



Annual
report 2021





Introduction



Cheeverstown wrote a strategy in 2021. This strategy says what work Cheeverstown is going to do for the next 5 years. The strategy has three big goals.



This report tells people about the work we did in 2021. This report tells people about the work that we did on the strategy and the three big goals.



You can read this report and decide if Cheeverstown are doing a good job. You can see how Cheeverstown are trying to make the strategy happen.

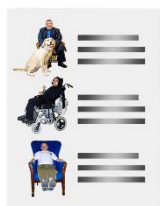


There are stories from Philip, Jonathan, Austin and Grace and how they are working with Cheeverstown to live a good life. There is information about people who work and volunteer with Cheeverstown.



There is also information about the money we got to run the service and how we spent the money.

At the back of this booklet there is information that Cheeverstown shows the government and other groups of people so they know we are doing a good job.



The contents page tells you where we have put all of this information.



Contents

Page

4



Cheeverstown has a Chief Executive Officer named TJ Duggan. TJ's job is to be the manager of all Cheeverstown. TJ wrote about the work he did with Cheeverstown.

Page

5



A short version of Cheeverstown strategy.

Page

6



The work we did on services.

Page

9



Philip tells us about his life.

Page

11



David tells us about his life.

Page

12



Jonathan tells us about his life.

Page

13



The work we did on communication.

Page

14











The work we did on partnerships.

Page

15



Information about the Advocacy group.

Page 17		Information about COVID.
Page 18		Austin tells us about his life.
Page 20		Grace tells us about her life.
Page 20		Information about the work that Recreation did during the pandemic.
Page 22		Information about the people that work and volunteer.
Page 24		The work we are going to do in 2022.
Page 26		Information about the board of directors.
Page 28		Finances.



A message from TJ Duggan, Chief Executive of Cheeverstown.



Closed

I am pleased to write to you to tell you about Cheeverstown for 2021. Covid 19 meant that it was a hard year for Cheeverstown. Our most important job was keeping people safe. We had to close down day services and respite. This was hard for people. I want to say thank you to the people who use the service, families, staff and everyone for working hard. We know that a lot of people were sick and some friends and family died from Covid 19. We would like you to know we are thinking about you.



We still managed to write a new strategy for Cheeverstown in 2021. This explains Cheeverstown's plan for the next five years. Staff and people who use the service met to talk about what should be in the plan. We are very proud of this plan. We are excited about doing the things in the plan so people can live good lives.



The HSE had a cyberattack during the year 2021. This is where people stopped the HSE's computers from working properly. We made a plan on how we can protect our computers and make sure they are working properly.



A big thank you to the board of Directors for all of the work they have done. It has made Cheeverstown a better service. A big thank you to Ken Hickey, the Chairman of the board. He is a very good leader. A big thank you to everyone for all the teamwork.



Short version of Cheeverstown's strategy



Cheeverstown wants a future where people with disabilities can make choices, live a good life and be the best they can.



Cheeverstown wants to support people with intellectual disabilities to have the life they want. To work together with the person and friends and family to make this happen.



Rights – Cheeverstown wants to make sure that people have all their rights. Cheeverstown wants to make sure that people are listened to.



Person Centered – Cheeverstown wants people to be in charge of their life and what happens for them.



Inclusion - Cheeverstown wants people to be included in decisions about all parts of their life.



Partnership - Cheeverstown wants to work together with the person and their friends and family and the government.



Services

Children's Services



In 2021 the Children's service moved to the community. This means that the children get their service from a team close to their home instead of Cheeverstown. The community team, the child's school and their family work together to help everyone reach their potential.

The nurses in Cheeverstown school still work with the children there to keep them well.

New Directions and Day Services



In 2021 Cheeverstown looked at how day services were working, to see if they were working well. A part of this was looking for new places in the community for day services.

10 → 12

In 2020 Cheeverstown had 10 day services in the community , now they have 12.

3 → 1

In 2020, Cheeverstown had 3 day services on the campus in Cheeverstown, now they have 1.



