

THE HEADLINES

Easy to Read



KEEPING SAFE FROM CORONAVIRUS

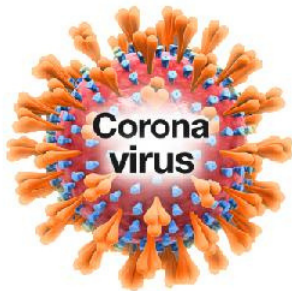


CELEBRATIONS DURING CORONAVIRUS



ACTIVITY HUB

Keeping Safe



Keeping safe from
Coronavirus.

A woman with brown hair, wearing a black top, is smiling and giving a thumbs up gesture with both hands.	<p>I can stay safe.</p>
A man in a red polo shirt is waving his right hand. To his right is a Corona virus particle with a large red 'X' over it, indicating it is not safe.	<p>Safe means I try not to get Coronavirus.</p>
A woman in a black uniform is standing in the center. To her left are several circular icons containing photos of different people. To her right is a Corona virus particle with a large red 'X' over it, indicating it is not safe to give to others.	<p>Safe means I try not to give Coronavirus to someone else.</p>
Three staff members (two men and one woman) are standing together, all giving thumbs up gestures.	<p>Staff can help me to stay safe.</p>

	<p>I can stay safe when I:</p>
	<p>Cough and sneeze into my elbow.</p>
	<p>Use a tissue and put the tissue in the bin.</p>
	<p>Wash my hands lots.</p>
	<p>Don't touch other people.</p>

 <p>2 metres 6 feet</p>	<p>Stay far away from other people. This is called physical distancing.</p>
	<p>Don't touch my mouth or nose or eyes.</p>
	<p>Keep my house clean.</p>
	<p>Tell staff if I feel sick.</p>
	<p>Staff help me to stay safe.</p>

Celebrations



Happy Birthday Sean and Stephen from Dublin Fire Brigade. Sean and Stephen attend the Raheny and Adare Hubs



Happy 70th Birthday Darerca. Darerca lives in Kennington and attends Templeogue.



Gareth from Newbrook celebrating his birthday

Keeping Busy

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Well done Martin on your amazing mural in The Pines



Ann from Ardbeg and her 1000 piece jigsaw. Super job!



Tony in Rathbeale Road spring cleaning the garden. Well done Tony!



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.

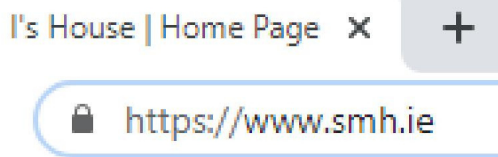




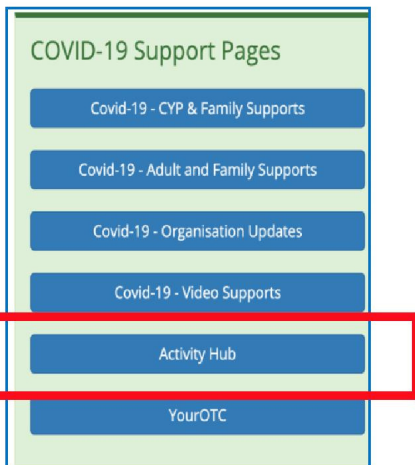
How to use the Activity Hub



Open up your web browser.



Type in the web address www.smh.ie



Choose the Activity Hub

Tuesday	Age & Opportunity Bealtaine Series Relaxing Audiovisual Video 2 with Voice Relaxing Audiovisual Video 3 with birdsong	Cara Aerobic Circuit 2 Seated or Standing	Mindfulness with James
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Choose the activity that you want from the timetable.



This Easy to Read newsletter was produced by the Communications Department and the ACT Group in St. Michael's House Work Options.

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

This group make information easy for everyone to understand.

We hope the images used are easy to understand. We know that there is no one set of symbols that work for everyone.

Images used in this edition: Photosymbols, internet images and photos from St. Michael's house photograph archives.



Merry Christmas
to everyone in
St. Michael's House

and

Wishing you all a very
Happy New Year

