

# ST. PAUL'S Autumn / Winter 2013 NEWSLETTER

7<sup>th</sup> Edition

## “ Activity August”

This year it was decided to explore a new pilot project for the month of August, whereby parents were invited to participate in activities and



outings with their child. Naming it “Activity August”, the project placed greater focus on parental involvement and empowerment, with parallel support by one member of staff from St. Paul's. Karen Mings, Childcare Leader, acted as co-ordinator to develop a fun timetable of chosen activities. Family, friends and volunteers attended every 2<sup>nd</sup> week-day throughout August, with 11 families ultimately attending. Excursions included the usual favourites, Tayto Park, Rathbeggan Lakes Activity Centre, Butlers Chocolate Factory, Ardgillan Castle & Playground, Lullymore Heritage & Discovery Park, Imaginosity Sandyford and Dublin Zoo. Support by the

local Community Garda was of great benefit in terms of free transport for those families who availed of the facility. As part of a planned feedback, by way of a post-project questionnaire, parents expressed delight at seeing their child being able to participate in many activities in the community, whilst interacting together as a family. The use of visual supports helped to make “Activity August” a great success as they enabled each child to make choices and to understand where he/she was going and what was happening next. The pilot project also provided parents with the opportunity to meet and get to know other parents who shared similar

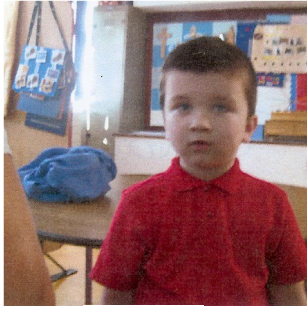


challenges. They became a great source of practical support for each other, sharing tips and information and providing a sympathetic ear. Siblings proved to be great playmates for some of the children and also bonded with each other. One parent commented that it was therapeutic for her son to observe

and model other siblings with their brother / sister with autism. Parents fed back that they found it helpful to have a staff member present to reinforce strategies/principles taught at parent-training sessions by the multi-disciplinary team.

The end of “Activity August” was celebrated by a barbeque party in St Paul's, with face-painting, balloon art, dancing and party games for both children and adults attending St Paul's and their families. Each family received a mini-album of photographs so as to have a visual reminder of the good times. It is hoped that this new model of summer programme will run over both July and August for the coming years.

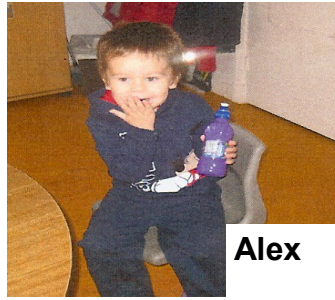




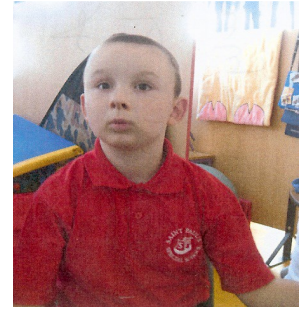
**Liam**



**Cillian**



**Alex**



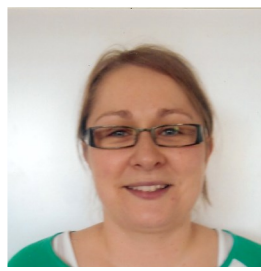
**Artur**



**Naoise NigFhlionn  
Teacher**



**Colette Freeman  
Teacher**



**Sarah Tester  
Teacher**



**Magda Gaik  
Household**

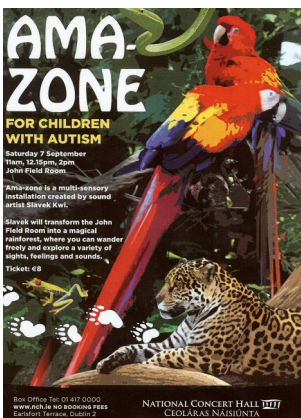
Farewell to Margaret Walsh, May Barber and Ted Cullen all of whom retired recently after many years of dedication and commitment to St Paul's.

Chef Orla Mc Kay and Care Assistant Mohamed Al Tayeb who are moving on to take up new positions in the Mater Hospital.