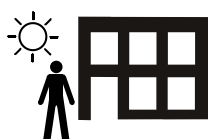
Cheeverstown looked to see if day services were close to where people live, so that people can be part of their local community.



Cheeverstown is working hard to make sure that day services are near people's homes.



In 2021, Cheeverstown offered day services to 6 new people.



In 2021, Cheeverstown opened a new day service in Perrystown. This is part of the community centre there.

All the people who go to the Perrystown hub live nearby.



New Directions is the HSE's plan for day services. The manager's in day services did training to get ready for New Directions.

Supported living:



Cheeverstown is working hard to make sure that everyone lives in a house in the community.



In 2021 Cheeverstown supported 4 people to move into move into homes in the community.



In 2021 one house closed in Cheeverstown campus and the person living there, moved into a home in the community.



In 2021, another person moved from Cheeverstown campus into a home near where they grew up.

Respite:



The COVID 19 pandemic had a big impact on respite services. Cheeverstown worked really hard in 2021 to make sure respite opened again when restrictions were lifted. Unfortunately, Cheeverstown had less respite nights for people, but we are recruiting more staff so we can offer more nights.



Cheeverstown wants all respite to be in the community. The respite house on the campus was closed and a new community respite house opened.



It took a lot of work to get the new community respite house ready but HIQA approved the registration and it opened in December 2021.



Cheeverstown offers respite to people who are supported by Cheeverstown and other people who live in the area.



In 2021, Cheeverstown offered 424 nights of respite to adults and 26 nights of respite to children. We will offer more respite nights in 2022.

Changing needs:



Sometimes we need more support to have a good life when we get older. People's needs can also change when they get sick or when they need to move house or day service.



In 2021, Cheeverstown worked with people and the HSE to get funding to pay for more supports.



Philip's story - supported living

Hi, my name is Philip and I moved into my new home.



The house is very big and I tell everyone it is a nice house. I have a lot of room in my new home. I have a back garden and a front garden.



My new home is close to a lot of things, the shop, the church and the bus stop. My favourite thing is to do is to get the bus into the city centre. I love going on the DART and I always decide which direction I want to go.



I love walking around the village and the park. It is nice and quiet. On Sunday morning I walk to church and then I go to McDonald's to have a coffee. There is a café close to my home and I like to go there also.



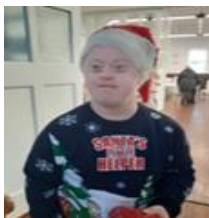
During the week I like to go to the parish hall and meet people for a chat and have a cup of tea. There is music on Tuesday night in the local pub and I love going. Music is one of my favourite things.



I have lots of neighbours and sometimes I meet up with one of my neighbours for an ice cream and a chat.



I like living in this house.



David's story - respite

Hi, my name is David and I live at home with my mam and dad.



I come into respite for a break and to give my mam and dad a break too. I like coming into respite to see my friends. When I am in respite, I go out to the pub, bowling and the cinema. I go for walks, watch the rugby and do other fun stuff / activities.



I have stayed in the new house but I did not get to see my friends like I do in Monalea. Staff are very nice in respite and look after me well.



In the pandemic when respite was closed, I did not get to see my friends or get to go out. I am glad that respite is back open.



I prefer staying in Monalea because I get to come in with my friends and Lisa (respite coordinator) tells my mam when I am coming in and who I am coming in with.



Jonathan's story - respite

Hi, my name is Jonathan. I have been coming to respite for over 10 years.



I used to only use Monalea but now I go to both houses. I know when I am coming into respite because I get my letter for respite from Lisa.



I like helping in the garden. I cut the grass and tidy up the weeds and sweep the baths. I help staff in the house and when I am in respite I get to have a take away with my friends.



The new house is very big. It is right beside SuperValu and the Paint Pot, where you get all the gardening stuff. When I stayed in Orwell Park Dale I went for long walks in Tymon Park.



When COVID was here I didn't come into respite. I had to stay home with my mammy and dog. I am glad respite is back open. I like Monalea the best because it has a bigger back garden and I would like to paint the shed in Monalea.



Communication



We put more videos on Cheeverstown's YouTube Channel.



