



REHABCARE

NEWS

and Views...

RehabCare Newsletter

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Editorial

Welcome to the autumn edition of News and Views. Much has happened since the last edition was published. On a national scene, RehabCare have embarked on many new developments -- Business Excellence and the European Quality Mark for Rehabilitation. These quality marks will help us enhance the way we do things and will continue to make RehabCare the best possible. Programmes and Research department have been busy working on training in Person Centered planning and held two-day induction for staff and a follow on training course. The department has also started a weekend course for families and service users on Partners and Policy Making, which support families and service users to become better self-advocates. NRAC and New Grove Housing have been very busy with their new projects. HR department have launched a new support for staff called EAP and details on this are provided in this edition. While Finance department are busy working away on the budgets for the 2005 year. On a local scene it is great to see so many of you contributing articles on your experiences. The success of News and Views is well shown through all your hard work and dedication in submitting articles. Until next time, I look forward to hearing from you! Kathleen Morris, Editor

RehabCare

By Robbie Reid, Dunboyne

What do we think of when we hear the name RehabCare?

Is it to do with someone that is born with a disability and only plays a small part in the workings of this fast world we live in today? Or do people look from the outside in and judge everyone within the care of RehabCare, and are narrow-minded about the people that use and depend on the help and support which they get from all four corners of RehabCare?

Well, I would like to address this.

Since I acquired my disability, my whole life has changed in so many different ways. It's funny, when your working everyone wants something from you or you're the best thing since sliced bread. But the minute you can no longer perform your daily job or somewhat are slower in your pace of life, things change. There are some bosses that don't take this into consideration, when we are trying to rebuild our lives.

Well, my whole view of things has changed since I came to RehabCare in Dunboyne, both in the friends I have made, and the people I have met through being in the centre.

It's not just a place to help you get back on your feet and back out the door. It's a way of meeting people and sharing different aspects of dealing with how your life is now and the changes that you may be going through. Like getting to grips with all the other things that come along when a disability comes your way. One thing that we all share at one time or another is WHY ME? That's the big question. Well soon after, you learn things could have been much worse. "Worse" you say, "how much worse off could you be?" Stop and take a good look around you, there's always someone in a worse state than you. I know it may seem easy for me to say such words as these, especially to someone new to having problems with their health. Well, in the cold hard light of day, you're alive and

so am I. We're all alive and have every fighting chance to get on with things the best way we can. I know we all give out and have our ups and downs. Well just spare a thought for the ones around us whose lives have changed too, like a loved one or our family members. I only came to realize that fact myself recently and there are days that I tend to forget that too, but the rest of the people that use the Centre and the Staff who help to put you in the right direction and back in the swing of things. It's a funny thing that one of the great cures is just talking to one-another that makes of a big difference.

So, I would like everyone to spare a thought especially for all those wonderful people that work so hard within the health services and in RehabCare. These people give so much of themselves; it's not just a job that anyone can do. It takes a lot of action to do and a big chunk of themselves to commit to a job like theirs.

So, I would like to say 'thank you' to all the staff in Dunboyne and all the other carers that put up with us lot moaning and groaning.

So I will leave you with this thought:

**I am what I am,
and I will do what I can,
because God made me
the way that I am.**

**Each day I do what I can,
to the best that I can.**

**and if all that I can
is only a fraction of what you can,
just remember,
I'm only human.**

The History of Farming in Ireland

By Jimmie Hanlon, Dundalk

The first farmers came to Ireland 500 BC after the Stone Age. The work was done with the ox and the wooden plough and a century later the donkeys were imported from North Africa. Then the horses were imported from Clyde in Scotland and Philip Pierce and Co Ltd Wexford made the steel plough.

From 1840 to 1845 the Famine was due to the potato crop failure. People were depending on the potatoes. Millions died of starvation. Millions emigrated to England and America and Australia. James Fowler from England came over to Ireland and witnessed the famine. He went back and brought over the steam engine to speed up the production of food. In 1848 the first Blight spray Bluestone mixed with Washing Soda was invented.

Potatoes were set by hand and then the setter pulled by two horses came in. The first digger was the pig snout digger. It got the name because it was shaped like a pig's nose. The first tractor drawn setter was the bell dropper then the spinner digger was invented with a blade on the bottom that cuts the drill and the Rotating forks. The corn was sown first by hand and later by fiddle which is a bag and a thing you hold out and move like a bow and a wheel rotates and the seed spills out with the field marked by means of poles so as there won't be any of the field missed and then the seed was covered with soil by means of a spiked harrow.

