

WHATS
INSIDE?

THE BUZZ

SPRING HAS SPRUNG!

COVID-19 UPDATES

NEWS & EVENTS

ACTIVITIES

& MUCH MORE!



SPRING HAS SPRUNG AND WE ARE DELIGHTED TO INTRODUCE THIS YEARS VERY FIRST NEWSLETTER. FIND OUT WHAT'S BEEN GOING ON IN ESTUARY CENTRE THIS SPRING, KEEP UP TO DATE WITH ANY COVID-19 CHANGES TO OUR SERVICE AND SEE WHAT WE HAVE BEEN UP TO SO FAR THIS YEAR.

WE HOPE YOU ENJOY THE READ...

UPDATES & INFORMATION

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.

THE GRADUATES!



FINGAL LEADER PARTNERSHIP ABILITY PROGRAMME

WE ARE SO PROUD TO SHARE WITH YOU ALL THAT THE PARTICIPANTS OF THE ABILITY PROGRAMME HAVE COMPLETED THEIR COURSE AND HAVE RECEIVED THEIR CERTIFICATES. EVERYONE WHO PARTICIPATED IN THIS PROGRAMME HAVE WORKED SO HARD OVER THE PAST COUPLE OF MONTHS AND WE ARE DELIGHTED THAT SOME HAVE GAINED EMPLOYMENT A RESULT OF TAKING PART. CONGRATULATIONS TO EVERYONE - ALL THE HARD WORK CERTAINLY HAS PAID OFF AND WE ARE EXCITED TO SEE WHAT THE FUTURE WILL BRING FOR YOU ALL!

DOUBLE WHAMMY!

IT'S A DOUBLE WHAMMY FOR ANTHONY! WE ARE DELIGHTED TO SHARE THAT WITH THE HELP OF THE ABILITY AND ESTUARY CENTRE EMPLOYMENT PROGRAMME ANTHONY HAS SECURED NOT ONE BUT TWO JOBS! HE IS NOW VOLUNTEERING FOR SKERRIES COMMUNITY CENTRE AND HAS ALSO RECENTLY STARTED WORK EXPERIENCE IN THE GRAND HOTEL IN MALAHIDE. EVERYONE IN ESTUARY CENTRE WOULD LIKE TO WISH ANTHONY THE VERY BEST OF LUCK ON HIS NEW ADVENTURE!



WELL DONE ANTHONY!

"I CAN'T BELIEVE IT. I'M SO HAPPY TO HAVE BEEN GIVEN THESE FANTASTIC OPPORTUNITIES" - ANTHONY

WORKING AT THE CARWASH!

AFTER A FANTASTIC INTERVIEW CHRIS HAS MANAGED TO SECURE A JOB IN APPLGREEN CAR-WASH THROUGH THE SUPPORT OF THE ABILITY PROGRAMME AND ESTUARY CENTRE'S EMPLOYMENT PROGRAMME. MASSIVE CONGRATULATIONS TO CHRIS. HE HAS ACHIEVED HIS LIFE-LONG GOAL AND WE COULDN'T BE HAPPIER TO HEAR THAT HE HAS BEEN GETTING ON SO WELL IN HIS NEW POSITION! (WOO-HOO)... WELL DONE CHRIS!



'HEY! GET YOUR CAR WASHED TODAY'

"I AM SO HAPPY THAT I AM DOING WHAT I ALWAYS WANTED TO DO. I LOVE WASHING CARS AND I LOVE TO SEE WHEN THE CUSTOMER IS HAPPY WITH THE JOB I'VE DONE. IT'S BEEN A GREAT EXPERIENCE SO FAR AND MY CONFIDENCE IS GROWING EVERYDAY. THIS IS SOMETHING I'VE WANTED FOR A REALLY LONG TIME AND TO NOW HAVE IT IT'S JUST THE BEST FEELING IN THE WORLD!" - CHRIS

CONTACT US!

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

SEND US YOUR SELFIE!



MARKY & SPARKY

MARK GOT A GORGEOUS NEW PUPPY AT CHRISTMAS AND CALLED HIM 'SPARKY'. SPARKY IS NEARLY 6 MONTHS OLD NOW AND MARK SAYS 'HE HAS THE WHOLE HOUSE WRAPPED AROUND HIS FINGER'... (OR SHOULD WE SAY PAW!) HOW CUTE IS LITTLE SPARKY? THANKS SO MUCH FOR SHARING WITH US MARK!

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

MOVIE CLUB!

LIGHTS. CAMERA. ACTION! WE ARE DELIGHTED TO ANNOUNCE THAT THE MOVIE CLUB IS BACK IN BUSINESS AT MOVIES @ SWORDS IN THE PAVILIONS SHOPPING CENTRE. MEETING TIME IS AT 10.45AM EVERY WEDNESDAY. IF YOU WOULD LIKE TO GO ALONG JUST SIGN UP IN ESTUARY CENTRE. KEEP AN EYE ON THE NOTICE BOARD OR CHECK OUT OUR BLOG AND FACEBOOK PAGE EVERY WEEK TO FIND OUT WHAT MOVIES ARE SHOWING!