We have videos on yoga and meditation for your physical and mental health.

We made a video for people who were having worries because of Covid 19.



The Advocacy group made a video that explains what the pandemic was like for people with disabilities. This explains to people why it is important that everyone should have the best life possible during a pandemic.



We have videos that talk about setting goals and doing meaningful activities so people know how to support you to live the best life possible.



We have videos on what happens when people get older and have problems remembering things and the best way to support people when this happens.



We worked hard to tell people about Cheeverstown. We launched our strategic plan for the years 2021 to 2026. This explains our plan for the next five years. We made changes to the Cheeverstown website to make it easier to use. You can see our new website at www.cheeverstown.ie.



Cheeverstown work with the HSE to make sure we have enough funding to pay for the service. Funding from the HSE has gone up over the last three years by €3 million. We used part of this money to buy new cars and buses and for new day services.



Cheeverstown asked the government for more money to develop new services. The government were able to give Cheeverstown this money.



There is more information about the money Cheeverstown got from the HSE and how we spent this at the back of this report.



Cheeverstown are working with the HSE to get funding to be able to get more houses in the community. In 2021 Cheeverstown got money to support people to move to the community.



Partnerships



Cheeverstown meets with other services, Dublin City Council and South Dublin County Council to think about how people can live in houses that are suitable for them.



Cheeverstown had a “Make Way” day when people who use Cheeverstown explained how important it is to make sure everyone is able to access the community, like shops and public buildings.



Advocacy



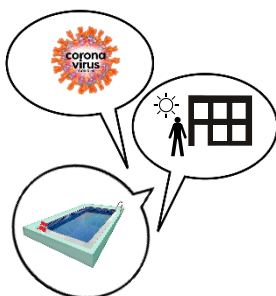
“We are the Cheeverstown Self-Advocacy Group. We want to speak up for ourselves and for the voices of people with disabilities to be heard. We are worried about being left behind. When Ireland opens back up- please make sure it opens back up for us as well”.



In 2021 the advocacy group was led by the chairperson Joe and the treasurer Eddie. During the year Deirdre, Rohan and Eilís have done the minutes for the meetings and Martina keeps our twitter page up to date. We are also very happy to say that we have two new advocates Elaine and Emily who joined us this year.



We meet each month and represent the issues coming up from the hubs. For 2021 we continued to meet online. This was because of the COVID 19 restrictions. We received a donation of Huawei Tablets. This really helped with the group's monthly meetings.



At each meeting we talk about what is happening in the world for people with disabilities and what is happening in our and other's day to day lives. The main issues were;

- Swimming pool not being open.
- Ongoing COVID-restrictions.
- Day service had not returned to full capacity.
- Concern about pot-holes on the campus.



So far, we have helped get a new grab rail for the bus, we wrote to the county council and they fixed a broken down path near Hillcrest and they have added ramps to paths outside of Airton, designed a website and we have learned about the rights of people with disabilities.



In January 2021 we started work on the Voices Project. We made a video about our experience during the covid-19 pandemic. The video showed what living through COVID 19 was like. The video also showed our feelings about the pandemic. It had the important message “when Ireland opens back up- make sure it opens back up for us too”. The video was shared across Social Media.



We presented to the Board of Cheeverstown two times during 2021. The first presentation was to launch the video. The second presentation was on our goals for 2021.



The group have a plan for next year:

- Making a video telling people about their rights as a person with a disability,
- Finishing their website page,
- Learning how to contact councilors in person and we will be hosting the minister for disabilities at one of our meetings.
- meeting with advocacy groups from other organisations and meeting with Anne Rabbitte.
- In December the group had a Christmas virtual party, where the main goal for 2022 was named as getting back to in person meetings.



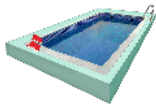


Information about COVID



Closed

COVID 19 started in 2020. COVID 19 had a big impact on the services. The swimming pool had to close. Day services had to close. Respite had to close.



In 2021 Cheeverstown worked hard to get services back to normal. Cheeverstown was able to open up the swimming pool again. Cheeverstown opened up day services and respite. COVID 19 is still around. Cheeverstown is still working to get services back to normal.



