Welcome to Inspire
New Directions Newsletter

September 2019

Clontygora Court, Muirhevnamor, Dundalk,
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O’Fiaich Institute Open Day

The group attended o’Fiaich institute open day were we learned lots about different courses they provided and the requirements needed to attend these courses.
We took a day to prepare our polytunnel by laying down the soil and planting the fruit and vegetable seeds. Once a week a member of the group attends the polytunnel to keep it maintained.

In our polytunnel we plant fruit and vegetables such as strawberries, tomatoes, cucumber, lettuce, pumpkin, green beans and potatoes.
Ambulance Visit

We organised a visit from the ambulance service to the centre. In this visit we got to have a look around the inside of the ambulance and some of the equipment that is kept inside it. The paramedics also showed us how to preform CPR on a dummy.
Dundalk FM made a visit to the centre. Each member of the group had a five minute interview with the DJ where they got to choose a song to be played and introduced it. Each user will be given a recorded cd of their time on air.
Let’s Go Hydro

The group had a fun day out at let’s go hydro in Carryduff in Belfast. This is an inflatable waterpark with lots of different water-based activities within it.
Breakfast Morning

The group organised a breakfast morning. Here everybody helped to prepare the breakfast, then all sat down to enjoy the meal together.
Day trip to Kilkeel

We organised a day trip out to Kilkeel. We started out this trip by driving up to Greenore where we got the Carlingford Lough ferry out to Greencastle, from there we drove down to Kilkeel.

When we arrived at Kilkeel we all had a walk around the town before going into a restaurant for some lunch, after lunch we drove down to Cranfield where we all had a walk along the beach.
Dublinia

Last week the group had a trip out to see the viking museum Dublinia up in Dublin. The group all met that morning at the Dunadlk train station where we all got the train up to Dublin. When we arrived in Dublin we made our way to the museum for our tour.

We learned lots about how the vikings used to live and what sort of lifestyle they used to have. After the tour finished we got some lunch then had a walk around some shops in the city before getting the train back home to Dundalk.
Our Staff

Some new staff members have joined us recently

Gareth Morgan – Team Leader

Support workers:
Brendan Liddy, Louise Rafferty &
Rosealeen Larkin

Students from DKIT are also working alongside us from
September – December:

Daouda & Shannen
Our Members

Ryan, Ciaran and Orla decorating the buns they made

Conor getting some exercise on the bike

Andrew and Rebecca out preparing the Polytunnel
Upcoming Events

- Halloween party and visit to Fitzpatrick’s
- Christmas Party
- Christmas Markets
- Wax Museum

Future Plans

- Redecoration organized
- Increased participation in the polytunnel
- Cycle proficiency course