



Brothers of Charity Clare

love and respect for all towards a full and valued life

The Clare Connect Clare – July 2020

The main theme of this edition is

Lifting Restrictions – Lifting Spirits

Brought to you by the

Chairperson and Clare advocates.

July 2020



THE CLARE CONNECT

BROUGHT TO YOU BY THE SHANNON ADVOCATES

Welcome,

Welcome back the fourth issue of our advocacy newsletter!! We want to thank everyone who sent in their submissions for the June newsletter. Without you guys, we wouldn't have had anything to put together!

We also want to thank those who have sent in information for our July edition! We loved seeing what the amazing advocates here in the Banner County have been up to since the last newsletter.

A message from the Chairperson

Claire Nagle

My name is Claire Nagle I am the chairperson of the Clare platform I would like to say thank you to Shannon for asking me to put in a small piece about Covid 19.

I just would like to say over the past 4 months it hasn't been easy for everybody around the world as everyone is going through the same thing and also following the BOC guidelines.

I just would like everyone to know that all this is about keeping everyone safe, and I know that a lot of individuals are finding it tough and hard, but all I want to say is that we are going to get through this and in time it will be over. We just have to be strong and remember this is only to keep ourselves safe and everyone is going through the same thing,

If we all follow the guidelines and understand that one day we will have a gathering, all this will be over, it is going to take time. We are strong, and tough and don't be too hard on each other and stick together and keep positive just keep doing what everyone is supposed to do. I will try and do what I can to help in anyway I can as my role as the chairperson.



Richard Collins



East Clare and Shannon Regional Manager

I'm looking forward to meeting people again now day supports will start to open across Co Clare.

We have worked hard to keep ourselves and our families safe. We will need to continue to be as careful as ever.

It won't be the same as before and not every place is open but we plan to take every opportunity to get out and about safely.

Thanks again to everyone for helping as best they can.

Richard Collins

An uplifting message of encouragement from Clare Senior Hurling Manager and Shannon Native Brian Lohan



Hi

Hope you are all well.

This has been a very challenging year for all people in Ireland, but we have things to look forward to. I'm looking forward to getting back training with the Clare Team from the 15th of September, to representing the county in the Munster championship and hoping that we will have supporters shouting us on. Whether you are a player, manager or supporter, everyone has a responsibility to do their best for the good of the team or the county and we will be doing that. I and all the players really appreciate the support we have got and continue to get from every supporter at the Brothers of Charity Clare.

Someone once said that if you want to make the world a better place, start with making your bed. The small steps that you take on a daily basis lead to a small sense of pride. The little things matter, the first task of the day is accomplished and that will lead to you to take another task, and another, and another.....

We all have tasks to do regardless of what you think, everything you do matters and everything you do well matters. There will be challenges along the way, start with the easy tasks and then move forward, doing your tasks always to the best of your ability.

Thank you for taking the time to read this note, I wish all those in the Brothers of Charity Clare well and I hope that you are looking forward to September also.

