

Contribute to our new Newsletter

Thanks to everyone who made a contribution to the first edition of *all about me!* We hope to have a newsletter every month with stories from people about their lives and their community. Would you like to submit your story? If so, please ring us or email us.

John Clifford
Tel. 021 4643346
cliffj@cope-foundation.ie

Derval McDonagh
Tel. 021 4643289
mcdonagh@cope-foundation.ie



Happy Christmas to all

Wishing everyone at COPE, your families and friends a very Happy Christmas and New Year. Thank you for a big COPE welcome! It's been great to get to know so many of you since I started in April and to share in your lives and stories.

We are in very difficult times as a nation, which challenges all of us as citizens, members of families, neighbours and workers, in both our private and professional lives. To succeed in these circumstances, we are working together and thinking together, driven by what we believe in, inspired by people's bravery, resilience and optimism that we are privileged to witness everyday - always guided by COPE's ethos and enduring values.

Colette Kelleher
Chief Executive





Noel Higgins brings the Christmas Spirit to St. Paul's School

A big 'Thank You' to Noel Higgins Bus and Coach Hire who kindly sponsored a day out for thirty-five children plus staff from St. Paul's School.

Noel provided transport and covered the cost of entry and lunch to "Go Safari" activity centre in Carrigtwohill. The children said: "we loved the visit from Nellie the elephant and the zip wire was fun."



CLONAKILTY

Christmas is a time when we at COPE Centre, Clonakilty, especially our supported employment group, get an opportunity to celebrate and congratulate ourselves on the good work done throughout the year. What better way to do this than with an outing to Mahon Point to spend some of our hard earned cash? We took in a film as well and ended our day with a very enjoyable meal at the Viaduct Inn.

Drama and Music are high on the list of popular activities at our Centre in Clonakilty. In true Christmas spirit we went to see the show 'Snow Play'.



JAMES MURPHY MEMORIAL TROPHY

James Murphy worked in Glasheen; towards the end of his life discovered a love of Golf. His family have donated a trophy for a golfing event in his memory. *Above: Susan Kinsley, Glasheen holes out in the James Murphy Memorial Golf event.*

Scoil Bernadette

The Lord Mayor visited our school. It was a very interesting visit and we got homework off.



HOLLYHILL. The GaGa club trip to Dublin!!!

The GaGa club was formed in 2007, in Ard Na Gaoithe, Hollyhill. We get together every Wednesday morning. We chat about life, read books and poetry. It is a great way to meet up with friends and to talk about our experiences and feelings.

In June, we decided to enter a poetry competition, "What Inclusion means to me!" From Hundreds of entries the top twenty were chosen to be displayed in the national library. "I Like Being Me!" was chosen to be displayed as part of the exhibition. This was a very proud moment for all involved in the GaGa club. It was a brilliant accomplishment and a reward for all our hard work.

On the 30th of December, we went to the reception in the National Library where our President Micheal D. Higgins presented the prizes. Sharon Foley and Deirdre O'Sullivan met the president. It was a great experience for all of us.



Glenlodge Mallow



We love getting out and about, and on the 27th October we all attended a social in The Arches Bar in Mallow. It was great fun and there was even a Karaoke!