

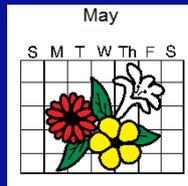


St. Michael's House

# newsletter

# The Headlines

EDITION 3: May 2018



## In this issue:



GDPR



Cara  
"Happiness is Home-Made"



Fast Friends



Work Options  
Art Class



# General Data Protection Regulation (GDPR)



General Data Protection Regulation (GDPR) is a law on how organisations collect and manage people's personal information.

A law is a set of rules.



Personal Information can be:

- Your name
- Your address
- Your date of birth
- Information about your family or guardians
- About your money
- Your files and reports

The law starts in Ireland on May 25<sup>th</sup> 2018.



Personal information is your information.

Nobody can give information about you without your consent.



# General Data Protection Regulation (GDPR)

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General Data Protection Regulation (GDPR) is a law on how organisations collect and manage people's data.



The GDPR law is in the news, in the paper and on the radio.

Every organisation in Ireland is getting ready for this new law.



St. Michael's House have to follow the law and want to keep your information safe.

You will hear more news about this law from us soon.



# “Happiness is Homemade” - Cara’s Unit Phrase

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The service users and staff in Cara have transformed their centre into a beautiful space where people can relax and enjoy spending time together. It is now a bright, cheerful and wonderful place.



Beautiful seating areas invite you to sit and watch the world go by.



Enjoy watching your favourite movies in the Cinema Room.



Spend time talking to friends, watching television and putting the feet up.



# “Happiness is Homemade” - Cara’s Unit Phrase

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You can also enjoy the peace and tranquility of the beautiful gardens in the courtyard.



Be pampered in the Beauty Salon. Get the nails done or create a new look with a beautiful hairstyle.



Family and friends can enjoy the bright comfortable Café.



Congratulations everyone.



# Fast Friends



Fast Friends is a new event to help people socialise and to meet new friends within St. Michael's House.



The first Fast Friends event took place on 13th April.



Everybody met at least 5 people.



The evening was a great success and another one is planned for August



# Noticeboard



Good luck to all St. Michael's House athletes.



Enjoy the games.



Watch out for St. Michael's House New Website

Coming soon.



A LITTLE BIT  
**ABOUT**  
me...

## About.....

# Gillian Gilmore



My name is Gillian Gilmore.  
I am 46 years old and live in WillowGlade.  
I have three sisters Pat, Jean, Catherine and I have one brother Alan. I am closest with Catherine out of all my siblings.  
My family are very important to me. Every week I light a candle for my parents in church.



I am a very friendly person I'm easy to get along with.  
I like having conversations with people over a cup of tea and making new friends.  
I like going out on lunch outings and going to parties.



Baking is my favourite hobby to do, particularly baking cookies.  
My cakes and buns are taken to the Methodist Church every Thursday morning for a community coffee morning.  
I'm generally very creative and giving.  
To relax I like to listen to music on my iPad.

Looking at fashion magazines is another hobby of mine. Beauty is my thing.  
I have lots of make-up as my skin is gorgeous, so I spend a good bit of time in the beauty room in Bon Accord.  
I also like to have my hair washed and blow dried and nails painted.



# Work Options - Art Class



We have been painting different flowers, plants and leaves from the Blessington Basin in Dublin City Centre. We will hopefully have an exhibition soon.



Stephen has a great talent for using oil pastels. Stephen has done a FETAC art course in Colaiste Dhulaigh. He works hard in the art class.



Nicola has painted some large pieces of work and has used chalks and pastels to create these.



This easy to read guide was produced by the ACT (Work Options) group in St. Michael's House and the Communications Department.

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 ACT:

Una Hennessy, Nicole Redmond, Stephen Hennessy, Siobhan Clarke, Jennifer O' Callaghan, Jenny Whelan, Philip O'Reilly, Yvette Goslin, Ken Donnelly and Lynn Conroy. Facilitators: Louise Raftery and Miriam Dunne

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

Photosymbols ([www.photosymbols.com](http://www.photosymbols.com)) and St. Michael's House photograph archives.