All was up to nature and the weather. In 1917 Henry Ford brought out the first tractor the Fortson.

At harvest time corn was cut with a reaping hook, which was later replaced by the scythe and tied. When the binder was invented a little of the field still had to be reaped to make way for the binder. The corn was trashed by flail. Then Gravies and Ransomed brought in the trashing mills. In 1934 the first combine McGee's of Arden sold the Allis Chambers. The adjustments were made in the field with the threat of war in 1938. Henry Ford decided to flood the market with Ford Son tractors and change the colour from Orange to Green so as a German Pilot wouldn't see them working in the field.

When the war was over in 1947 Harry Ferguson from Saintfield Co Down a son of a Farmer established a Factory in Coventry and built the first Mechanical Farm Horse. The Ferguson TVO with petrol engine and rubber wheels. When Ferguson came he made all adjustments the tree links the hydraulics and the top link. He also made the tree link eventually Henry Ford changed

the colour to blue and built the super dextra. Then the super major before Harry Ferguson the Lanz Bulldog and McCormac International David Brown Cropmaster and Fordson could only use the drag plough eventually Harry Ferguson changed the colour from grey to red then he built the Massey Ferguson and built the first bagger combine with a diesel engine

The poorer families who couldn't afford to buy Machinery continued on with the horses when the horse wasn't fit to work. It was make your mind up time about buying a tractor. Eventually the Jones bailer came in during the 1950s. At the end of the 1960s the times had changed and the modern machinery was out. The horses were gone except for an odd Farmer who would prefer to stay on with the horses who didn't move with the times.

In 1956 Massey Harris built the combine with a grain tank and auger in his factory in Scotland. Later he teamed up with Harry Ferguson. That is how Massey Ferguson got the name at the end of the 1960s and to the present day it is still known as Massey Ferguson.

As the tractors got bigger in the 1970s Kivernaland built bigger ploughs which meant work was done quicker. Then New Holland was established in the mid 1970s with a whole range of Machinery from combines to Forage Harvesters to hay making machines.

At the present time they build bigger tractors and the local agent is Paddy Calla on the Kills road Arden. In the 1990s machinery was developed that could cultivate and sow corn at the one time. There is also machinery that could cultivate and destine and set spuds at the one time.

At potato harvest time there is a speedier way of getting work done by means of a potato harvester with four men inside to throw off the stones. A Forklift comes along side with a big wooden box and the spuds spill into the box when that is full another box comes on and then the boxes are put on a trailer and tied down ready for the journey home. Then they are stored in a big shed. When the price and market is right they are graded and sold. In the old days there was no electric grader like now; the good spuds go one way the midland ones go another way. The frost damage and bad ones are thrown out. The midland spuds go for livestock feeding.

The modern tractors have all the comforts of a car they have radios fiberglass cabs and heaters for the cold days. At hay time the

hay is cut by means of a Rotary mower not like in the old days The work was done with a Finger bar which is a machine with a long blade like a knife and then turned for seasoning and wind rowed by means of a hayed. That is a machine that shakes it out dry it shakes out the Moisture.

Not like the old days when the work was done with pitchforks and an old Acrobat rake.

When the hay was fit and the weather is fine it is bailed not like in the old days hay was made up in cocks and covered. Then the hay is taken in and then stacked in a barn ready for the winter use. When hay's day is done silage is the next thing to be done.

We have seen the changes in farming this last 200 years, it means more produce and fewer farmers. New technology had made life easier for farmers. Today one man could do the work with modern machinery alone where in the old days it would take a team of men; when work was done by hand, horsepower, donkey power and steam power.

This is how the story completes on the history of farming , 5 May 2004.

A PIECE ON THE AUTHOR

My name is Jimmie Hanlon from Cooley in Co Louth. I live at home with my Parents and my sister. I have 3 sisters 2 are married One is living in Cooley and one is living in Beluga. My hobbies are gardening, livestock, dealing, and Country music. On Thursday night, I go to the arch club. I started in Rehab on 8 October 1984 in the Fish unit, which closed in July 1992 became in the GI unit. I now attend the following programmers EGG computer, cooking, health and hygiene, money management, independent living and the sports centre. I listen to LIFE to hear the local news and livestock mart reports and factory quotes and also the local deaths I hope to stay healthy for the future. I also watch the farming programmers and I also like attending fairs and marts.