Kind Regards

Brian Lohan



Working Hard On July Newsletter



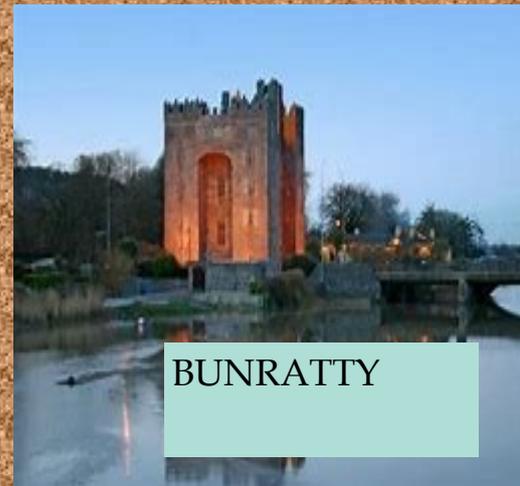
Karen Lynch



Shannon Region Includes Advocates from



DRUMLINE



BUNRATTY

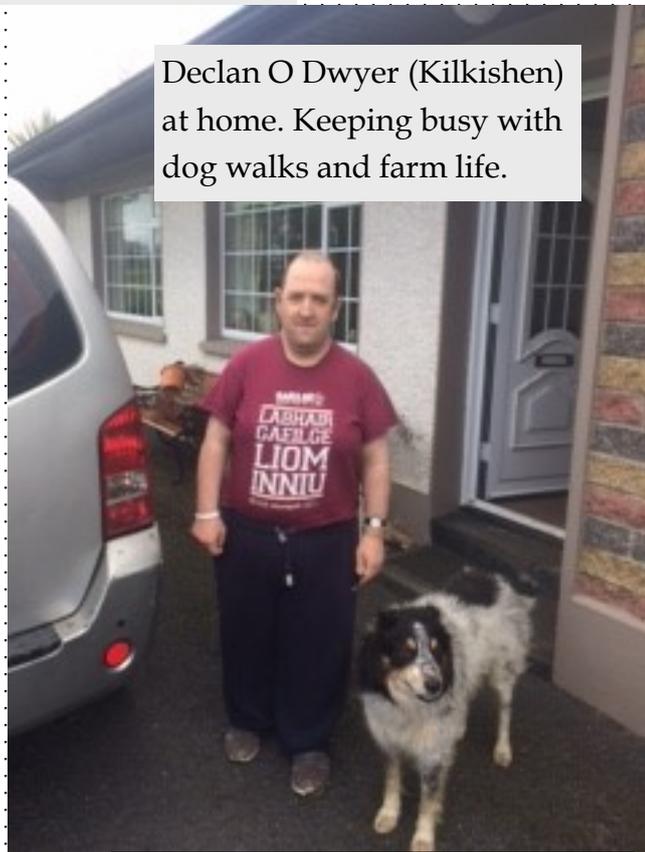


Keeping in contact with the Advocates who are in Shannon Dayservice.

Each one delighted to get a visit and being delivered Junes Newsletter



Daniel Rowe (Drumline) showing off his new haircut now that restrictions are being lifted he went straight to his sister and got a cut.

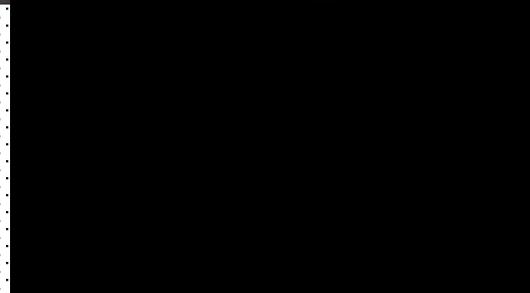


Declan O Dwyer (Kilkishen) at home. Keeping busy with dog walks and farm life.

Shannon Advocates



Ronan Keane (Sixmilebridge) Cant wait to return to Day Service



Colin Martin outside Carrigoran Nuring Home in Newmarket On Fergus After a visit to his Aunt



Ger and Eugene outside Newmarket-On-Fergus Church



Kenneth Meade watering flowers outside his house in Shannon

Shannon Voices



Neighbours
Helena McInerney and Coleen Mulcahy having a social distancing chat



Bryan Murphy enjoying a stroll along Kilkee Beach



Ger and Eugene (Newmarket-On-Fergus) outside their Apartment in Newmarket-On-Fergus

Patrick Fitzgerald
Shannon
Day-Service
Receiving the June newsletter



Bryan Murphy enjoying his birthday party with friends and Staff. Now that restrictions have been lifted Bryans social distancing party got the go ahead and was so much fun.



Shannon Community Garden



Shannon Community Oasis Garden

Donagh McMahon and Kenneth Meade volunteering at the Community

Garden. They will be caretaking and maintaining the garden so it can be enjoyed by everyone. The people responsible for the long established Oasis garden have generously involved us in the new expansion of this valued community asset. Ken & Donagh have been involved from the start and are looking forward to more and more people coming on to take part and unlock the potential hidden in this new area

Terry the man responsible for this garden contacted Trish Dillon to know if the BOC be interested in developing and maintaining this garden alongside the Mens Shed . This is inclusion at its best.



