



Sophia

providing homes · supporting people

What you see has value

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In 2017 the residents of
Sophia Sean McDermott
St photographed a day
of their lives





The resulting images capture their lives away from the chaos of homelessness in their new homes with Sophia in Sean McDermott St

In November 2015 Sophia Sean McDermott St opened its doors and welcomed 18 couples to homes of their own with wrap around holistic supports on site 24 hours a day.



The project reinforces the fact that supported housing is key to helping people with complex needs maintain a tenancy and regain control of their lives



Sophia's holistic approach to support, aims to improve the imbalance in someones life, to improve their physical, mental, and social well-being.

Engagement with artistic activities as either observer or as creator can enhance mood, emotion and other psychological states





What You See Has Value is the residents of Sophia Sean McDermott St giving insight into their lives and the people, places and things that have meaning to them.





Sophia was founded by Jean Quinn in 1997 in response to her experience of working with people out of home. She saw a need for a different kind of housing one which responded in a concrete way to the needs of homeless people.

Over the past 2 decades Sophia has been quietly supporting people as they emerge from homelessness. Responding to the ever growing need in Ireland Sophia now supports over 600 people.

Sophia is a weaving of holistic support to enable people who are homeless to make positive differences in their lives by becoming more aware of their own strengths and potential

As well as providing accommodation, Sophia also offers a safe place where one can seek wisdom of mind, heart, soul and spirit. Sophia is an environment that welcomes people who want to step back from the many pressures of their daily lives and environments







Thank you to Ciaran O'Brien from OBFA without whom none of this would have been possible. To all the staff in Sean McDermott St past and present, to Bronadh, Ashley, Miriam and Jade (who's eye and patience helped get the pictures up and straight on the walls). Thank you to the Board of Sophia and to Susie, Niamh, Jean and Tony for their support of the project and a massive thank you to the residents of Sean McDermott St, who have created such beautiful photographs and

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