GWENETH DICKSON

By RehabCare Monaghan

NOW

I am attending RehabCare, at Canal View Court on the Mall Road, Monaghan Town.

I am getting on very well and I love all the programmes I do here like English, Art, Relationships, Gardening, Women's group and other things too.

I am getting used to what we do here and it is a big difference to what I did before in N.T.D.I in Monaghan. I was there 4 years.

I have a new manger called Judith Arnott, who is from New Zealand and now she is living in Monaghan and she has a lovely accent and she loves it here.

I enjoy playing Snooker and table tennis; they are great games to play and great craic. We do crosswords, word searches and quiz groups.

BEFORE

Before I started at RehabCare I used to be in N.T.D.I. I did Computers, Art, Leisure, Fetac, and other subjects.

I started on 4th April 2001 in Access in Susan Milligan's group. I was 17 years old when I left school and started at N.T.D.I

The manger is called Ann McFarlane, who was the head of the building. I met new people each day when I was in N.T.D.I. I made a lot of friends there and we keep in touch with each other.

I learned a lot of new things in N.T.D.I. and I was very happy in the course.

When I left N.T.D.I in June and I went to RehabCare.

A trip to Fatima

By Geraldine Harrington, Tullamore

I went to Fatima on the 8th of June 2004 for seven days.

Fr Bracken led a group of 60 people. Fatima is in Portugal. It is very quite and peaceful country. The scenery is beautiful there are lots of red houses ,People hang their washing on the balconies to dry in the warm sunshine.

I visited the place where Our Lady appeared to the three children. Our lady asked the three children to pray for peace in the world. In the middle of a roundabout there are figures/statues of the three children they are all dressed in white and they look like they are walking. I got peace of mind, I felt relaxed and I feel good about myself. I found it is cheap to buy souvenirs, shoes and handbags, compared to Ireland!

The hotel I stayed in provided our meals and the food was good. It was a trip of a lifetime, I will have good memories and I will not forget it.



People in the photo: Geraldine Harrington, Fr Bracken.

PHOTOGRAPHER WISHING TO SHARE INTEREST

My name is Liam Mc Devitt. I attend the Monaghan Centre.

I have an interest in Photography for about 16 years. I have been asked to take photographs of the Sports events for the N.E. Midlands.

The weather could have been better, as the light was poor for a photographer. I felt privileged to have been the photographer for the six centers.

My interest in Photography started when I was able to purchase the cheapest compact camera available at the time.

The types of Photography I like are Landscapes, Architecture, and Street Parades. I also like to travel to different countries for Photography.

Should anyone wish to share the interest I can be contacted at the Monaghan Centre.

Rehab Care. Mall Road, Monaghan.

Phone No: 047 811115

Back to the future – An Adult Education Programme

By RehabCare Monaghan

Four members from the Monaghan Centre availed of this service whose names are Bernadette Corrigan, Geraldine Myles, Una Sherry, and Liam Mc Devitt.

It was situated at Beech Hill College, Monaghan.

The subjects we covered

were Math's English and Computers

We enjoyed the course and we got a lot out of it.

We went from September 2003 to May 2004. We achieved a lot from it and some of us are going back this year to finish the course.

We made new friends and met other people of different Nationalities.

We got on well with them.

We would encourage others to take up the course.

To the left are the members who took part in the Back To The Future Course.

Local Election

By Fergus McHugh,
Dundalk SW



Local Voting:
Fergus McHugh,
Dundalk

On Thursday the 10th of June we had a question and answer session at the Sheltered Workshop in Dundalk. We invited 4 local candidates from Fianna Fail, Gael, Sinn Fein, and the Green Party. We asked each politician 6 questions based on issues that are most important to us at the centre. Some of these included Louth Hospital, Accessible footpaths, and employment for people with disabilities. We concluded by wishing them good luck in the election and told them we would keep in touch with them throughout the year. It was a great success and through our local NRAC we will keep the pressure on them to keep their promises!

Active Citizenship Programme

By Maria Lynch, Head Office

In preparation for the Local and European elections in June of this year the Public Affairs Department, Rehab Group co-ordinated the development of a voter education programme to assist and enable greater participation in the democratic process by people with disabilities within the Rehab Group.

