

WHATS
INSIDE?

THE BUZZ

WELCOME WINTER!

COVID-19 UPDATES

ACTIVITIES

NEWS & EVENTS

AND MUCH MORE!



THIS YEAR FOR HALLOWEEN WE DECIDED TO GIVE THE CENTRE A 'SPOOKTACULAR' MAKEOVER. WE TRANSFORMED OUR STAGE AREA INTO A GRAVEYARD AND HELD A PUMPKIN PAINTING DAY WHERE OVER 50 PUMPKINS WERE DECORATED AND DISPLAYED THROUGHOUT THE CENTRE...

[READ MORE ABOUT OUR 'SPOOKTACULAR' MAKEOVER ON PAGE 2...](#)

INFORMATION, VIEWS OR OPINIONS EXPRESSED IN THIS NEWSLETTER ORIGINATE FROM MANY DIFFERENT SOURCES. PLEASE NOTE THAT THE CONTENT DOES NOT NECESSARILY REFLECT THE VIEWS OR OPINIONS OF ESTUARY CENTRE, HSE-EVE OR OUR AFFILIATES. ANY FEEDBACK OR CONTRIBUTIONS ARE MOST WELCOME.

HAPPY CHRISTMAS FROM THE ESTUARY CENTRE!

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 FOCUSING ON THE PERSONS STRENGTHS AND ABILITIES.

COVID-19 UPDATE!

HSE-EVE ESTUARY CENTRE CONTINUE TO PROVIDE 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 DIVIDED INTO PODS OF 6.

WE ASK EVERYONE COMPLETES A WELLNESS CHECK ON ARRIVAL INCLUDING TEMPERATURE CHECKS.

WE ARE STILL 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.

FOOD AND DRINKS ARE PERMITTED ON SITE AND ANYONE ATTENDING CAN BRING IN A PACKED LUNCH.

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.

WELCOME WINTER

WE ARE DELIGHTED TO INTRODUCE THE WINTER EDITION OF OUR NEWSLETTER 'THE BUZZ'. IN THIS EDITION FIND OUT WHAT'S BEEN GOING ON IN ESTUARY CENTRE THIS WINTER, KEEP UP TO DATE WITH ANY COVID-19 CHANGES TO OUR SERVICE AND SEE WHAT SOME OF US HAVE BEEN UP TO OVER THE PAST FEW MONTHS. WE HOPE YOU ENJOY THE READ!

CHRISTMAS OPENING HOURS!

IT'S THAT TIME OF YEAR AGAIN FOLKS. CHRISTMAS IS JUST AROUND THE CORNER. - HSE EVE ESTUARY CENTRE WILL BE OPEN RIGHT UP UNTIL DECEMBER 23RD 2021 AND RE-OPEN ON JANUARY 5TH 2022. IF YOU NEED TO CONTACT US, POP US AN EMAIL AND WE WILL GET BACK TO YOU AS SOON AS WE RE-OPEN!

OUR CURRENT TIMETABLE WHICH BEGAN ON THE 8TH OF NOVEMBER WILL REMAIN THE SAME IN 2022 SO YOUR DAYS AND TIMES WILL NOT HAVE CHANGED SO PLEASE CONTINUE TO COME IN AS NORMAL.

WE WOULD LIKE TO WISH YOU ALL A VERY HAPPY CHRISTMAS AND THANK EVERYONE FOR THEIR CONTINUED SUPPORT THROUGHOUT THIS YEAR. HERE'S TO A GREAT 2022!

CLOSED FROM DECEMBER 23RD 2021 - JANUARY 5TH 2022

HSE EVE ESTUARY CENTRE
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 @EVEESTUARY

 EVEESTUARY.WPCOMSTAGING.COM

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

CONTACT US!

SNAP

YOURSELF!



RUDOLPH GETS A MAKEOVER

SEND US YOUR PHOTOS OR SELFIES OF WHAT YOU HAVE BEEN GETTING UP TO AT HOME. HERE'S DAVID GIVING RUDOLPH A FRESH COAT OF PAINT BEFORE HE MOVES TO HIS NEW HOME IN RUSH COMMUNITY CENTRE. GREAT WORK DAVID!

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

NEW TIMETABLE!

AS OF MONDAY THE 8TH OF NOVEMBER WE INTRODUCED A NEW TIMETABLE OF ACTIVITIES IN LINE WITH PERSON-CENTRED-PLANS WHICH INCLUDED ART, GARDENING, ALLOTMENT, SEASONAL HORTICULTURE, FLOWER ARRANGING, SPORTS, CYCLING, CARA ACTIVE HEALTHY ME, COOKERY, HEALTHY LIFESTYLE, SOCIAL CLUB, FINGAL LEADER PARTNERSHIP ABILITY PROGRAMME, MEDIA AND COMPUTERS. AS PER NEW GUIDELINES OUR NEW TIMETABLE FACILITATED MORE PODS AND PEOPLE WERE OFFERED MORE HOURS/DAYS TO ATTEND ESTUARY CENTRE WHICH WE WERE ALL EXCITED ABOUT!