**Christina** is now happily settled in her new adult accommodation in "Nua Healthcare Services".



Best wishes to



The National Concert Hall was transformed into an enchanting Rainforest, where Kayleigh and the boys wandered freely and explored a variety of sights, feelings and musical sounds.

Kayleigh, Kevin, Oscar, Cillian and Sean had a wonderful time experiencing the magic of the Amazon Rainforest on their recent trip to the National Concert Hall. The John Field Room of the Na-

The children followed the sounds of a wooden canoe floating between trees in the flooded rainforest. The sounds are from the composer Slavek Kwl's own recordings from the remote Amazonian jungle of Brazil. Gentle interludes of classical music added to the wonder of their experience. Childcare Worker, Erika, found parents were delighted with the shared experience and many commented how their children appeared more relaxed and happy as they wandered in and out of the session. Well done to everyone and we'll be back next year.



Following on from the great success of our Summer Programmes, a two night trip to the Kilcorby Log Cabins in Cavan was planned in September for six of our residential service users, supported by six staff. The cabins were self-catering, which provided a great opportunity for everyone to get involved in preparing their own meals. Arriving on the first afternoon, we took our time settling in as everyone chose their bedrooms and unpacked. We were very lucky to have a games room on site and both staff and children enjoyed playing table-tennis and pool in front of a roaring fire. Going out to dinner, perusing the menu, choosing their favourite foods and paying for their own meals, was an activity enjoyed by everyone throughout the trip.

The next day, despite heavy rains, our



group of adventurers headed to The Marble Arch Geo Park for a very interesting tour of the caves. Descending 144 steps into the impressive caves and listening to the underground river rushing past us, we were guided through the rock formations by our tour guide. Everyone seemed to really enjoy the experience. Afterwards, we drove to Enniskillen where we explored the town. On the final day, between showers, we went for a lovely walk by the river. After lunch the bus was packed and then everyone enjoyed a few games of bowling. Arriving back in St. Paul's that evening, we were a tired but a very happy group.



Last September 2012, I was doing an in-service course called 'Values to Action', working on a cycling goal with Oisín C. Oisín was used to cycling within the grounds of St. Paul's but it

was time to expand his cycling experience into the community. Linking with Oisín's dad and sister we planned the ambitious but exciting Greenway Cycle trip. The Great Western Greenway is a 42 km trail that stretches from Westport to Achill Island and was built

along the railway route which closed in 1937. The fact that it is traffic free is one of the reasons for its massive success since it opened 18 months ago. The trail goes from Westport to Newport (11 km), from Newport to Mulranny (18 km), and then from Mulranny to Achill Sound (13 km).

On the 8<sup>th</sup> August 2013, Oisín, his dad, his sister and I cycled from Newport to Westport and back. We cycled 22 kms in total, stopping for lunch when we reached Westport. We cycled in all weathers – in rain, sunshine and windy conditions. It was tough but fun as we used the promise of an ice-cream to motivate Oisín

to keep going. On day two, we cycled 26 kms from Mulranny to Achill and back again. Oisín coped very well tackling the steep inclines. With a post-cycling appetite we were then delighted to tuck into dinner. The 'Values to Action' goal was a great success and Oisín enjoyed achieving his goal. We are both looking forward to the next challenge.







### What I Do at the weekend

On Friday Morning I Go To Breakfast Club with Breda

Then I Go on Social Outing To Super Value with My Class

I Get Chicken Wings

After School I Go to Respite

I Go to the Snowflake Club in Swords

I Play Games

On Saturday I Come Home From Respite

I Stay At Home with Mammy And Daddy And Stephen And Luca

On Sunday I Go To Town with Mammy And Daddy

We Go To Game Stop on Eden Quay

We Look At Box Sets

On Monday Morning I Go to School

Francesca  
Age 16

Francesca  
Age 16

What I Like to do in school :

I Like to go to horseriding. I go with Deirdre, Tara and Breda every Tuesday. I

ride a horse named SPARKY. Horseriding is on in Ashbourne.

Marcus  
Age 13 1/2

Age 13 1/2

### My Work Placement

me and my friend's sean daniel and Shane have started a work Placement in newbarn farm. We spent our time Packing Potatoes egg's and feeding the animal's. When we were finished we had a drink in the coffee shop. We all worked very hard and would like to thank Yvonne for giving us the job. I can't wait for the next visit.

