

WHAT'S
INSIDE?

THE BUZZ

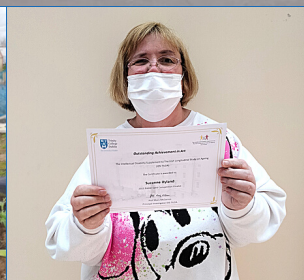
Here Comes The Sun!

News

Events

Activities

And More!



The Summer has arrived and we are delighted to share with you the latest edition of our newsletter. Find out what's been going on in the Estuary Centre, keep up to date with any Covid-19 changes to our service and see what we have been up to so far this Summer!

We hope you enjoy the read...

UPDATES & INFORMATION

WHAT'S NEW?

We are delighted to announce that our new timetable came into effect on the 16th of May offering service users a host of new choice based activities such as: Personal hygiene, healthy lifestyle, self care, horticulture, allotment, arts and crafts, media, gym, football, cycling, bocce, floorball, pitch and putt, walking club, tennis, snooker, bingo, men's & women's groups, cookery, social club, computers, music and the ability programme. We are also delighted to introduce our new rep. committee.



The New Rep. Committee!

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. 'It's not our Disabilities, It's our Abilities that count'.

THE ABILITY PROGRAMME

IT'S TIME TO SHINE!

Through the support of the Ability Programme and Estuary Centre's employment programme and after a fantastic interview Craig has managed to secure a job in Applegreen working at the car-wash and general maintenance of the grounds. A massive congratulations to Craig!



Craig's New Job!

"I'm absolutely over the moon. I've had lot's of work experience through voluntary positions over the years but securing a paid position has always been my #1 goal and to have finally achieved it it's a great feeling! - Craig"



Superstars!

We are so proud to share with you all the new participants of this years Fingal Leader Partnerships Ability programme. After the success of the last round with Participants securing employment and gaining a host of new skills we are excited to see what this programme will bring for this group. We will keep you posted!

"I am so happy to be taking part in the ability programme especially after seeing what some of my friends achieved as a result of the programme I'm excited to see what it'll do for me. - Suzanne"

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CONTACT US!

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SEND US A SNAP!



'Show me the money'

A snap of David out fundraising for the Special Olympics in his hometown of Rush in April. Great work David!

Send your photos to:
estuary.centre@hse.ie

ACTIVITIES

CENTRE STAGE NEWS!

It's Baccckckkkkkkkkk!!! The highly anticipated news show 'Centre Stage News' is back with a bang keeping you up to date with what's going on in Estuary Centre every week. Tune in on Fridays at 2.00pm on our Blog and Facebook page and don't forget to give us a big thumbs up!

IN THE GARDEN!

This Summer we spent lot's of time in our garden as well as our allotment in Malahide. Our garden is looking beautiful with all the Summer bedding now in full bloom. We also sowed the seeds for a wild flower garden which we are excited to see grow...Watch this space!



Good Thymes!

BE YOURSELFIE!

This season we started our self portrait series 'Be Yourselfie' where we studied our own selfies and learned how to draw different facial features and expressions. With lot's of practice we were able to then create our own self portraits which turned out amazing...Give 'yourselfie' a pat on the back! Check out our blog to see more of our portraits.



Some of this years competition finalists!

IDS-TILDA

Last March the IDS- TILDA team at Trinity college Dublin invited us to enter their Spring-Easter card competition. We entered over 20 Easter and Spring inspired pictures to this years competition and each entrant was awarded a certificate from Trinity college for their amazing entries. Well done to everyone who entered and thank you to everyone at IDS-Tilda.

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

THE SPECIAL OLYMPICS!

Over the past couple of months our athletes have taken part in The Special Olympics Badminton, Bocce and Athletics Regional Advancement Competitions and we are so proud to share with everyone that so far we have won 13 Bronze, 8 Silver and 8 Gold medals which is an unbelievable achievement. A huge congratulations to everyone who has taken part so far!



'We are the Champions'

TENNIS IRELAND!

In May a group of us were invited by Tennis Ireland to go for a night away in Dublin City and play tennis in DCU with coaches from Tennis Ireland. Everyone going was so excited and it created such a buzz around the centre on the lead up to the trip. We stayed in the Skylon hotel and had a lovely stay. We also went bowling and took a trip to the amusements which was great fun!

Thank you Tennis Ireland for organising such a fun trip!



All The Gang!

Oh my god we had the best time I enjoyed every minute of it. It was lovely to be wined and dined in the hotel. Everyone was in great form. - Pauline

It was brilliant. I loved the tennis and bowling and the hotel was nice. It was great to get away for the night with some of my friends - Michael



Cheers!

UPCOMING EVENTS!

11TH JULY: Special Olympics Pitch & Putt - Royal Meath Pitch & Putt Club

15TH OCT: Special Olympics Bowling - Leisureplex Blanchardstown

16TH OCT: Special Olympics Bowling - Leisureplex Blanchardstown

Check out our blog for more information on what's coming up in Estuary Centre!

eveestuary.wpcomstaging.com

COVID-19 PROTOCOLS

These are the safety measures that now apply across HSE - EVE services as of July 2022

Staff and Service users are required to wear a HSE issued surgical face mask on-site (can be removed briefly for eating/drinking), travelling in the people carrier or HSE transport and are encouraged to wear masks in the community where the 1m rule cannot be maintained. There is no catering within the centre. Refreshments are available and service users are asked to bring in a pre-packed lunch. Pod systems are no longer in place therefore service users will be able to participate in a bigger variety of activities within the centre. All protocols and activities are individually risk assessed for all service users. Thank you for your continued support!

BIRTHDAYS!

We would like to wish everyone in Estuary Centre who celebrated their birthday this Season a very Happy Birthday. We hope it was a great one...Hip Hip Hooray!

For more information visit: www.hse.ie