WEEKLY MEETINGS ARE HELD ONLINE!

FINGAL LEADER PARTNERSHIP ABILITY PROGRAMME!

OVER THE PAST COUPLE OF WEEK'S A GROUP OF US IN ESTUARY CENTRE HAVE BEEN TAKING PART IN THE FINGAL LEADER PARTNERSHIP'S ABILITY PROGRAMME.

THE PURPOSE OF THIS PROGRAMME IS TO HELP US TO BECOME WORK READY AND DEVELOP THE CONFIDENCE AND INDEPENDENCE REQUIRED TO PARTICIPATE IN EDUCATION, TRAINING AND EMPLOYMENT.

WE ARE ALL SO EXCITED FOR THE POSSIBILITIES THIS PROGRAMME WILL BRING AND WE WOULD LIKE TO SAY A BIG THANK YOU TO LINDA AND LIAM FROM THE ABILITY TEAM.



ELAINE'S SMASHING PUMPKIN

HALLOWEEN 2021

WE ARE 'PUMP'ED TO SHOW OFF SOME OF OUR HALLOWEEN ART CREATIONS. THIS YEAR WE DECORATED THE CENTRE WITH OVER 50 PUMPKINS WHICH WERE ALL INDIVIDUAL AND UNIQUE. WE ALSO MADE HALLOWEEN DECORATIONS DURING OUR ONLINE ART PROGRAMME WHICH WE WERE ABLE TO DECORATE OUR OWN HOMES WITH.



OUR 'SPOOKTACULAR' GRAVEYARD

CHECK OUT OUR SPOOKTACULAR GRAVEYARD WHICH WE PUT TOGETHER USING OLD PALLETES AND PIECES OF WOOD. WE HAD GREAT FUN COMING UP WITH SOME OF THE HEADSTONES NAMES WHICH INCLUDED 'IZZY DEAD', 'NOAH SCAPE', 'EMMA GONER' AND 'BEN BETTER'.



THERESE'S FANTASTIC FRANKENSTEIN



'LEGS ELEVEN'

ONLINE ACTIVITIES!

WE HOST ONLINE ACTIVITIES THROUGHOUT THE WEEK SO PEOPLE CAN LINK IN WITH US ON THEIR DAYS OFF FROM THE COMFORT OF THEIR OWN HOMES. THESE ACTIVITIES INCLUDE A QUIZ, COOK ALONG AND ARTS AND CRAFTS. THE FEEDBACK RECEIVED FROM THESE ACTIVITIES IS THAT THEY ARE ENJOYED BY EVERYONE AND GIVE PEOPLE THE OPPORTUNITY TO CATCH UP WITH FRIENDS THAT THEY MIGHT NOT SEE WHILE IN ESTUARY CENTRE.



GETTING CREATIVE



AT HOME!

IDEAS!

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

COVID-19 PROTOCOLS

THESE ARE THE SAFETY MEASURES THAT NOW APPLY ACROSS EVE SERVICES AS OF NOVEMBER 2021.

THE GOVERNMENT UPDATED THE PUBLIC HEALTH GUIDELINES WHICH CAME INTO EFFECT IN NOVEMBER 2021. IT IS IMPORTANT TO NOTE THESE GUIDELINES ARE FOR THE GENERAL PUBLIC NOT FOR HSE DISABILITY SERVICES. WE ARE FOLLOWING THE GUIDANCE ON PROVISION OF DAY SERVICES FOR OLDER PEOPLE ON CONTEXT OF COVID-19 VACCINATION PROGRAMME AND WE CANNOT MAKE ANY CHANGES UNTIL THIS GUIDANCE IS UPDATED BY THE HSE. THESE ARE THE SAFETY MEASURES THAT NOW APPLY ACROSS EVE SERVICES:

BLENDDED SERVICE FEATURES:

- CENTRE BASED ACTIVITIES ARE POD BASED WITH A 1:6 RATIO MAX. THE BUILDING/ROOM SIZE DICTATES THE NUMBER OF PODS. MULTIPLE PODS SUBJECT TO PROTECTIVE MEASURES.
- COMMUNITY BASED ACTIVITIES ARE POD BASED WITH A 1:6 OR 2:12 RATIO MAX. MULTIPLE PODS SUBJECT TO PROTECTIVE MEASURES.
- OUTREACH IS FACILITATED THROUGH A VARIETY OF PLATFORMS SUCH AS PHONE, WHATS AP, REMOTE ACTIVITIES, SOCIAL MEDIA ETC.
- EXTERNAL FACILITATORS/ETB STAFF ARE ALLOWED ON SITE WITH PROTECTIVE MEASURES PUT IN PLACE.
- PHYSICAL ACTIVITY: INDOOR AND OUTDOOR IN PODS OF 1:6 OR OUTDOOR TRAINING IN PODS OF 2:12+ MAX. MULTIPLE PODS SUBJECT TO PROTECTIVE MEASURES.
- OVER 70'S AND MEDICALLY VULNERABLE. EXERCISE JUDGEMENT REGARDING ENGAGING WITH OTHERS IF NOT VACCINATED. FACE TO FACE MEETINGS/CONTACT BASED ON UPDATED AGREEMENT AND RISK ASSESSMENT.
- OFF SITE COURSES SUPPORTED BY IMPLEMENTING ALL APPROPRIATE PROTECTIVE MEASURES. LIMIT CONGREGATION.

