

WHAT'S
INSIDE?

THE BUZZ

A December To Remember!

News

Events

Activities

And More!



Find out what's been going on in the Estuary Centre this season, Keep up to date with any changes to our service and see what we have been up to 'snow' far this Winter!

We hope you enjoy the read...

NEWS & UPDATES!

WHAT'S NEW?

It's been all go here in Estuary Centre in preparation for the festive season. We've been getting ready for our annual Christmas party and preparing for this years HSE-EVE Christmas concert not to mention taking part in lot's of Christmassy community activities!

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

As a result of taking part in the Fingal Leader Partnerships Ability programme we are delighted to announce that Patrick will soon be starting a position in Naomh Meanóg GAA club through TUS. A massive congratulations to Patrick!

Therese will be starting a work experience cleaning position in Klear Adult Education in the New Year. Best of luck Therese!

Stephen received great news this month, his contract with Supervalu has been extended until Christmas. Woo-Hoo!

We would like to say a special thank you to Linda and Lisa from the ABILITY programme for all their hard work and support throughout the year and a huge congratulations to everyone who secured employment as a result of taking part in the programme this year!

BUDGETING MONEY IN PLANTMARKET!

Every Tuesday a group of us head down to HSE EVE Plantmarket in Lusk to take part in their budgeting money programme which is 6 weeks in duration. Everyone is really enjoying it and looks forward to it every week. We would like to say a big thank you to Plantmarket especially to Dan who facilitates the programme!



All the gang!

I am really enjoying the programme. It's been really interesting so far and is really helping me to improve managing my own money. I'd highly recommend it! - Suzanne

COVID-19 UPDATES!

These are the COVID-19 safety measures and protocols that now apply across HSE - EVE services as of December 2022.

Staff and Service users are required to abide by the 1m rule and 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. All protocols and activities are individually risk assessed for all service users. Thank you for your continued support!

SEND US A SNAP!

A snap of Ciaran at Beauty and the Beast in the Bord Gáis energy theatre! Ciaran said it was brilliant and would give it 5 stars!



★★★★★

Send your photos to: estuarycentre@hse.ie

For more information visit www.hse.ie



A thumbs up from Patrick!



Super Stephen!



Terrific Therese!

CHRISTMAS ACTIVITIES!

THE ESTUARY EXPRESS!

This year for our annual Christmas art project our art group created 'The Estuary Express' train which was inspired by the Christmas movie 'The Polar Express'. We created the giant train mainly by sticking old boxes together and painting them. We were delighted with the result and think it's something unique that has helped bring a bit of Christmas magic to the centre!



All Aboard!

CHRISTMAS BRUNCH!

Over December we all went for Christmas lunch with our keyworker group. Some of us enjoyed afternoon tea in the City North hotel while others went to Wetherspoons, Hogs & Heifers and Kettles Country House for a slap up Christmas lunch! We all had a great time and it was a lovely way to finish off a great year!



Thanks a Brunch!

'LEONARDO' & 'MICHEALANGELO'

Every year our art group enters the IDS-TILDA and the HSE-EVE Christmas card art competitions and we are beyond happy to share with you that Michael won first prize in this years IDS-TILDA competition which is a fantastic achievement as there was almost 700 entries. We couldn't believe it when we then heard the news that Leon had also won the HSE-EVE competition and his card will be the official HSE-EVE Christmas card for 2022. A massive congratulations to Michael and Leon. You should both be very proud of yourselves and your fantastic pieces of art!



Winners of the IDS-TILDA and HSE-EVE Christmas Card Art Competitions 2022!



Best Christmas Jumper Award!



A Special Guest!

A JOLLY GOOD TIME!

This year we held our annual Christmas party in the centre. Everyone enjoyed Christmas themed games, music and dancing. Everyone dressed up in Christmas jumpers for the occasion and there was a lovely atmosphere in the centre. We would like to wish you all a very happy Christmas and look forward to welcoming you all back in the New Year!

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!

LET'S BOO-GIE!

CHRISTMAS CONCERT!

A special thank you to our choir who represented Estuary Centre with their rendition of 'Silent Night' accompanied by David on the Piano at this years EVE Connect online Christmas concert. Well done to everyone who took part this year....What a talented bunch you all are!



To celebrate this years spooky season we threw a Halloween themed party in the centre. We had great fun taking part in lots of Halloween themed games. We had spooktacular prizes to be won as well as prizes for best costume and for guessing how many sweets were in the jar. We also had a costume and photo booth station that everyone had great fun creating costumes and getting their mug shot taken!

Congratulations to Mary a.k.a 'Cruella' on winning this years best costume!



Cruella!

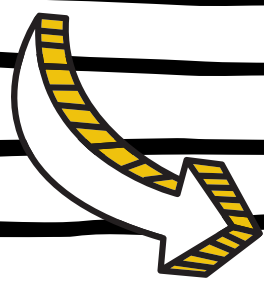
"We all had such a fun day. I really enjoyed the quiz". - Patricia

CHRISTMAS SHOPPING!

This year a group of us headed off to Blanchardstown shopping centre for some Christmas shopping. It got us all in the Christmas spirit and we shopped till we dropped. We had a great time



Treat YoursELF!



Halloween 2022

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

eveestuary.wpcosting.com

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Swords, Co. Dublin
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CHRISTMAS OPENING TIMES

Estuary Centre will be closed on Friday the 23rd of December 2022 and we will re-open on Wednesday the 04th of January 2023 at 9.30am!



(01) 840 5459



estuary.centre@hse.ie



@EveEstuary



Mon-Thurs: 9.00am - 4.30pm
Fri: 9.00am - 3.30pm