

St Michael's House

Activity Hub – A Service User & Staff Perspective



The new going out is just staying
at home.
It's the bingo, the gardening and
all types of baking
Excerpt from the poem 'The Virus' by Ratheanna



Meet the Team Behind the Activity Hub



Sarah Hewitt
Leisure Centre Manager



Feabhra Mullaly
Risk & Incident Manager



Isolde Veld
Fire Prevention



Sabrina Barrett
Quality & Safety Dept



Anne Spencer
CNM1 Nursing





COVID-19 UPDATE: In line with public health advice, visitor and service restrictions are currently in place in St. Michael's House. [See our Covid-19 organisation updates.](#)



COVID-19 Support Pages

[Covid-19 - Children, Young Persons & Family Supports](#)
[Covid-19 - Adult and Family Supports](#)
[Covid-19 - Organisation Updates](#)
[Covid-19 - Video Supports](#)
[Activity Hub](#)
[YourOTC](#)


activityhub@smh.ie

Monday 15th June	TEAM CHALLENGE Wall Ball Challenge with Nuala from Dublin City Sport & Wellbeing Partnership Try this challenge every day and compete with members of your household!	STAY ACTIVE The Body Coach Click here for a seated exercise class Click here for a standing low impact low intensity exercise class	MIND YOURSELF Click here to Learn how to Relax through doing a 'Mindful Body Scan' with Sine
Tuesday 16th June	STAY ACTIVE Everybody Dance Now with Trish from Roscommon Sports Partnership	HAVE FUN Click here for instruction on how to make Ornaments	MIND YOURSELF Click here for a class on Mindfulness with James
Wednesday 17th June	MIND YOURSELF & STAY ACTIVE Tai Chi with Sinead LIVE Facebook Session 11am Everyone welcome	MIND YOURSELF Learn about Mindful Eating with James	HAVE FUN Owen's Garden Owen Smith gives us lots of tips on gardening at home
Thursday 18th June	STAY ACTIVE Join the PPALS (People with intellectual disability as Physical Activity Leaders) leading out an accessible exercise class	HAVE FUN LIVE Bingo with John 3pm Zoom Details will be posted here on the day Click here to print your bingo card Click here for a virtual bingo card	MIND YOURSELF 'Feeling Kindness' Practice with James
Friday 19th June	STAY ACTIVE & MIND YOURSELF Click here to complete a Yoga Circuit by CARA Sport Inclusion Ireland	HAVE FUN & MIND YOURSELF Creative Corner Write a poem or draw a picture on	



What is the Activity Hub?

- The Activity Hub is hosted on the SMH website & signposts service users to a variety of activities and resources timetabled throughout each week
- The Hub is a combination of internally developed pre-recorded and live content and external resources that allow service users to engage in **3 key** areas:
 - **Stay Active**
 - **Have Fun &**
 - **Mind Yourself**
- Currently working towards delivery of more live activities through Zoom based on the feedback to date and requests from service users, staff and families
- It is not intended as a replacement for day service supports but rather a supplementary support during closure but it does have the potential to compliment day service supports as we incrementally re-open day services

Creators / Developers of Activity Hub Content

Many staff both past and present have contributed so far to the Activity Hub these include:

- Suzie Caplis (OT) she has assisted in the development of creative activities along with colleagues in the OT dept
 - Tara Ghalaieny (SLT)
 - Hannah Moloney (Physio)
 - Owen Smith - has devised a video for the Gardening Corner
 - Psychology Dept - have created Mindfulness resources
- We are keen to foster the inherent skills, knowledge and ideas from staff, service users, families and carers
 - We are looking to adopt and adapt new and emerging technologies i.e. devices, software and apps to meet our needs – being pragmatic
 - We are reserving our limited funding for external trainers etc.



