

Happy New Year from RSG CEO

Hello Everybody,

As a brand new year has begun, may peace of heart fill your days and let's raise our hopes in a confident way to leave the unprecedented 2020 behind for a better 2021.

I wish to say hello hoping you are keeping well and staying safe in our very changing times with COVID-19 still with us. Thankfully, we have managed to keep the services running at full capacity owing much to both staff in the community and our offices in Derrane for their absolute dedication during these unprecedented times. We at RSG acknowledge the part you have played in keeping everyone safe.

I urge each and every one of you to continue to follow the national guidelines to protect everyone around you. Thankfully the vaccine is now currently being distributed. I am pleased to advise that all RSG staff are currently being registered by HSE as a priority for the vaccine. It is expected that these vaccinations will commence shortly. I also urge you and your families to avail of the vaccine when available. For more information on the vaccine, please visit the HSE website www2.hse.ie/covid-19-vaccine

We conducted our annual Service User Satisfaction survey during 2020 and there was again an overall high satisfaction rate with services. The 2021 survey will commence shortly. This survey is your opportunity to have your say and bring any items of note to our attention.

Day Services

The Day Services are up and running operating on a remote basis for the present. When the national guidelines permit, we will be resuming day services at the Centre on a graduated basis. For more information contact Katelyn on 086 048 8847 or email dale@rsg.ie

Visit our website www.rsg.ie to view a range of tutorial videos from our tutors including cooking, chair exercises and reflexology.

RSG Centre

Our healthcare training facility RSG Flexible Learning College (QQI) has moved to 'blended' learning with most of the training being completed online using Zoom.

In addition, if you have any technical issues using your computer and/or your smartphone, please contact either Karl or David in the Computer College who will be able to assist you. Call 090 66 25852.

Unfortunately COVID-19 prevented us from holding any social events in 2020 but hopefully this year we will be able to do so safely. This pandemic will pass, and having hope is critical for us all.

During the year we presented Service Excellence Awards for all staff with 12 years completed service.



Eircode:

Please record Eircode on phone hand set and Care Book in case it is needed in an emergency. Also keep your phone battery charged.



Medication:

If you hold medication that is out of date or not being used please return it to the pharmacy so as they can dispose of it safely.

Accessible Boat

Launching soon, there is a new accessible boat stationed nearby in Lanesborough. This 'Access for All' project has been coordinated by the Lough Ree Angling Hub. The boat can accommodate up to 8 wheelchair users. So perhaps a trip down the Shannon is something we can all look forward to!

They plan launching the service on 17th March with discounted rates available. When possible, RSG will organize bus service to and from the boat.



[Click to view video](#)

Library:

You can register with your local library and avail of services online safely.



New Year Tips

Remind Yourself

One of the simplest reasons for being unable to maintain a new habit is because you simply don't remember it on a day to day basis. It may not fit nicely into your normal routine or you might not be willing to go out of your way to do it.

Setting reminders on your phone is an easy and effective way of ensuring your new habit remains top of mind. Reminders with motivational messages can be a better help than boring old alarms on your phone. Familiarise yourselves with all the benefits of the habit you are trying to get into as an extra motivator. Tell your friends and they will encourage you to keep the new habit.

Staff Recruitment

We have job opportunities for Home Care Support Workers and Personal Assistants (to Persons with a Disability) in all areas. So if you know anyone interested, please invite them to contact either Breda or Jackie on 090 66 25852.

Happy 2021

In closing, on behalf of all the team in RSG, we would like to wish you and your family a healthy, peaceful and safe new year. If at any time you have a query of any aspect of your service, please do not hesitate to contact us.

Peace, Health, Happiness in 2021 to you all!

Margaret Bourke, Chief Executive Officer