Green fingers

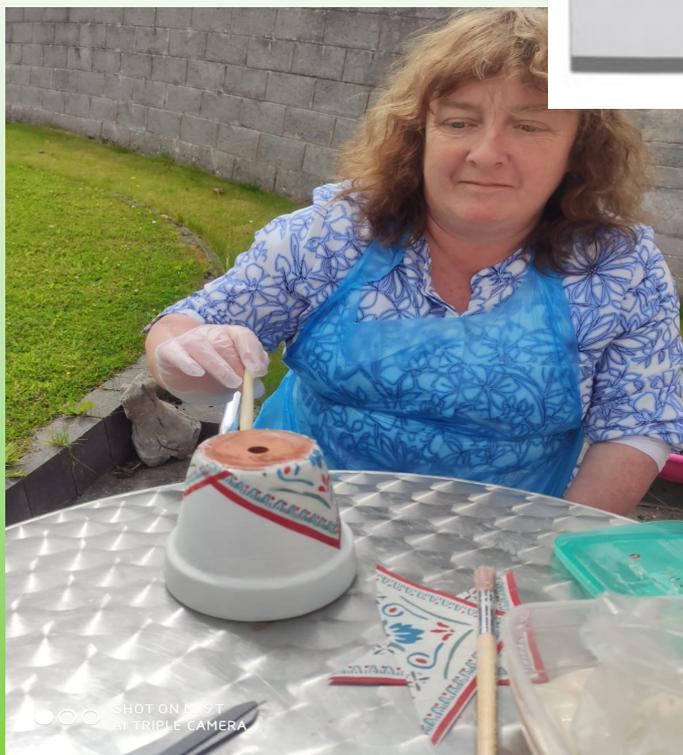


Shannon Community Garden 2020

Teresa Cross

Teresa bought terracotta pots. She then painted them and put Caroline Donnelly napkins pasted on.

They look fantastic Teresa what a great idea.



Sylvia O' Doherty

COVID 19

Covid 19 was hard during lockdown but when I look at what I did during this time, I realise that I may not have done this only for the Covid 19 being around.



A picture of me in my most favourite place "Home."

Fantastic Attitude



Seeds I got from the box I received from Day Services. First time plant-

Sylvia O' Doherty

Banana Cake -Sylvia started baking during Covid 19 and is now making it every 2/3 weeks. Her housemate Pauline and Sylia like it with Nutella.



Congratulations



Sylvia received this from Trinity College in Dublin. She submitted her banana bread recipe and her tablemat she made during the Covid 19.

She also completed a step challenge with V.T. Average steps would normally have been 3,000 a day but Sylvia was reaching between 8,000 to 10,000 well done. She walked twice a day morning and evening and Sylvia feels really good about this.

Eating out again :)

Eating out again :)



Claire Nagle

Claire pictured here in The Grove in Roslevan after months of lockdown having a mocha. Claire said it was lovely dining out again