Jason Jason

### My Last Year

My Name is Shane Gribbin. I started St Pauls Sept 2002. Mummy Dropped me to Audrey in Hospital Reception. I said goodbye to Mummy. Audrey brought me to Fionnuala Class. I will be finishing St Pauls in June 2014. I sad to be leaving I will miss my friends + Teachers. 2014 is important. I will be 18. I will go to oldtown House Pub. in June will be my graduation. Everyone very sad. I will be going to Prosper Fingal in Swords September 2014. I excited. I will visit St Pauls in october to look around. Everyone welcome. back.

bye Shane Gribbin  
Age 17

Shane  
Age 17

Tracy  
Age 13

Age 13  
PP2



## I am very lucky

I have my health, a loving husband and a great family of 3 teenage boys. My boys are funny, kind and very good to each other. They have to be because the youngest Conal who is nearly 14 is autistic. Anyone reading this will realise the enormity of that statement. When the diagnosis is made you go through all sorts of processes: denial, anger, bargaining, depression and acceptance. I couldn't possibly say where the family and I are on the process. Everyone reading this knows the heartache involved: What does it mean? Where does his future lie? What does it mean for the rest of the family? How do I make sure his siblings are not adversely affected? How do I make sure he gets the most appropriate support to achieve his potential? How much does it cost? On the other hand, my son is so much fun. There is no guile in Conal. He is incapable of deception and is loving & lovable. He enjoys swimming, fireworks, Christmas, birthdays (every birthday is his birthday in our house), crunchy food, YouTube, Buzz Lightyear, Toy Story and....big squeezes! Conal loves holidays and experiencing all forms of transport. After the summer holidays Conal immediately looks forward to Halloween and the 'big bangs'—fireworks. From the beginning of September this year we had to put up pumpkin decorations. Dublin Corporation provided a fantastic fireworks display in Donaghmede and the look on Conal's face was pure joy.

Coming home from the fireworks display he said 'christmas decorations'. Because Conal is in our family we roll from one holiday to another. From the 1<sup>st</sup> November we have had the Christmas decorations up in our house. Santa will be coming to our house for a long time because Conal lives here. That makes us very lucky. We're just waiting to win the lotto now!

**Barbara McKelvey –  
Conal Galgey's mother**

## Music Fundraiser

My name is Emer Lynch and our son Conor attends St. Paul's Special School, Primary 4. I sing with the Garda Ladies Choir and on the 8<sup>th</sup> November we sang in a musical fundraiser in 'Our Lady of Mercy College', Beaumont, in aid of St. Paul's Special School. The Airport Police Band, the Fire Service Band and Our Lady of Mercy Chamber Choir, which included instrumental soloists Aine Murray and Fiona Boyle, accompanied us on the night. The night was a great success and was enjoyed by all who attended. It was great to see all from St. Paul's there and they even participated in the singing and tried out the instruments. The fantastic finale closed the concert with all choirs singing together. Well done to all who participated and who did an outstanding job.

**Emer Lynch**

## In our Experience...

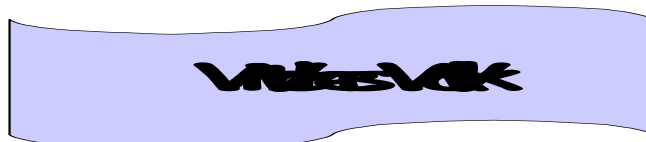
I am writing this as a parent, but also I am a staff member working in St. Paul's. My little boy Liam who was diagnosed with autism, is currently attending the Early Intervention Class in St. Paul's Special School. He started in September this year and is settling in well. Liam also suffers with Hyperkeratosis (a skin condition which can cause the skin to become very dry and rough). With the approval of the family GP, I started Liam on a gluten-free diet, as I found he was frequently unwell with chest infections. I also started Liam on Eskimo Fish Oils which provides lots of omega-3, 6 and 9, as well as vitamin D and E. I believe taking a daily fish oil supplement, can support your heart, brain, joints and skin. In order to expand my child's diet and also looking for ideas, I purchased a great book called 'Special Diets for Special kids' written by Lisa Lewis, PHD. It has over 200 revised gluten-free, casein-free recipes. It also gives lots of information on the positive effects the diet has on children with Autism, ADHD, Celiac Disease and allergies. Other reading materials you may find useful are:

*\*1001 Great Ideas for Teaching & Raising Children with Autism or Aspergers written by Ellen Notbohm & Veronica Zysk.*

*\* Early Intervention games by Barbara Sher.*

*\*Early Intervention & Autism by James Ball, ED.D, BCBA  
Geraldine Flanagan*





A big thank you, once again to “D9 Café”, Loran Avenue, for hosting our Halloween Fancy Dress Party on the 25th October. €724.63 was raised from the Witches Walk Fundraiser.

Thank you to everyone for their generous donations



And the fancy dress winners were:

Intervention Class— Cian

Primary 1.— Cillian

Primary 2.— Joe

Primary 3.— Alan

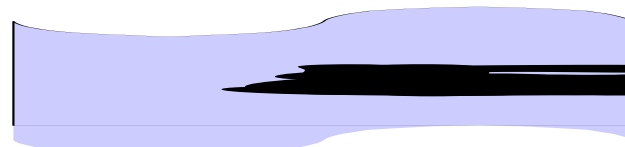
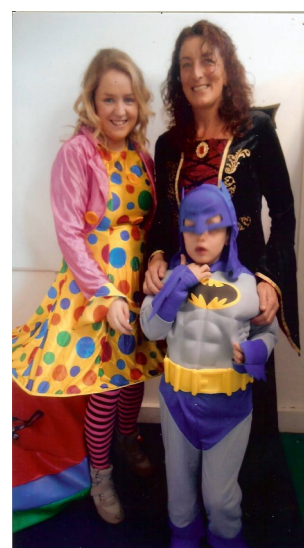
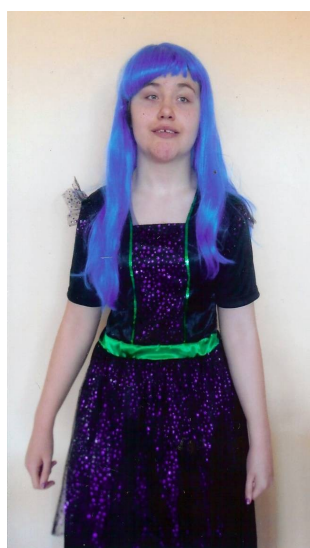
Primary 4.— Connor

Post Primary 1.— Brian

Post Primary 2.— Jessica

Post Primary 3.— Karl

Post Primary 4. – Jason



Over the past few months our school farm has increased from chickens to include pigeons, ducks, a pot belly pig and a pony called Billy. With the aid of Anne the horticulturalist and Harry, special needs assistant, the pupils love

the pupils is second to none and we are fortunate to have the

to help look after all these animals giving them food, water and making sure their beds are clean and comfortable.

The interaction between these animals and



resources to keep the animals and birds.

Thank-you to all who have helped to set up and indeed continue to support our lovely ‘School Farm’.

## Communication Strategy

As a service, we have always recognised that how, when and what we communicate to the children and their families, is very important in the delivery of a quality service and in maintaining trust and confidence.

The Communication Working Group was established on the 12<sup>th</sup> September 2013. It comprises representatives of the service's multi-disciplinary team, care staff, management, a parent representative and a senior member of staff of the Mater Hospital.

A main objective of the Communication Working Group is to put the children and you, as their parents or siblings, at the centre of all our communications.

In practice, this means that

we are working hard to ensure you are provided with timely, accurate, clear, easy to read and updated information that is relevant and important to you. Meeting this objective fully, requires two-way interaction. We need you to inform us, of what information you want the service to communicate to you, when you want such information and how you would like it to be communicated to you. As a starting point, the Communication Working Group has devised a questionnaire to elicit such information which you can expect to receive shortly.

We encourage you to complete the questionnaire in an honest manner.

Alternatively, a member of the

Communication Working Group, Claire Bowe, may be contacted through the main hospital reception landline (01 8377673), to have an informal chat with any parent who wishes to contribute other relevant feedback or suggestions.

The Communication Working Group is also focusing on ensuring we have an open, proactive and highly professional internal communications amongst all staff.