This programme was made available to all sections of the Rehab Group. The response from RehabCare centres was very positive, in total 23 centres participated nation-wide.

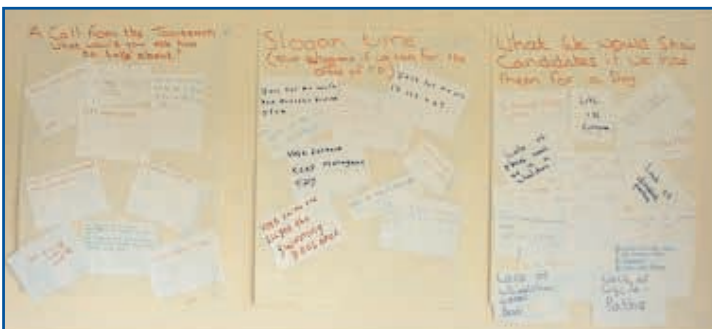
During the training participants examined the reasons to vote; identified issues they can bring to their candidates; how to vote and the power and responsibilities of Local Government and the European elections. Following on from the training many centres invited local candidates into their centre to discuss the issues of concern to them.

The Election

By RehabCare Monaghan

We invited all the parties who were going up for the local County Council election to our centre. But only two turned up. They were Mr. Sean Conlon for Sinn Fein and Mr. David Maxwell for Fine Gael.

Prior to this we did a course on the local County elections and we learned why we should vote, the importance of voting and why.



Above is a sample of the posters we created

A RehabCare Lady at the Mini Marathon

By Margaret Carr, RehabCare Sligo



Margaret Carr ready to start the 2004 Ladies Mini Marathon in Dublin

I had often watched the Ladies Mini Marathon in Dublin on TV, and watched all the women walking. I never thought that some day I would be one of them.

A group of ladies from Sligo decided to do the Marathon, to raise funds to buy computers, a Television and DVD player, a music centre, and other things that the Service Users in RehabCare Sligo felt they needed to. Staff asked me if I would like to train with them, as I like walking, and if I felt able, I would go with the group to Dublin in May.

I got my Sponsorship card and collected Sponsorship from family, neighbours and friends. I left the card in my local Mace store for a few days. This was great, because I got money from people I would never see or get a chance to collect money from.

I was very proud of how much I collected.

We met at Ballinode and walked twice a week, sometimes we walked in Deerpark in Calry. I like walking there. As the date for the walk got closer we walked longer distances so we would be able to walk the 10K in Dublin.

We traveled on a bus with lots of other groups, we had great fun going up and down on the Bus. I got my number, which was 04066, I knew a lot of the girls as some of them work in RehabCare and I got to know the others when we were training. I completed the walk in 2 hours and I will never forget the feeling when I put on my Medal. I was so Proud, I felt wonderful, I felt great and I wore it into work next day along with a big blister that I got to prove I completed the walk. I hope to do it again next year and get more of the Service Users to come with me from the centre.

All Kinds of Everything

By Patrick Reynolds, Ballinamore

On May 7th this year we had a surprise visit from Rosemary Scallen M.E.P. better known as "Dana", Ireland's Eurovision winner in 1970 – she was canvassing in Ballinamore for re-election to the European Parliament.



Dana's visit, Ballinamore RehabCare

She was very pleasant and spoke to all of us and said how nice our centre was. Some of us asked her to sing "All Kinds of Everything", she sang it very well and we all joined in. Afterwards she had a cup of tea and thanked us for our hospitality.

Galway Happenings People in Need

By Mary Kate Murphy, Siobhan Maloney,
Joe Potter and David O'Connor, Galway

We decided at our centre meeting that we would like to do something for people in need. After a lot of discussion it was agreed we would hold a cake sale and raffle. We



choose Tuesday the 18th of May for the events. There was a lot of excitement, everybody in the resource centre took part. Some people baked, some people sold raffle tickets and others sold the buns and cakes. There was a large selection of buns and cakes all made in the centre.

The Prizes for the raffle were a meal for two in the Galway Bay Hotel, a bottle of wine and a box of chocolates. James Smith, Mary Carmel Hession and Joe Potter won the prizes.

We managed to raise 205 Euro; we rang 'People in Need' to tell them how much we raised. They told us that our pledge would be on television during the telethon on Friday 21st.