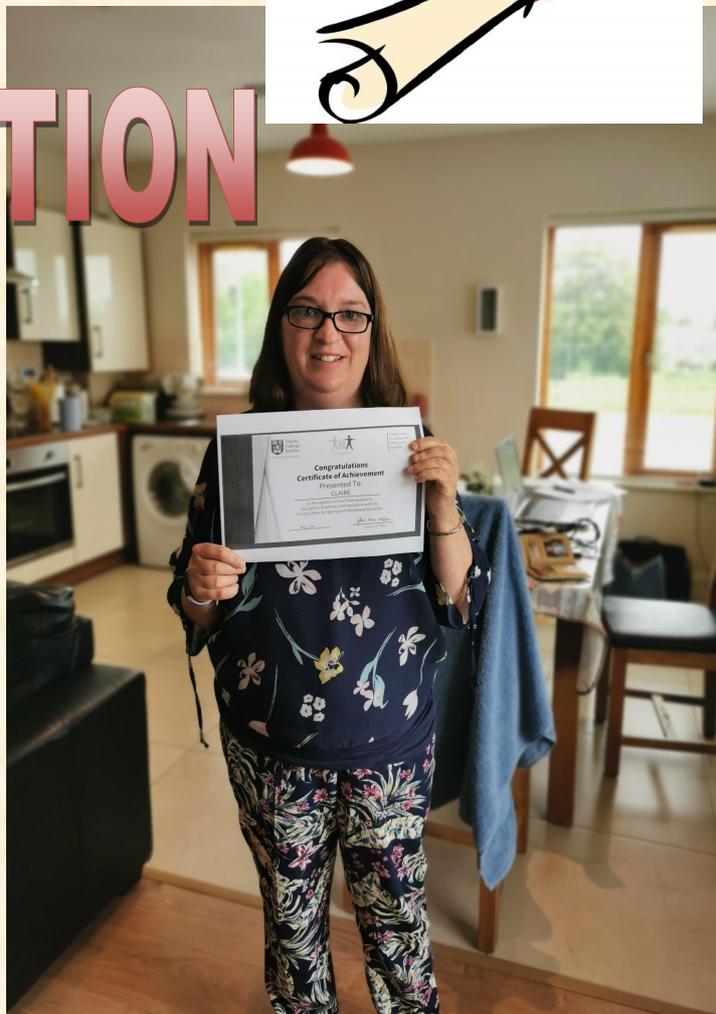
Claire will Never take anything for granted. AGAIN.



CONGRATULATION

Here is a picture of Claire with her cert from a writers competition in Dublin Trinity College for individuals with intellectual Disability. She submitted her story of the coronavirus. Claire said It was great getting this cert and she is delighted with herself.

And so are we :)





MARATHON

Sarah's latest achievement.

Sarah completed a Marathon in a Month and in doing so she raised

€1080.80 for the

Irish Cancer Society.

Sarah is pictured crossing the finish point.

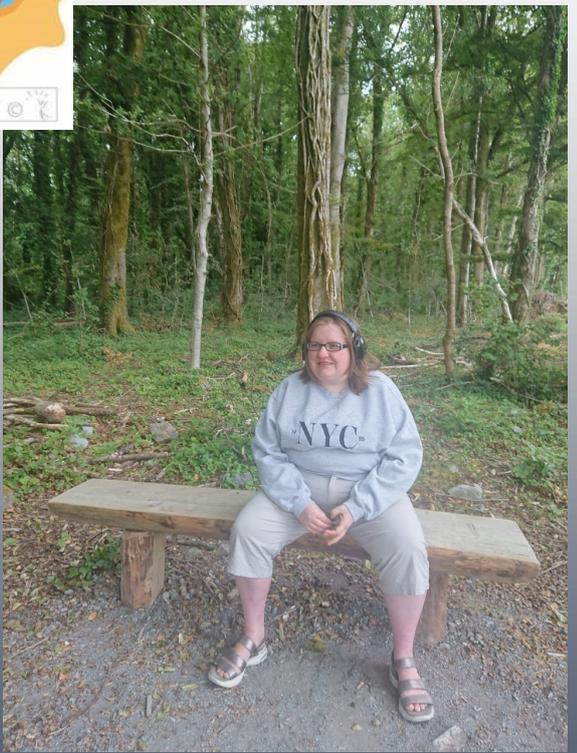
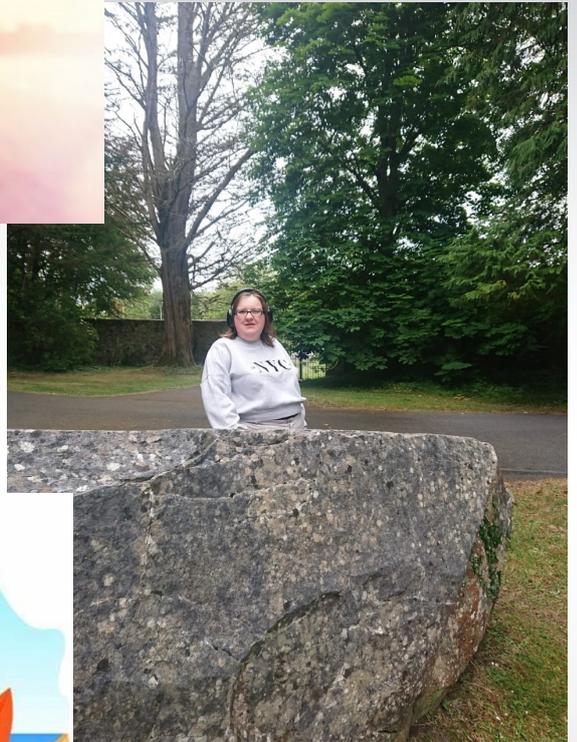


