR ONLINE ART GROUP HAVE BEEN BUSY MAKING DECORATIONS AND CRAFTS FOR VALENTINES DAY, ST. PATRICK'S DAY AND EASTER. WE'VE HAD GREAT FUN COMING UP WITH IDEAS AND LEARNING NEW THINGS. GEMMA DELIVERS THE ART PACKS TO EVERYONE ONCE A WEEK AND LOVES GETTING TO SEE EVERYONE'S CREATIONS FROM THE PREVIOUS WEEK DISPLAYED IN THEIR WINDOWS AND PORCHES. EVERYONE HAS BEEN DOING A FANTASTIC JOB AND WE HAVE LOTS MORE PLANNED FOR THE SUMMER MONTHS SO WATCH THIS SPACE!



EDWARD'S EASTER WREATH



STEPHANIE'S SPRING CREATIONS

## COOK-ALONG!

EVERY WEDNESDAY AFTERNOON CATHERINE AND PAULA HOST ONLINE COOKING WHERE YOU CAN LOG IN AND WATCH OR COOK ALONG WITH THEM AT HOME. INGREDIENTS ARE POSTED ON OUR FACEBOOK PAGE THE DAY BEFORE THE DEMONSTRATION SO PEOPLE HAVE TIME TO GET ANYTHING THEY MIGHT NEED. EVERYONE ENJOYS LEARNING HOW TO MAKE QUICK, EASY AND MORE IMPORTANTLY DELICIOUS MEALS. WELL DONE TO EVERYONE WHO HAS TAKEN PART SO FAR. WE HOPE THAT WE HAVE HELPED BRUSH UP YOUR SKILLS IN THE KITCHEN AND SHOWN YOU HEALTHY FOOD CAN ALSO TASTE GREAT!



THE BEST PART IS LICKING THE SPOON!



SPRING TIME CUPCAKES

# YUM...

## IDEAS!

DO YOU HAVE IDEAS FOR NEW ONLINE SESSIONS YOU WOULD LIKE TO SEE OR WOULD YOU LIKE TO DO SOMETHING IN PARTICULAR IN AN EXISTING SESSION SUCH AS ART OR COOKING? JUST LET US KNOW AND WE WILL TRY OUR VERY BEST TO INCLUDE IT!

## NEWSLETTER!

WE ARE DELIGHTED TO INTRODUCE TO YOU THE FIRST PUBLICATION OF OUR QUARTERLY NEWSLETTER 'THE BUZZ'. KEEP UP TO DATE WITH WHATS GOING ON IN ESTUARY CENTRE AND SEE WHAT WE HAVE BEEN UP TO THIS SEASON. IF YOU HAVE A CONTRIBUTION YOU WOULD LIKE TO MAKE TO OUR NEXT NEWSLETTER PLEASE EMAIL IT TO US AND IT WILL BE INCLUDED IN OUR NEXT NEWSLETTER!

## EASTER AT ESTUARY

THIS EASTER MAY HAVE LOOKED A LITTLE DIFFERENT THAN WE HAD ORIGINALLY HOPED FOR BUT HERE IN ESTUARY WE DID'NT LET IT DAMPEN OUR SPIRITS. WE CAME UP WITH LOTS OF FUN AND EXCITING THINGS TO DO. TO MARK THE OCCASION. WE MADE LOADS OF EASTER CRAFTS AS PART OF OUR ONLINE ART GROUP, LEARNED HOW TO MAKE HOT CROSS BUNS, PLAYED EASTER BINGO WITH EASTER PRIZES TO BE WON AND TOOK PART IN A EASTER THEMED QUIZ AND TO TOP IT OFF WE ALL RECEIVED HOME DELIVERIES OF EASTER PACKS WHICH INCLUDED AN EASTER EGG AND CHOCOLATES. ON BEHALF OF EVERYONE IN ESTUARY CENTRE WE HOPE YOU ALL HAD A GREAT EASTER BANK HOLIDAY WEEKEND!



