

WHAT'S
INSIDE?

THE BUZZ

FALL IN LOVE WITH AUTUMN!

News

Events

Activities

And More!



And just like that Summer has fell into fall and we are delighted to introduce 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 Autumn!

We hope you enjoy the read...

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

We are absolutely delighted to announce that as a result of taking part in the Fingal Leader Partnerships Ability programme Suzanne, Therese and Nadine took part in work experience in the Premier Inn. Nadine and Stephen have also secured weekly volunteering positions in St. Vincent de Paul and Supervalu. Congratulations everyone!



The Premier Inn



St. Vincent de Paul



SuperValu

WHAT'S NEW?

Due to popular demand cycling was added to our weekly timetable forming 'The Estuary City Rollers' cycling club. Also new this season the highly anticipated return of tennis and bowling not to mention David, Nadine and Stephen all securing voluntary employment and work experience positions!

DAVID'S NEW JOB!

We are delighted to announce that David will be starting work experience in Vinny's newsagents in Swords. Massive congratulations to David!

"I'm absolutely thrilled, This will be my very first job placement so I'm really excited to get the experience and hopefully it'll open some new doors for me! - David"



Extra, Extra, Read all about it!

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!

SEND US A SNAP!



Pumped!

A snap of David volunteering with Rush Tidy Towns giving the Sailing Clubs pump a fresh lick of paint. Well Done David!

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

BOWLING & TENNIS!

In September we welcomed tennis and bowling back with open arms. Tennis will now be on every Friday afternoon in Swords Tennis Club while Bowling will take place every Monday afternoon in UCI Coolock! If you've any questions about either activities see Paula for Tennis and Marc for bowling!



Offsite Activities

CYCLING CLUB!

Due to popular demand this year we included a cycling club to our weekly activity schedule and it has been a great success. Everyone involved is having a great time bringing their bikes out for a spin around our community of Swords getting to know new areas and most importantly keeping fit!



"The Estuary City Rollers"

WALKING CLUB!

This August our walking club made the most of the gorgeous weather we've been having and headed to Newbridge farm and park. As well as visiting the farm, It was also the day of the cannonball run so we also got to see some really cool cars as we strolled around the grounds.



Newbridge Park & Farm



BOO!



Trick or Treat!

SPOOKY SEASON!

This Halloween our art group have been busy turning the centre into something 'spooktacular'. This year we brought back our grave yard with some new additions including some witches legs and the grim reaper. We also 'spookafied' our reception area with bloody table cloths and a trick or treat sign and not forgetting our friendly ghost! Check out our Blog for more pictures of our Halloween creations!

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

EVE WORLD CUP 2022!

We were delighted to attend this years EVE World Cup. This was held in Grange Gorman and had a fantastic turn out. We were beaten to the punch by Tuiscint who won 1st place but we were delighted with 2nd. Everyone played brilliantly and we all had a fantastic day. Thank you to everyone who helped organise a great day and a massive congratulations to Tuiscint!



Silver Linings!

THE SPECIAL OLYMPICS

In July our athletes took part in The Special Olympics Pitch and Putt Regional Advancement Competitions and managed to take home 3 bronze, 1 silver and 1 gold medal. What an amazing achievement. A massive congratulations to all of the athletes who competed!

Thank you to
Special Olympics
Ireland!



Go Team Estuary!

What an amazing event.
Everyone was so proud
of their wins. We had a
great time. - Pauline

A SUNSATONAL DAY!

To mark the end of the Summer and to make the most of the gorgeous weather we were having we decided to have a sports day and BBQ in the sun! We all had a great day, everyone was in great form and had great fun taking part in all the activities and how fabulous did those balloons look?



End of Summer sports day & BBQ

Check out our blog for more information on what's been going on in Estuary Centre!

eveestuary.wpcosting.com

OVERALL SCOREBOARD!



16



10



09

COVID-19 PROTOCOLS

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