Courtney, Therese and Eilish from Empower



Are enjoying getting out and about in the fresh air.

Life is better with true friends



This morning we drove down to Lahinch.
I saw big tractors for farming.
It was raining when we arrive to Lahinch.
There were very few people.
Some of them were surfing and some are walking.
It was raining but the waves are calm.
It was beautiful.
I Enjoyed watching the waves.
Yes it was fun to be there.

Eoin's thoughts during Lockdown

Fergus House



John enjoying some activities in
Miltown Malbay



MY TRIP MY ADVENTURE

Ross Williams

My Trip to the reptile zoo.
Me and Steve went up to Kilkenny today.
We went to the reptile zoo. At the zoo we saw all different animals like crocodiles that were swimming in the water, lizards that were hanging from the trees and some big iguanas that were pretty much all over the place. We took some photos and these are some of the animals we saw. We went here on Friday the 10th of July. I had a really good day at the reptile zoo. My favourite animal and new best-friend is now Battle the 11 foot American alligator. He was pretty cool. He liked to swim and relax in the water. At the end there was a really cool gift shop where i got an awesome magnet that had a photo of Battle. After this we headed back to Ballina/Killaloe, i had a great day at the reptile zoo today.
Ross Williams.





Ross Williams





For me, Suzanne, I am looking forward to when restrictions are lifted I will be able to do all the things I liked to do before and I miss now.

I want to go back to my work experiences in the church, restaurant and the shop. I always looked forward to going to the local library a

couple times a week and I haven't been able to do it in months.

I also enjoyed going to the swimming pool for exercise and relaxation with my friends.

I miss my social outings while on respite and miss all the people that joined me in my service.

When I can do all this again it will lift my spirits and give me a smile on my face again.

Suzanne Keane



**WORK
EXPERIENCE**



Hello, my name is Anne Marie Harte and I live in Kilkee. I've been staying at home for a very long time now and I've hardly been anywhere since March.

I have been helping my mum a lot and using my ipad. I was able to go to Ennis recently to my nephew's birthday party.

I'm really looking forward to getting back to my normal routine and seeing all my friends at the day centre.

I can't wait to see my volunteer Gloria and meet her out for lunch.

Love Life
Laugh Lets
Love Forever

The Patio at her home full of beautiful flowers



Martina

Has been busy

#InThisTogether

White Strand Beach



Martina has done a lot of walking, went for drives to Lahinch and Spanish Point. She bought a new iPad and used it helped her with her VT course. Martina have been watering flowers daily and even managed to fit in a salon visit this week and got her hair done!

Ballyalla Lake





My name is Helen. This is me playing my drums.

I love going drumming. It is great fun and I enjoy it. It takes my mind of other stuff. I go on Tuesday. Not only do we play drums, but we also play bells and shakers. For second part everyone goes in groups. We play different beats. I always go for the easy one, sometimes when I put my hand up John advise me to go what is easy for me.