Aspirations of the Activity Hub



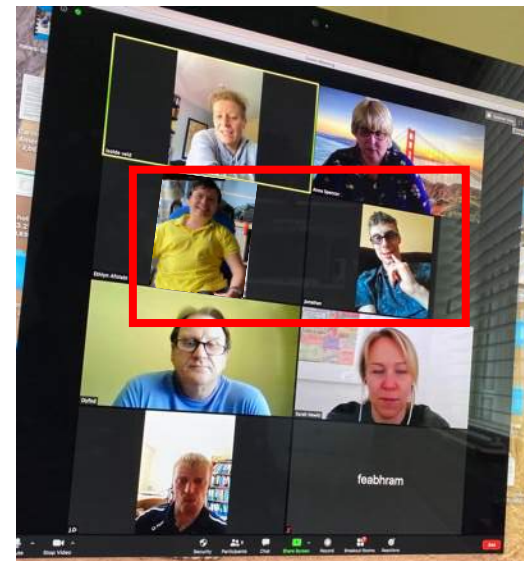
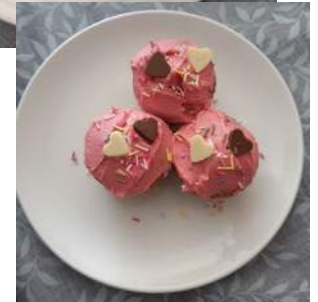
- To create and implement a new way(s) of virtually interacting and providing content to service users in residential units, day services and to those living in the community with families/carers
- Promoting Social Connectedness
- Evolving the Activity Hub to provide a range of special interest groups – for example a community walking group – which can be based on the location of service users
- Facilitate educational and skills based learning e.g. physical education programmes
- Facilitate differing new approaches to the promotion of Individual and Group Health & Wellbeing
- Our intention is to “grow and develop” the platform in response to the needs and wishes identified by all in SMH and to provide more structured and individualised activities

Online Interactions Through Zoom

Catching Up With People



Cup Cake Competition



Arranging Activities With Friends

Types of Activities Facilitated





'We loved the chair aerobic class,
Sunday stretch, mindfulness and
making stress balls'

Ratheanna

'We enjoyed the virtual visit to the
zoo and would like more on animals
and gardening too'

Grangemore Rise



Staff Reflections



**Hazel Cadwell PIC
Ratheanna**

‘it’s been a learning curve for all of us – and we (staff) can see what the Activity Hub could be’

‘Seeing familiar faces helped ease anxieties and they were more willing to engage in activities’

‘the Activity Hub helped introduce a bit of normality’



‘good to see friends – people like John doing the Bingo and Gerry doing the music’

‘if the service user’s needed some space – they could access the activity hub from their rooms’

‘the Activity Hub is a great resource also for those who are at retirement age’

‘we have had time to sit down with the residents and discuss their futures re returning to day services – time to re-imagine the future’

Service User Reflections

‘enjoys the chair exercises’ – they make her feel happy.. And she has lost a little bit of weight too!’



**Steph
Ratheanna**

‘I miss going out in the bus... I wasn’t happy at the start but I am happier now, I go for walks and do arts and crafts on the hub, I love making things’



**Bridget
Ratheanna**

‘I love the bingo and the exercises’

‘I love the art’



‘I miss my friends and I love going out on the bus... but I don’t miss the early mornings’

‘I love the cooking too!’

What Next?

- We need to Promote the Activity Hub – What it is and how to access it?
- Create an Activity Coordinator Network
- Facilitate information sharing about how to use the differing devices and access and interact with the Activity Hub (for service users, staff and families)
- Consider how the activity hub through the creation of tailored activity programmes could support individual service user's PCP's
- Identify funding opportunities for further development of the Activity Hub concept and to support new innovations for the Activity Hub

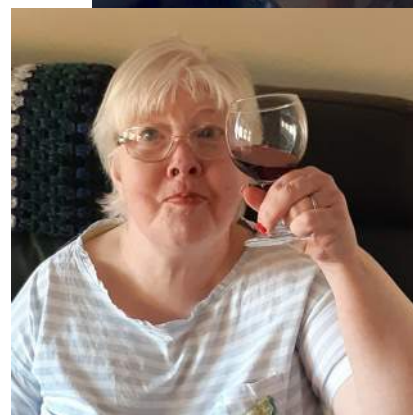


Equitability and **Accessibility** are our core values for the Activity Hub



Do Join Us Online!

- We hope to continue to increase the number of contributors over the coming months
- So this is also a recruitment opportunity too!
- Easy to Read document is also available to download from the Easy to Read Livebinder and from the Activity Hub web page



Thanks to all in
Ratheanna

	What is the Activity Hub?
	The activity hub is on the St Michael's House website.
	The hub has lots of activities for you to do everyday.
	You need to use a smart phone, laptop, computer or tablet and the internet
	Some activities are from youtube. Some are St Michael's House staff that you know that.

St Michael's House Speech and Language Therapy Department



activityhub@smh.ie



www.smh.ie