Everybody enjoyed the day and felt really good about themselves for doing something for others.

We got a lot of support from the other RehabCare services in Galway that day.

My New Home

By Joe Potter, Galway

My name is Joe Potter I am 67. Until recently I lived with my brother but I got very sick and had to go to Hospital. When I left hospital I had no one to live with so I had to move in to a nursing home. I was very scared when I heard this. I moved into St Francis in Newcastle, I have a nice room with my own television so I can watch whatever I want. The staff are very nice and look after me well. I get lots of lovely food to eat. I have made lots of new friends and have also met some old friends who I had not seen in along time. I get lots of visitors in my new home, my family, friends and neighbours from Shantalla call.

I am a big supporter of St, Michael's G.A.A. club in Galway. They gave me a trophy at the G.A.A dinner last year for been their number one supporter, I am very proud of this. When I got sick St. Michael's club put a get well soon letter for me in the local newspaper.

I usually get the C.I.E. bus to the resource centre in Ballybane but on wet days the driver in St. Francis Martin gives me a lift to the centre. I would like to say a big thank you to all the staff in St.Francis for been so kind to me and helping me settle in to my new home.

Macnas May Day Parade

By Frank Butcher, Galway

I took part in the Macnas May Day Parade this year. The parade was held as part of Galway's celebration in welcoming the new countries to the E.U., in particular we were welcoming Estonia.

We had a lovely day for the parade it was sunny and warm and there was lots of people watching it. The parade started in Eyre Square went down Shop Street and Quay Street and ended in Spanish Arch. We were all representing different countries in the E.U. I was a "Perfect English Gentleman" I had to wear a suit and bowler hat and use a cane for walking, it was very funny. Jim Fahy from RTE news was there to film us, we also had our photographs taken for the papers. I had a really good day and enjoyed performing. I am now looking forward to the next Macnas parade which will take place during the Galway Arts Festival in July. I'm going to be playing the part of a chess piece we have been rehearsing a lot over the last few weeks but it's all worth it in the end.

Our Social Nights Out

By Anne Whitlow, Ballinamore

At one of our "In House Meetings" it was suggested that we should arrange a couple of social nights out, at least once a month. So one day a group of us decided we would go to the cinema in Longford for our social night. After that we decided what film we would go and see we, choose "Starsky and Hutch". The group included Damien, Tony, Thomas, Jason, Angela, Adrian, Karl and myself. We left the centre at 5 o'clock and on the way we stopped in McDonalds for a burger and chips, then onto the cinema where the film was enjoyed by all. After the film was over we headed back to the centre, we got back at 9.30 and our families were there to meet us. On another social night out, a group went to Carrick-on-Shannon to listen to a band playing, everyone really enjoyed themselves that night too. We all like our social nights out and are looking forward to many more.

Inis Mor

By Margaret Lyons and Rhona Murphy, Galway

A group of us went to Inis Mor the largest of the Aran Islands for the day. We drove out to Rossaveel pier in Connemara this is where we got the boat to bring us to the island. It took us 35 minutes on the boat to get to the island. We landed in Kilronan which is the main village.

In the village we hired a minibus to bring us on a tour around the



*Margaret Lyons (Pink jumper)
Rhona Murphy (Stripe top)*

Island, we had to haggle to get a good deal. Paul one of the staff with us did that. The driver was called Tomas O'Toole he brought us to Dun Aengus first which is the oldest fort in Europe. The driver left us here for two hours we had tea and cake and then climbed to the top of the fort, it was a long walk but there was beautiful views at the top. The driver came back for us and brought us on a tour around the island he told us lots of stories about the people and places on the island some of them were very funny. When the tour was finished we went back to Kilronan and had lunch. We then went for a walk around the village and shopped for souvenirs. It was a beautiful sunny day for our trip and it went very fast.

Visit By Community Liaison Officer

By Seamus Browne, Damien Bagge and Mary McGarty, Ballinamore

In our centre in Ballinamore we have a discussion group every Tuesday, for a number of weeks we talked about "Safety". We talked about all kinds of safety including safety in the home, road safety and personal safety. We contacted our local Garda station to see if one of the Garda would come and give us a talk about safety in our community. They had a special Garda to who talks to groups like us about safety, his name was Sgt. Noel Harriaghy we invited him to visit our centre. He made his visit on 25th May and our local Sgt. John Creamer came with him too. He talked about all kinds of safety and showed us a video about safety in the home and also gave us leaflets on safety.