I meet lots of friends at drumming. It is nice way to meet people and chat. We all enjoy it. Drumming is one of my favourite activity.

I meet my friend Marcella there.

JJ Kelly

JJ has made bird tables and some garden furniture. He also became self-sufficient growing potatoes and vegetables.

JJ enjoyed getting outside in the beautiful weather.



JJ has been very busy during lockdown



HELLO

Hi, my name is Kieran Donnellan. I am from Knock, Killimer.

I've missed going to work and seeing my friends.

My key worker came to see me and gave me the good news my day service will be starting again in August.

I'm looking forward to seeing all my friends soon and going out bowling or to the cinema.

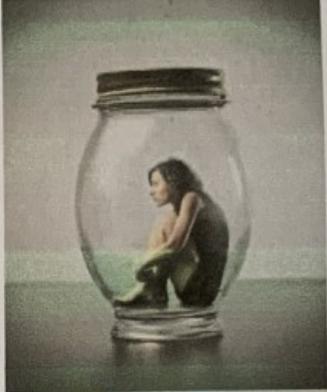
I have been practicing at home washing my hands, keeping social distance and I have my facemasks ready for when I need them for going out!



New HSE Covid Guidelines July 10th 2020

Some highlights... After complaints by people with a disability living in the community (including some from our own service) new guidelines were drawn up

The Full Text is here- <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/right-based-guidance-on-the-management-of-ipc-risks-in-disability-services.pdf>

| Issue | Action / Response | Image |
|---|---|--|
| <p><u>1.0 Background and Context</u></p> | <p><i>“treating people with disabilities differently to members of the general public, must be avoided where at all possible”</i></p> |  |
| | <p><i>“Each situation must be individually assessed”</i></p> |  |
| <p>Much of the guidance for Residential Care Facilities has been focussed on large congregated settings like nursing homes. This guidance does not always apply to community based homes.</p> | <p><i>“Supports should be tailored to people’s circumstances and not just adopting (“one size fits all”) universal measures”</i></p> |  |
| <p><u>3.0 General Measures to mitigate risk of COVID-19 Wearing Masks</u></p> | <p><i>“wearing of masks by visiting family members or friends is not always appropriate particularly if they are in a room with only the resident.”</i></p> |  |

Are you being asked what you would like?

“the person using our services should be making informed decisions about the support that he or she receives”



4.1.2 People with disabilities are looking forward to going out to restaurants and pubs for a meal and a few drinks. What precautions should staff take when supporting people to do this?

Advice- “Make an individual risk assessment and consider public health guidance. Support the person to make an informed decision about precautions they need to take, as hand hygiene and cleaning of wheelchairs etc.”



4.2.3 An example: Four people with disabilities share a house in the community. None has underlying medical conditions or Covid symptoms.

Advice –“Social contact and interaction is important for everyone.

The decision on how many visits and how long should be the same as for the general public living at home; otherwise the rights of the person with a disability are being infringed upon.