Cheeverstown did things to keep people safe. Cheeverstown organised for people who use the service and staff to get the vaccine. This was done in the Mall in Cheeverstown House.



Cheeverstown set up a Contact Tracing team. The team helped people to know if they had been in contact with someone who had COVID. The team told people what to do if they felt sick. They played a big part in keeping people safe and well.



The Speech and Language Therapy Department wrote about the COVID 19 vaccine so people with different communication needs could have information about the vaccine. The HSE used these supports when they were doing vaccinations for other people with disabilities.



Cheeverstown is doing a piece of research with UCD and another disability service. The research asks people about their experience of the pandemic so that the Government, services and the community understand what it was like for people with disabilities.



Austin's story

Hi, my name is Austin, and I am happy to share with my story with you. I go the Arch club in Tallaght village.



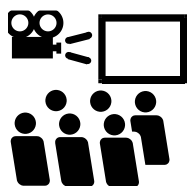
I first heard about COVID on the news, I was nervous but I quickly learned how to stay safe by wearing my mask and using hand gel. I like wearing my mask and still wear it a lot of the time. Myself and daddy never caught COVID but daddy's sister caught it in hospital and passed away. We were very careful.



I was able to keep attending the Arch club every day but it was a different club. There were fewer people so it was quieter but we had good fun making up new exercise classes and painting all our garden furniture different colours.



I signed up to some zoom classes, it was my first time to try that and it was good fun. We used to plan a long walk every day in different parks but it was strange to see no traffic on the roads.



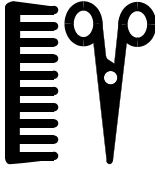
It's nice now that more people are back in the Arch club, we plan lots of different things to do and now that the cinema and theatre is open I am looking forward to going there soon.



I'm very active in my local community. I go to a lot of different classes which I choose myself like film making in Ballyroan library, and a digital Tech workshop in Rathgar.



I'm part of a small group called Painting Memories which meets to share stories of our childhood. We are hoping to write a small book in the future.



I'm working on my independence skills, I want to be able to go to my local barbers and chiropodist on my own. I am very happy with my life.



Grace's story

My name is Grace. I have been attending Ashleaf hub since 2018, I attend 5 days a week. My hub is situated near to where I live.



During the COVID 19 pandemic my keyworker (Rhea) used WhatsApp to chat with me every day.



This helped me to keep in touch with my peers and staff in the hub. It was very useful for activities - this platform helped me join in activities with the group. Examples of activities of interest included sensory games, dancing, music and baking.



These sessions also helped my family as it allowed extra time for them to do housework and most importantly time to have a cup of tea. The sessions helped keep us all well.



RECREATION



During the pandemic some of the recreation activities had to happen online. People played bingo and music and did chair yoga/exercises on their computers every week. The bingo was very popular. Around 100 people used to play online bingo every week.



People used social media to stay in touch with friends and family. Cheeverstown have a Facebook page. The Facebook page has pictures of people doing activities.



The recreation team organized competitions to support people to be active. There were baking and flower planting competitions. There was a pumpkin carving competition too. People also dressed up for a Derby day. People used the Facebook page to show pictures of their entries. It was great fun.



When the lockdowns ended, people were able to meet up again and play sport. People in Cheeverstown met in small groups. People used parks and outside spaces to meet up and do exercise.



In July we ran The Great Cheeverstown Bake off. People had to follow a recipe to make cupcakes. The competition was judged by Cheeverstown's own MasterChef judging panel! They were very impressed.



Clint and Fiona enjoying the Dress up Derby day on 28th of June. Prizes were given for the best and funniest entries.



Annual Halloween pumpkin carving competition is always competitive and great fun for all.



Just before Christmas we had 2 special visitors to Cheeverstown. Ted and Barry joined us from K2 Alpacas.



STAFF



We say a very big thank you to each of our 500 staff members who currently work in Cheeverstown. You play a very big part in providing our circle of support and in keeping our people safe. Thank You.



