

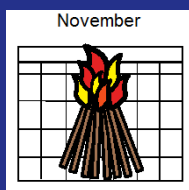


St. Michael's House

newsletter

The Headlines

EDITION 2: NOVEMBER 2017



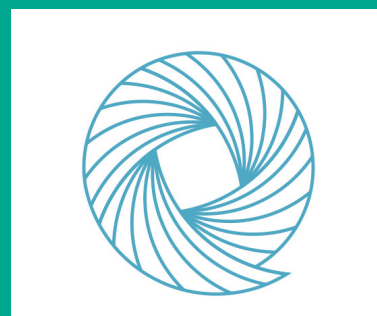
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All About Me



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Person Centred Planning



St. Michael's House has a plan for 2017 to 2021. It says all the things that St. Michael's House will do. The first goal in the plan is to have a person centred planning system.



St. Michael's House thinks that everyone should be able to have a person centred plan if they want one.



Person centred planning supports you to make choices about how you want to live your life. It is about your hopes and dreams, and the supports you need to reach your goals.

Person Centred Planning

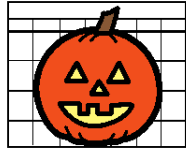


We have a new person centred planning policy in St. Michael's House.
Policies are like the rules for how we do things.



There is a person centred planning group.
This group have put together the policy and have tried it out in different centres.
The group has some great work to share with everyone.

Cuspoir Men's Shed



The first Men's Shed meeting took place in October 2017.



Members pick what they would like to do.



We want to try things like woodwork, photography, exercise and games.

Cuspoir Men's Shed



All men are very welcome.
The building is accessible.



If you need support, it is best if
you have a man to support you
at the group.
If this is hard to organise, please
talk to us.



Our next meeting is on 13th
December from 6pm to 8pm
It will take place in the Short Term
Training Centre Coolock.

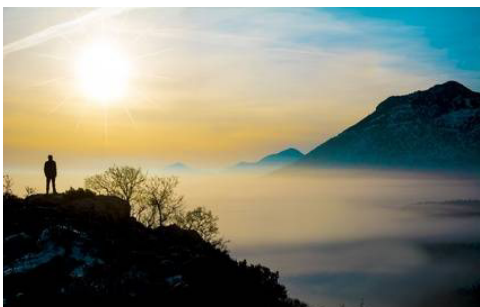
Mindfulness



Mindfulness is about noticing what is happening in your body. It is about how your body is feeling and thinking.



Mindfulness can help you to feel more relaxed.



It can help you to think about doing things differently.



St. Michael's House had a mental health day in October in the Leisure Centre. Everyone had a chance to try mindfulness there.

Wellbeing Group in Castle



Wellbeing is about feeling comfortable, healthy and happy.



A Wellbeing Group has started in Castle.
It will be open to other centres in the future.

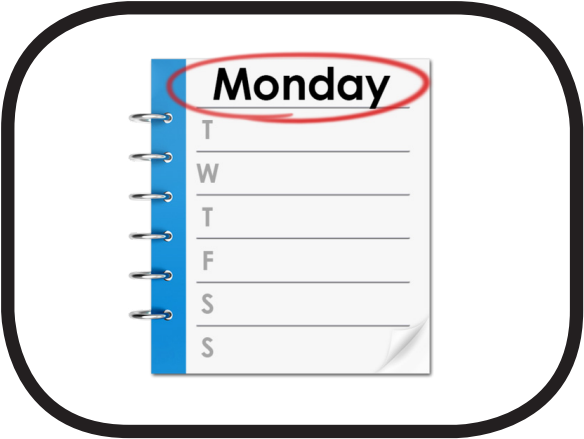


The Wellbeing group was started by Alison Buggie and Joan Gilvarry.
It is supported by staff in Castle.

Wellbeing Group in Castle



In the future we hope that members of the Castle group will support other Wellbeing groups.



The group takes place every two weeks.
It runs on a Monday evening.



The group will look at mental health, yoga, taking part in your community, exercise, healthy eating and sleep.



We will support people to find ways to have good mental health and wellbeing.

QQI Graduations



In 2017, 129 learners in St. Michael's House received QQI awards.



There were four Graduation ceremonies.



QQI AWARD

16 learners received a Major Award in General Learning at Level 2.



Learners from more than 20 different centres in St. Michael's House are taking part in QQI courses in 2017. There are 9 different courses being run.

This easy to read guide was produced by the Information Transformers group in St. Michael's House. This group make information easy for everyone to understand. This group are experts by experience; Adults with Intellectual disability using St. Michael's House services.

We hope that the images used are easy to understand.

We know that there is no one set of symbols that work for everyone.

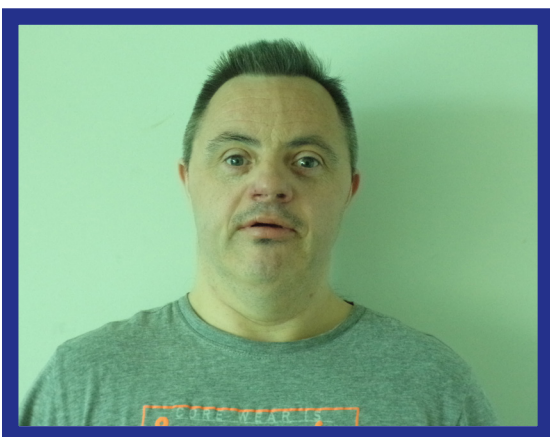
Thank you to the people in Information Transformers

Thank you to the St. Michael's House Speech and Language Department and the St. Michael's House Communications Department.

The group used best practice guidelines for producing easy to read information.

Images were sourced from Boardmaker (www.mayer-johnson.com),

Photosymbols (www.photosymbols.com) and St. Michael's House photograph archives.



Congratulations to Noel Hislop who attends Omni Training Centre.

Noel entered the "Can You Name It?" competition advertised in our last Easy to Read newsletter.

His winning title "The Headlines" was chosen by the Le Cheile production team who worked on our May 2017 newsletter.