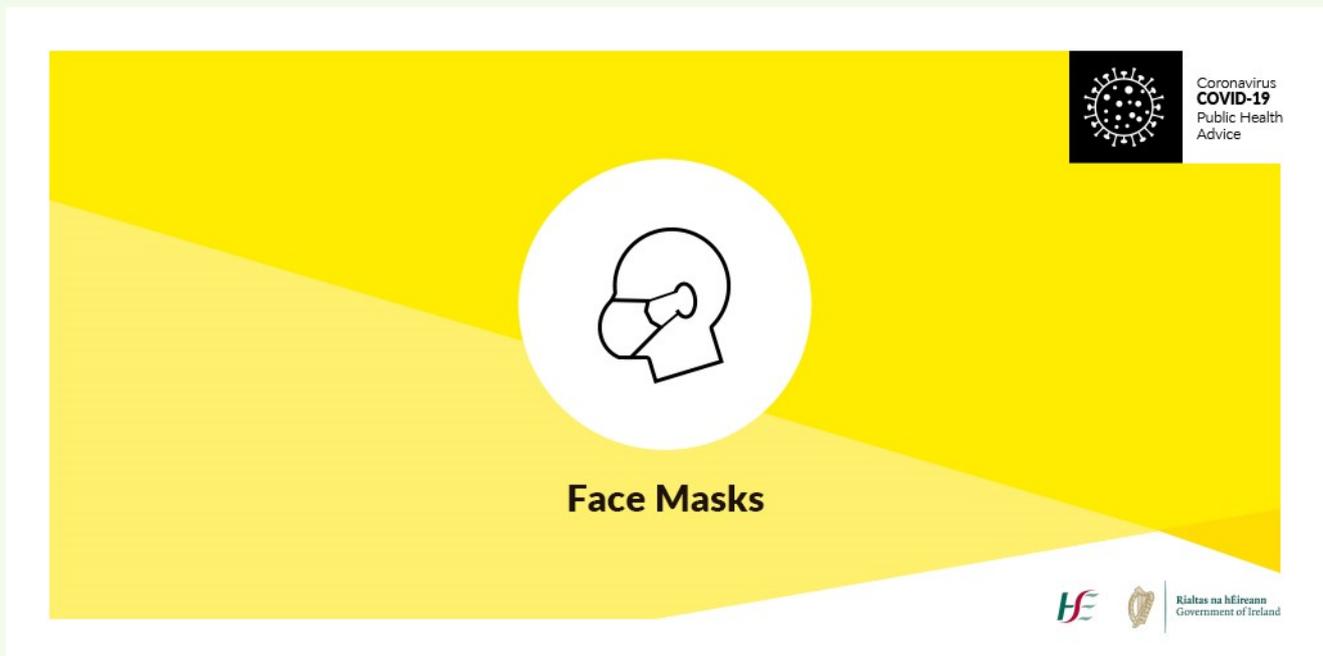
The Residential Care Facilities Visitor Guidance restricts visiting to two named people, once a week, one at a time (**this guidance is currently under review**). However, a person with a disability may want to meet more than two family members, or friends per week.

Apart from asking visitors to declare they have no symptoms or temperature, the guidance about visits to home gatherings should be the same as for the general public.”



Update 15/07/2020

The Government agreed today that face coverings should be worn by all customers in shops and shopping centres across the country.



As of Monday 13 July, face coverings are required on public transport.

-Wearing of cloth face coverings may help prevent people who do not know they have the virus from spreading it to others.

-If you wear one, you should still do the important things necessary to prevent the spread of the virus.

These include:

(a) washing your hands properly and often

(b) covering your mouth and nose with a tissue or your sleeve when you cough and sneeze

(C) not touching your eyes, nose or mouth if your hands are not clean

(D) social distancing (keeping at least 2 metres away from other people)

How to use Face Coverings



Coronavirus
COVID-19
Public Health
Advice

ALWAYS CLEAN YOUR HANDS BEFORE **AND** AFTER WEARING A FACE COVERING

Correct Covering

Medical masks should be reserved for health workers or patients in treatment.

If you have been advised to wear a medical mask, always have the coloured side showing and the metal band at the top of your nose.



Check Your Fit

Check that the face covering is made from a fabric that you are comfortable wearing.



Check that it is easy to fit and completely covers your nose and mouth, all the way down under your chin.

Tighten the loops or ties so it's snug around your face, without gaps. If there are strings, tie them high on top of the head to get a good fit. Do not touch or fidget with the face covering when it is on.

DO NOT:
Wear the face covering below your nose.



DO NOT:
Leave your chin exposed.



DO NOT:
Wear it loosely with gaps on the sides.



DO NOT:
Wear it so it covers just the tip of your nose.



DO NOT:
Push it under your chin to rest on your neck.



FOLLOW THESE TIPS TO STAY SAFE:

ALWAYS wash your hands before and after handling your face covering.

ALWAYS change your face covering if it is dirty, wet or damaged.

Carry unused face coverings in a sealable clean waterproof bag, for example, a ziplock.