SPORTS PURSUITS!

ONE OF THE THINGS THAT WAS MISSED MOST DURING THE RESTRICTIONS WAS OUR SPORTS PROGRAMME SO WE ARE DELIGHTED THAT WE NOW ARE ABLE TO PARTICIPATE IN SOME OF THE ACTIVITIES ESTUARY CENTRE HAS TO OFFER! THESE ACTIVITIES INCLUDE GOLF, TENNIS, BADMINTON, FOOTBALL AND ATHLETICS AS WELL AS IN HOUSE ACTIVITIES SUCH AS BOCCE, SNOOKER, TABLE TENNIS AND THE USE OF THE GYM EQUIPMENT.



'LET'S GET PHYSICAL!'

ARTS & CRAFTS!

OVER THE PAST FEW MONTHS THE ESTUARY CENTRE ART GROUP HAVE BEEN BUSY DESIGNING AND CREATING DIFFERENT ART PROJECTS AND WE ARE VERY PROUD TO SHOW OFF WHAT WE CAME UP WITH FOR VALENTINES AND ST. PATRICK'S DAY... LOVE WAS CERTAINLY IN THE AIR IN FEBRUARY AND WE HAD GREAT FUN MAKING VALENTINES DAY DECORATIONS TO HELP SPREAD A LITTLE LOVE AROUND THE CENTRE. FOR MARCH WE CONCENTRATED ON ST. PATRICK'S DAY CREATING LOT'S OF IRISH THEMED DECORATIONS WHICH INCLUDED THIS 'LUCK OF THE IRISH' RAINBOW WHICH WE CREATED USING MOSTLY PAPER PLATES. WE HAVE LOTS OF EXCITING THINGS PLANNED FOR EASTER AND THE SUMMER MONTHS SO WATCH THIS SPACE!



LOVE IS IN THE AIR!



THE LUCK OF THE IRISH!



SOME OF THIS YEARS COMPETITION ENTRIES

IDS-TILDA

THIS MARCH THE IDS-TILDA TEAM AT TRINITY COLLEGE DUBLIN INVITED US TO ENTER THEIR SPRING EASTER CARD COMPETITION. EACH ENTRANT IS AWARDED A CERTIFICATE FROM TRINITY COLLEGE AND THE ARTIST OF THE WINNING PICTURE WILL HAVE THEIR ARTWORK DISPLAYED ON THE 2022 IDS-TILDA EASTER CARD AND ALSO RECEIVE A PRIZE. WE HAD GREAT FUN COMING UP WITH SPRING AND EASTER INSPIRED PICTURES AND EACH ENTRANT DID AN AMAZING JOB. WE CAN'T WAIT UNTIL THE WINNER IS ANNOUNCED...KEEP YOUR FINGERS CROSSED!

IDEAS!

WE ARE ALWAYS OPEN TO NEW IDEAS HERE IN ESTUARY CENTRE AND WOULD LOVE TO HEAR FROM YOU! IF YOU WOULD LIKE TO SEE A CERTAIN ACTIVITY INCLUDED IN THE TIMETABLE PLEASE LET US KNOW AND WE WILL DO OUR VERY BEST TO FACILITATE IT!

NEWS & EVENTS

COVID-19 PROTOCOLS

THESE ARE THE SAFETY MEASURES THAT NOW APPLY ACROSS HSE - EVE SERVICES AS OF MARCH 2022

THE GOVERNMENT UPDATED THE PUBLIC HEALTH GUIDELINES WHICH CAME INTO EFFECT IN MARCH 2022. 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:

BLENDED 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.

THE SPECIAL OLYMPICS!

THERE HAS BEEN A GREAT BUZZ WITHIN THE CENTRE OVER THE PAST COUPLE OF WEEKS WITH THE RETURN OF THE EGARLY AWAITED SPECIAL OLYMPICS... TEAM ESTUARY IS BACK WITH A BANG AND WE ARE SO EXCITED TO TAKE PART IN THIS YEARS REGIONAL ADVANCEMENT COMPETITIONS IN BOTH BADMITTON AND BOCCIE COMING UP LATER THIS MARCH! WE WILL KEEP YOU POSTED WITH HOW WE GET ON. WISH US LUCK... GO TEAM ESTUARY!!!



BACK WITH A BANG!

UPCOMING EVENTS!

12TH MARCH: SPECIAL OLYMPICS REGIONAL CHAMPIONSHIPS - BADMINTON GORMONSTOWN LEISURE PARK

25TH MARCH: SPECIAL OLYMPICS REGIONAL CHAMPIONSHIPS - BOCCIE CASTLEKNOCK TENNIS CLUB

26TH MARCH: SPECIAL OLYMPICS REGIONAL CHAMPIONSHIPS - BOCCIE CASTLEKNOCK TENNIS CLUB

10TH/11TH MAY: TENNIS IRELAND REST-BITE

27TH/28TH MAY: ATHLETICS - MORTON STADIUM

CHECK OUT OUR BLOG PAGE FOR MORE ON WHAT'S COMING UP IN ESTUARY CENTRE THIS YEAR!

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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... HIP HIP HOORAY!