We continue to have our group meetings on Safety because the more you hear and talk about safety the greater the chance is we will remember it when we need it.

"Practice makes perfect"

Who Said Friday the 13th Was Unlucky?

By RehabCare Castlebar

For over 2 years now we have been looking for a means of transport into town, which is 1.5 miles away. Many of us walk into town if its not raining but others are in wheelchairs or unable to go that far.

We did try to use NRAC to either get us

a centre closer to town or a minibus, but with no luck, our manager tried the Western Health Board, still no luck. In February after a wet week when we were finding it difficult to walk anywhere we had a meeting about what we could do. Lots of good and some daft ideas were put forward. The next day Jarlath Cunnane a parent of one of the service users called in and asked our manager if he could raise the money towards a minibus for us. The fundraising took place on Friday 13th of February. We had all sold tickets and encouraged people to go. It was a great night and about 15 of us went. There was a talk about a dangerous voyage made by Jarlath through the North East Passage, then music and a raffle. After weeks of collecting money and sponsorship the keys were finally handed over on June 14th. When we come back from our holidays in August it will have been adapted, with the back lift for our wheelchair users and we will be ready to Go, Go, Go!!!!



L-R: Paul Feehan, Mary Moxler, Sean Walsh, Lorraine Gibbons, Jarlett, Cunnane, Catriona Tonra, Rachael Gielth, Petrina Flynn, Daniel Flannegan, Neil Mulhern, Maureen Decey, Catriona McLoughlin, Miriam Carney, Bridget Geraghty, Bernadette Coen, Denise Murphy (Brogan)

Presentation Day

By Margaret Norris, Lifford



On Friday the 18th June we had our first ever presentation. Various groups of service users participated in programmes over the past few months. The courses were varied, they included cookery funded by the VEC, arts and crafts classes were provided by the N.W.H.B.

Both Anne and Sam carried out house programmes on First Aid, Healthy Eating and Walking Classes. The courses lasted for a period of ten weeks.

We painted part of the workshop wall red and put up new curtains. It looked well on the day. A florist came in and decorated the centre with flowers.

The day arrived and we were all excited wondering who the special guest was. All our parents and friends were invited to be at the presentation day. Our special guest arrived at 10.45. We got a surprise when Dominic Kirwan arrived to present the certificate for all the programmes we have done during the year. It was the first time a presentation day took place in Lifford and we were all excited by seeing Dominic. I had two friends come up from Carndonagh for the occasion.

Dominic was very nice and took the time to talk to everyone and had his photo taken with each of the groups.

There was a buffet lunch provided for with lots of lovely food, which everyone enjoyed. Dominic sang a couple of songs before leaving at 1.15pm.

Everybody had a great day. I certainly enjoyed taking part in the courses that Anne and Sam planned during the year.

Computer Classes at RehabCare – Castlebar

Edited by Martin English, Castlebar



*Front Row L-R: Patricia Kavanagh, Kathleen Cavenagh 2nd Row: Petrina Flynn, Niamh Cunnane, Deirdre Garvin, Judy Lynskey, Mary Coheran, Sean Walsh, Mary Moxler
Back Row: Martin Loftus, Martin Costello, Martin English, Raymond Costello, Colm McGee, Anne Noone, Paul Gibbon.*

Every Monday and Tuesday myself and others from my centre go to computer classes.

On Monday Martin Loftus, Martin Costello and Paul Gibbons and I go to the library in Castlebar where our teachers Helen and Rosemary teach us computers. On Tuesday 15 other service users and I go to the Adult Education Centre to computer classes. Our teacher there is Lisel. We learn how to do brochures where you type something from a book onto the computer and print it out. What is typed is also saved on the floppy disc. We put pictures with the articles that we write by logging onto google.com and printing the article

that we want. I have printed brochures on Colorado, Ireland, Hungary and Clint Eastwood. We have also used the Internet. On the Internet I go onto RTE, ITV and BBC1 and I find the news and information on the soaps etc. I really enjoy going to them. From our Tuesday class we ended up with a portfolio of the work that we had done. On Tuesday 29th June we all received our certificates for the classes we had attended since last September. We had a presentation and afterward we had a party to celebrate. It was well worth all the hard work.