AN 'EGGSTRAVAGANZA'

CHECK OUT OUR BLOG PAGE FOR IDEAS AND THINGS YOU CAN DO FROM HOME THIS SPRING!

[EVEESTUARY.WPCOMSTAGING.COM](http://EVEESTUARY.WPCOMSTAGING.COM)

## BIRTHDAYS!

WE WOULD LIKE TO WISH EVERYONE WHO HAS CELEBRATED A BIRTHDAY SO FAR THIS YEAR A VERY HAPPY BIRTHDAY. WE HOPE IT WAS A GREAT ONE!

## VACCINATIONS!

AS SOME OF YOU HAVE REQUESTED INFORMATION ON VACCINATIONS WE HAVE ADDED IN SOME INFORMATION BELOW FROM THE HSE.IE WEBSITE WHICH WE HOPE WILL BE OF HELP. IF YOU HAVE ANY MORE QUERIES PLEASE CONTACT YOUR MEDICAL TEAM.

- COVID-19 VACCINES OFFER PROTECTION FROM COVID-19. IF YOU DO CATCH COVID-19 AFTER VACCINATION, YOU SHOULD BE PROTECTED FROM THE SERIOUS ILLNESS THE VIRUS CAN SOMETIMES CAUSE.
- THERE'S NO CHARGE FOR GETTING YOUR COVID-19 VACCINE. IT'S FREE. YOU CANNOT GET IT PRIVATELY.
- YOU WILL GET YOUR COVID-19 VACCINE AS AN INJECTION IN YOUR UPPER ARM. IT WILL ONLY TAKE A FEW MINUTES.
- YOU WILL NEED 2 DOSES.
- IT TAKES 3 WEEKS AFTER GETTING THE FIRST DOSE FOR THE ASTRAZENECA COVID-19 VACCINE TO START TO WORK. YOU SHOULD GET YOUR SECOND DOSE 12 WEEKS AFTER YOUR FIRST DOSE. IT TAKES 15 DAYS AFTER GETTING THE SECOND DOSE TO HAVE THE BEST PROTECTION.
- IT TAKES 14 DAYS AFTER GETTING THE SECOND DOSE FOR THE MODERNA COVID-19 VACCINE TO WORK. YOU SHOULD GET YOUR SECOND DOSE 4 WEEKS AFTER YOUR FIRST DOSE.
- IT TAKES 7 DAYS AFTER THE SECOND DOSE FOR THE PFIZER/BIONTECH COVID-19 VACCINE TO WORK. YOU SHOULD GET YOUR SECOND DOSE 3 TO 4 WEEKS AFTER YOUR FIRST DOSE.
- AFTER HAVING BOTH DOSES OF A COVID-19 VACCINE, MOST PEOPLE WILL BE PROTECTED AGAINST THE VIRUS.
- THERE IS A SMALL CHANCE YOU MIGHT STILL GET COVID-19 AFTER VACCINATION. BUT IF YOU DO GET COVID-19, BEING VACCINATED CAN REDUCE HOW SERIOUS YOUR SYMPTOMS ARE.
- LIKE ALL MEDICINES, VACCINES CAN CAUSE SIDE EFFECTS. MOST OF THESE ARE MILD TO MODERATE AND SHORT-TERM.
- COMMON SIDE EFFECTS ARE: TENDERNESS, SWELLING ITCHING OR REDNESS IN YOUR ARM WHERE YOU HAD THE VACCINE INJECTION, FEELING TIRED, HEADACHE, DIZZINESS, SWEATING, RASH, MUSCLE PAIN, JOINT PAIN, NAUSEA, FEVER (TEMPERATURE OF 38 DEGREES CELSIUS OR ABOVE), SWOLLEN LYMPH GLANDS, REDUCED APPETITE, SLEEPLESSNESS.
- NOT EVERYONE WILL GET SIDE EFFECTS.

FOR MORE INFORMATION VISIT [WWW.HSE.IE](http://WWW.HSE.IE)