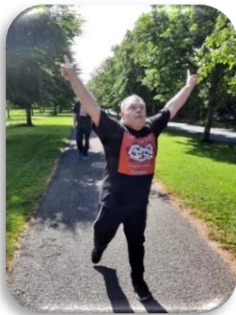
VOLUNTEERS



Cheeverstown says a big thank you to all the volunteers.



Two of our community gardens had a make-over during 2021. Volunteers worked on the gardens giving the people who live there a relaxing space to enjoy the summer evenings.



Our sporting volunteers involved with the Cheeverstown Ramblers football team organised a walk or run for fun challenge.

The challenge was for 12 weeks. The goal at the end was to walk or run up to 5 kilometers or as much as you could.



There was a weekly zoom call between the volunteers and the participants to encourage them to keep up the good work.

On the last week everyone completed a walk/run in the local park and each got a certificate, a medal and t-shirt.

This challenge was organised solely by our volunteers.



We have 2 volunteers who worked with a group of people in the allotment every Monday and Friday. They made sure all the fruit and vegetable growing in the allotment were well watered and weeded.



Damien digging potatoes and planting spring crocuses. If you look closely you will see that Damien's runner beans took off and there was even some to bring home.

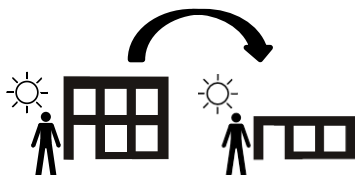


Future plans

New directions:



Cheeverstown wants to offer more places in New Directions.



Cheeverstown wants to find smaller hubs to replace larger hubs.



Cheeverstown wants to get more money for hubs.

A Time to Move On:



A Time to Move On is a plan to help everyone move to a home in the community. This is important to Cheeverstown.



Cheeverstown have a plan to support people to move to a home in the community by 2022.

Respite:



Cheeverstown will look at how respite is going.

Communication:



Cheeverstown will make a plan to communicate what we are doing to everyone.

Partnerships:



Cheeverstown will look at how we will get more money for services.



Cheeverstown will look at getting extra money from the Lottery.



Cheeverstown will look at ways of keeping people well.



Cheeverstown Board & Subcommittees 2021



Cheeverstown are managed by a board of directors. These are people who think about what Cheeverstown need to do to be a good service. They do not get paid to do this work.



Cheeverstown House Board of Directors held 10 meetings during 2021 with attendance as follows:

	January	February	March	April	May	June	September	October	November
Ken Hickey (Chair)	✓	✓	✓		✓	✓	✓	✓	✓
Roger Bateman									✓
David Colfer	✓	✓	✓	✓	✓	✓	✓	✓	✓
Derval Kennedy	✓	✓		✓	✓			✓	✓
Gabriel Mitchell	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sharon Murphy		✓	✓		✓		✓	✓	
Ultan Shannon (Vice Chair)	✓	✓	✓	✓	✓	✓		✓	✓
Anne Vaughan	✓	✓	✓	✓	✓	✓	✓	✓	✓



The board of directors are happy with how Cheeverstown is doing.



They understand that COVID was very difficult and that Cheeverstown would like more money for services.



Cheeverstown board Sub-Committees



Audit Committee
Chair – Mr. David Colfer



Nominations Committee
Chair – Mr. Ken Hickey



QSR Committee
Chair – Mr. Ken Hickey



Rights Committee
Chair – Ms. Sharon Murphy



Finances



The HSE gives Cheeverstown money to provide services.



Cheeverstown lets the HSE know how much money they need to provide services.

Cheeverstown spends money on lots of things:

Staff



Houses



Transport



Electricity



Medicine



Medical supplies



Food



Heating



Computers



Cleaning



Gardening



Items for home





Cheeverstown keep accounts to show how much money they get and how they spend the money.



You can find all the information on finances on the Cheeverstown website – click here

https://assets.website-files.com/5f8d943bd416cd92aecb436c/637f62a162d14b82f5d5baf5_Cheeverstown%20House%20CLG%20Signed%20Final%20Accounts%20311221.pdf