Weight Loss

By Martin English, Castlebar

In January of this year I spoke with the programme supervisor Bernadette about losing weight. She asked if I would be interested in joining the gym. I explained to her that I was a member 5 years ago and that I would like to join again with the aim of burning up calories. Together we agreed a healthy eating plan, which gave me guidelines on what to eat for breakfast, mid morning, lunch, afternoon break etc. I began my weight loss and gym programme on January 12th. I went on a diet in 1996 and 1998, on both of those occasions, I put weight

back on again. I lost about 6 stone in 1998. I found that being overweight was uncomfortable. The buckle on the belt of my jeans and the button of my jeans were sticking into my stomach. Another thing about being overweight was that it was so hard to bend down and I was always short of breath. Since going on the weight loss programme I feel myself loosing weight. I now only eat junk food on Wednesdays, before that I ate it every day. I still have weight to lose but since I started the weight loss programme it has made a big difference to my life.

TRIP TO CROKE PARK.

By John Mc Kiernan, Ballinamore



On Monday the 19th July 2004, 22 people from our Centre in Ballinamore visited Croke Park in Dublin. We left at 9.30am, the sun was shining, on the way we stopped for tea in the Headford Arms Hotel in Kells Co Meath.

We arrived in Croke Park at 12.30pm where we had tea and sandwiches, afterwards we were brought on a guided tour of the stadium, our guides name was Fiona, we saw the players dressing rooms, the stands – Hogan and Cusack and Hill 16. We were in one of the corporate suites, the bars, and the press gallery. We also visited the museum where the Sam Maguire and Liam Mc Carthy Cups are on display. Some of us bought souvenirs in the shop.



Trip to Croke Park

We left Croke Park at 4pm and went to the National Wax Museum, after that we went to the Country Club, Dunshaughlin where we had a lovely meal after which we drove home. It was a very enjoyable day, and a tour I would recommend to anyone.

People In Need Telethon

By Noel Logan, Ballinamore



At one of our In-house meeting in April it was suggested we should do something for the "People In Need", various ideas were put forward and it was decided to hold a "Tea & Coffee Morning", we called the event "Coffee by the Lock", because our centre is beside the canal. We put up posters all around the town, sent out invites, put an advert in the local paper and a group of us even went to North-West radio and went on air to advertise it!!

We baked scones and buns for a couple of days, so that all our guest could have something to eat with their tea and coffee. The day started at 10.30 and went on until 1pm. A lot of our families and people from the town came and supported us. We were very busy that morning meeting all our guests, making pots of tea and coffee and washing dishes. The day was a great success and we were very surprised when we counted the money to find we had raised €650 for People in Need.

Thanks to everyone who helped out and donated money.

From planning to pruning at Bantry

By John O'Brien, Bantry

The clients attending the Physical and Sensory Resource Centre in Bantry have been involved in the development of raised sensory garden beds. This project began a year ago with the building of two raised beds. This was co-ordinated by John O' Brien who attends the centre; John is a builder by trade so it was no problem to him!! The beds are made with railway sleepers and there are paths around the beds to allow for easy access. We were assisted by gardener Jean who was paid by the VEC to help with the planting of the beds.

One raised bed is planted with various herbs including Rosemarie, Parsley, Basil, Thyme, and Coriander to name but a few. These can all be used in cooking and for various other medicinal reasons. The second raised bed

has been planted with scented flowers including carnations, scented germaniums and pansies.

This program was on Wednesdays and all the clients participated in all aspects of the project from planning to pruning. The clients spend a few hours each week maintaining and pruning the beds. The herbs are used for cooking and clients can take some home.

Garden furniture has been purchased to add to the area. Plans are now in place to plant shrubs, which will enclose the area and make it more sheltered.

RehabCare Limerick's Update

DRAMA

The drama group is staging a play entitled " Always Look on the Bright Side of Life".

The theme of the play is the environment and the pitfalls, which may ensue due to a lack of thought or consideration in the world around us. We hope to highlight some bad habits, which contribute to the ever-increasing scourge of pollution both locally and nationally. It is hoped to stage the play at the end of July.

SUMMER HOLIDAYS

This year our centre has decided to travel to 'Costa De Almeria' in September. We will let you know how we get on, but if last year is anything to go on the crack will be mighty!