We look forward to your feedback and will keep you updated with the on-going work of the Group.

**Claire Bowe.**  
**Childcare Worker**

## Healthy Lifestyle Promotion Committee



The Healthy Lifestyle Promotion Committee was established on 19<sup>th</sup> July 2013. The Committee aims to promote, help attain and

sustain healthy eating and healthy lifestyles for the children within the service. The Committee will provide advice and information on health & fitness areas that include: nutritious food choices, healthy portions and strategies for acceptance & enjoyment of new foods. Committee member George has also introduced a Gym Pilot Programme in the local Artane Fitness Centre for two children who attend St. Paul's Hospital. Under the guidance of personal trainer John Connor, they will receive a tailored gym routine that includes

muscular fitness, stretching, core exercise and balance training. Fitness Expert & Personal Trainer John Connor, who has been involved in the fitness industry for over 10 years, plans to give a presentation in St Paul's in the New Year to both staff and parents on "nutrition and exercise". Please contact the chairperson, Karen Mings or one of the committee members, if you have an idea, query or concern you would like discussed at the next meeting.



**programme for children  
with special needs**

D.C.U. Collins Ave Ex-

**\*The Elbow Room**

Comprehensive services for children with autism and their families, eg sibling workshops, drama & yoga therapy.

[www.theelbowroom.com](http://www.theelbowroom.com)

(086 2738923)

32, North Brunswick Street,  
Stonybatter D.3

**\*Special Needs Judo**

Frederic Marmain. Chairman  
of Judo Inclusion Committee.

[www.specialneedsjudo.com](http://www.specialneedsjudo.com)

(086 0449126)

**\*Just Look & Cook**

**by Eileen Kirrane.**

This book is filled with simple easy to manage recipes created with consideration for all abilities and disabilities. Every step is shown in photographs and comes highly recommended for children to be introduced to cooking in an enjoyable manner.

Centre for Autism. Middleton,  
Co. Armagh. [parent.training@middletownautism.com](mailto:parent.training@middletownautism.com)

[m.com](http://m.com)

Course 1: Social

communication / Sensory processing.

Date: 15th January 2014

Course 2: Promotion of  
Positive behaviour.

Date: 16th January 2014

Venue: Wexford Education  
Centre.

**\* Autism Friendly Screening**

Odeon cinema, Coolock.

Tel: 01 8485133.

Regularly run an autistic friendly screening on a Saturday and Sunday. Other cinemas in this group also have similar screenings.

ten, Glasnevin, Dublin 9.

Saturday 1 to 2pm .

Classes alternate between  
Gym & Aerobics.

**\*Snowflakes Support Group  
& Library.**

The support group meetings give parents/ carers of children with ASD a chance to come together as a group to advise and support each other on a range of different topics. The meetings are held monthly, all are welcome. Admission is free.

The snowflakes library is now set up and runs in conjunction with the support group meeting so you may go along and browse through some of the books which are updated regularly.

Please email [carrie@snowflakes.ie](mailto:carrie@snowflakes.ie) for date of next meeting.

**\*Parent Training in Autism**

**\*Water Aerobics / Gym pro-**

Joan Maher, Assistant  
Director of Care gratefully  
accepted a donation on  
behalf of St.Paul's from  
Brid Buckley of *The Irish  
Practice Nurses Association  
(IPNA)*.

The sum raised by the  
Association amounted to  
€1,600. A huge thanks to  
Brid and the IPNA as well  
as to other parents who  
have made contributions to  
St.Paul's.

- \* Values to Action Programme
- \* HIQA Training
- \* C.P.R.
- \* Hand Hygiene
- \* Child Protection Awareness
- \* Effective Presentation Skills
- \* Goal Setting &  
Implementation Training
- \* Enhanced Interaction  
Training
- \* Fire Safety
- \* Low Arousal Presentation
- \* Safety Statement Presentation
- \* Open Disclosure Training.
- \* Lean Six Sigma for  
Healthcare
- \* Studio 111 Training
- \* Marte Meo Training

\*School Christmas Mass—Date to be confirmed.

\*School Santa Party—Date to be confirmed

\* Resident's Christmas Night Out—11th December

*Written & compiled by Karen Mings & Jean Culleton.*

*Many thanks to all who contributed.*