Carry a second similar type bag, to put used face coverings in.

CHILDREN UNDER 13 should not wear face coverings.

ALWAYS wash cloth face coverings on the highest temperature for cloth.

Safe Removal



Use the ties or ear loops to take the face covering off.

Do not touch the front when you take it off.

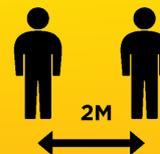


Disposing Of Single-Use Mask



Always dispose of single-use masks properly in a bin.

Don't forget to clean your hands and keep social distance.



Stay safe. Protect each other.



Rialtas na hÉireann
Government of Ireland

News



Adult Disability Day Services and COVID-19 What's Happening? July 2020



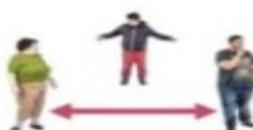
The HSE has provided guidance to support day services to reopen safely.



In July, service providers will be in contact with service users and families. They will tell you about the work they are doing to reopen services, when they will open and what the service will be like.



Day services will reopen slowly during August. Some services will open quicker than others. Some services have holidays in August and will open after this.



People have to stay more than 2 metres apart because of Covid-19. Because of this some services will have less people at any time.



School leavers who are joining a service in September will be called by the HSE during July and August to talk about how their service will start.

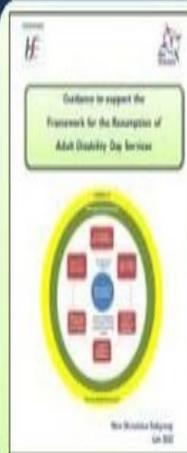
News



Adult Disability Day Services and COVID-19

What's Happening?

July 2020



National guidance to support the reopening of adult day services has been reviewed by the HSE Infection Prevention and Control Team and is now being distributed widely throughout the day service sector.

Guidance is available on www.hse.ie/newdirections

Day services will gradually resume during the month of August

- All Service Providers are working to get day services ready for reopening.
- Service Providers will be in touch with all families and service users during the month of July to discuss when they may expect the resumption of their service and what that service will consist of.
- Some Service Providers will be able to phase in the reopening of day services at a faster rate than others as some day service staff are supporting other disability services and arrangements for their return to day services will have to be made.
- Some day Service Providers take holidays in August and those providers will commence the phasing in of day services after their August holiday break.
- The HSE Guidance staff will be in touch with people that have left school in 2020 and need a HSE funded day service in September. They will discuss how their service will commence.



Because of the 2 metre physical distance requirement – the number of people in a day service location at any time will be reduced.



Service Provision during COVID-19 National Public Health Guidance
 Maintain Social Distancing • Hand Hygiene • Cough Etiquette • Personal Protection Equipment



1. Sit in a chair or on a cushion with your back as straight as you can.
2. Lift your shoulders up towards your ears, then roll them back gently, releasing tension here.
3. Imagine you are smelling your favourite flower.... Take a slow deep breath in through the nose
4. Now imagine with all that lovely breath, you are slowly blowing out a candle, gently breathing out. 5. Breathe in through the nose (smell the flower)
6. Breath out through the mouth (blowing out the candle)
7. Do this simple breathing exercise for about 1-2 minutes, you will feel so much calmer.
8. Why not try this in the garden or when you are out and about? Note: if you have allergies, simply use this breathing with your favourite smell. (cake is one of mine, yummy)
9. Sometimes counting breath can help, Try to breathe in to the count of 4 and breathe out to the count of 8. Your Out breath needs to be longer to encourage your body and mind to relax.

RIP John Maguire

1970 - 2020



After time in the Ennis services John became part of Shannon outreach services for over 14 years. Where he opened and ran a successful Woodwork Shop in Ballycasey.

He was a homeowner, businessman, son, brother, uncle and friend. His workshop was always busy but no matter how busy he was sanding, cutting, varnishing or painting, there was always room and time for visitors and friends. Pictured here with his beloved dog FINN.

Book of condolences available in Abbey House, Shannon.