SUPPORTS:

- STAFF ARE REQUIRED TO WEAR HSE ISSUED FACE MASKS AT ALL TIMES UNLESS IN A ROOM ON THEIR OWN. SERVICE USERS AND VISITORS ARE REQUIRED TO WEAR A MASK AT ALL TIMES IN THE CENTRE.
- SERVICE USERS AND STAFF ARE REQUIRED TO WEAR A MASK IN THE COMMUNITY WHERE 1M RULE CANNOT BE MAINTAINED.
- EVE VEHICLES: MASKS ARE TO BE WORN AT ALL TIMES. ADEQUATE VENTILATION AND 1 METRE DISTANCE ADHERED TO AT ALL TIMES. ZIG ZAG PATTERN). RATIO OF 1:3/SUPPORT BUBBLE. COVID SCREEN IN PLACE. NO CROSS OVER PODS. SHORT TRIPS ONLY.
- HSE TRANSPORT: MASKS TO BE WORN AT ALL TIMES. 2 PODS MAX AS PER AGREED PROTOCOL (BUS). RATIO OF 1:2/SUPPORT BUBBLE (TAXI). ADEQUATE VENTILATION AND 1 METRE DISTANCE ADHERED TO AT ALL TIMES.
- CENTRE REFRESHMENTS: REFRESHMENTS AVAILABLE. NO CATERING. PRE-PACKED LUNCH/SANDWICH AS PER CURRENT EVE PROTOCOL.

EXTERNAL FEATURES:

- PUBLIC TRANSPORT: 100% CAPACITY.
- ACCESSING CAFÉS WITH EVE SUPPORT: INTERNAL 1:2 - COVID CERT REQUIRED AND RISK ASSESSED. EXTERNAL 1:4 - RISK ASSESSED. TAKE AWAY.
- GYMS, POOLS AND LEISURE CENTRES: PODS 1:6 MAX. MULTIPLE PODS SUBJECT TO PROTECTIVE MEASURES.
- PUBLIC EVENT IN THE COMMUNITY: 1:6 PODS MAX. MULTIPLE PODS SUBJECT TO PROTECTIVE MEASURES.
- INDOOR CULTURAL EVENTS: OPEN WITH PROTECTIVE MEASURES. MULTIPLE PODS SUBJECT TO PROTECTIVE MEASURES.
- RETAIL AND SERVICES: OPEN WITH PROTECTIVE MEASURES.

CARA ACTIVE HEALTHY ME!

THIS YEAR SOME STAFF IN ESTUARY CENTRE TOOK PART IN THE CARA ACTIVE HEALTHY ME TRAINING WHICH NOW ALLOWS US TO FACILITATE THE PROGRAMME HERE IN ESTUARY CENTRE. CARA IS A NATIONAL PAN-DISABILITY SPORT ORGANISATION PROVIDING A COLLABORATIVE AND PARTNERSHIP PLATFORM TO INCREASE SPORT AND PHYSICAL ACTIVITY OPPORTUNITIES FOR PEOPLE WITH DISABILITIES ACROSS IRELAND.

FOR MORE INFO VISIT: WWW.CARACENTRE.IE



HOSTESS OF THE YEAR

THIS YEAR WE WERE DELIGHTED TO HEAR THAT PAULINE WAS AWARDED THE HOSTESS OF THE YEAR AT HER LOCAL LADIES CLUB.

PAULINE LOOKS FORWARD TO ATTENDING THE EDENMORE LADIES CLUB EACH WEEK. SHE IS KNOWN AT HER CLUB FOR ALWAYS BEING IN GOOD FORM AND HAVING A SMILE ON HER FACE. PAULINE WILL GO OUT OF HER WAY TO HELP SOMEONE SO IT WAS NO SURPRISE SHE WAS AWARDED HOSTESS OF THE YEAR.



HOSTESS WITH THE MOSTESS!

“ I AM DELIGHTED. I COULDN'T BELIEVE IT WHEN THEY CALLED MY NAME. I WAS SO HAPPY AND PROUD TO SHOW OFF MY AWARD TO MY FAMILY AND OF COURSE MY FRIENDS IN ESTUARY CENTRE. - PAULINE

CHECK OUT OUR BLOG PAGE FOR MORE ON WHAT'S BEEN GOING ON IN ESTUARY CENTRE THIS SEASON!

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BIRTHDAYS!

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