MY HAIRDRESSING EXPERIENCE

by Patricia Ryan

I work in a Hairdressing Salon in Limerick City. My hours are from 2 to 3pm on Wednesday and from 3 to 4 pm on Friday. My duties are varied, these include, folding towels, making tea for the customers and washing hair in preparation for the stylist. I enjoy working there. The customers are very friendly and I know most of them by name, as they are regular clients.

MY PATCHWORK QUILT

By Niamh Long

I am currently working on a Patchwork Quilt. One day a week I attend a sewing class in the community. The quilt I am making at present is for a single bed. I hope to have it completed shortly (certainly before the cold weather begins!)

I use different colour fabrics. The following are the tools I use: Scissors, tailors chalk, thimble, sewing needles, sewing machine, measuring tape, ironing cloth, ironing board, iron and different types of thread. I sew all the fabrics together using the sewing machine.

BRAY BOWL-A-THON

By Elaine Keaskin, Bray



When Patrick Hargadon, a service user in Bray Sheltered Workshop, came to me with the idea of having a fundraiser for the People In Need telethon I had no idea how successful it would turn out to be!

He brought it to the group at the house meeting and they thought it would be a good idea. They love bowling and so they decided that they could combine their hobby with helping others.

Our manager, Aisling Maher, thought about the other services in Bray who also love bowling and we decided to contact them to see if they would be interested in joining us. And so the Bray bowl-a-thon was born!

About 30 service users from RehabCare Bray, Sunbeam House and Festina Lente all went around with their

sponsorship cards asking their family, friends and work colleagues to sponsor them.

The response they got was amazing! Soon the money started to roll in. At first we thought we would get a few hundred euros. When we got that we thought we might get €1,000. But we reached that target and surpassed it. Our eventual grand total was a staggering €2,836!!

It was a brilliant day and we were all very proud and delighted at how much money we raised.

We had a great day bowling and have to thank all the businesses around Bray who donated spot prizes to us for our raffle. We also thank the Bray Bowling Alley who gave us a special rate, as it was a charity event.

BOAT RIDE

By Raymond Chan, ParkHouse

A group of clients went to Kildare last 30th of June 2004 for a barge trip along the canals of Monasterevin. Clients had the chance to experience maneuvering the barge. The barge is wheelchair friendly and the staff are great! The clients enjoyed it and guess what? They decided to go back again this August 2004.

The Event of the Year

By Henry, Peter, Louise, HOPS

On 24 June 2004 we all went to the Shelbourne Greyhound Race Course, and we had one of the best night since RehabCare open. It was well organised by Henry O'Leary who plan the whole event.

We all met outside the Restaurant, then we went up stairs to have our meal. The service and the meal were excellent. The waitresses were very fast. They were like greyhounds.

The waitress took our orders and during our meal we were able to place bets on the races as the races were run and after the meal we went down to the track to have a closer

look at the dogs going around the circuit, and waited until the last race, and left the stadium at about 10.30pm.

We thoroughly enjoyed ourselves. We felt that the night was extremely accelerating. What a better way to finish up by taking pictures of our memorable night, as everyone seemed to enjoy themselves. A few of us decided to finish by going to Copper Faced Jacks where we danced the night away. The 24th June will always be a wonderful and memorable evening for all of us in HOPS.

The Rock of Cashel Trip to Tipp

By Mary Curran, Kilkenny

On Tuesday morning the 20th of July, my friends and I left Kilkenny at 10am on the centre bus and went to Tipperary's most famous history gothic Irish Cathedral with a round Tower called The Rock of Cashel.

The Rock of Cashel Cathedral was built between 1230 and 1270 in the 15th century but then in 1230 there was a terrible storm and the round tower and the entire Cathedral was covered with water and rocks. The round Tower was built in 1101 in the 10th and mid 12th centuries ago.

But before we went to the famous Cathedral we went to a cottage-like house/shop for a cup of tea and coffee called The Granny's Kitchen. After that we then went to the Cathedral for a tour around with a group of Americans. The Tour Guide was called John and showed us the first St. Patrick's Cross. On the other side of the cross, both on the left-hand and right-hand side we could barely see two arms of dangerous criminals.

The legends goes that if you hop on one leg around St. Patrick's cross about seven times you will be married within one month! And if you rap your arms around the St. Patrick's Cross they say that you will have no problems with any kind of pains in your teeth!

Next we went around the Comic's Chapel, which was one of the earliest and one of the finest churches that was built in the Romanesque style. It was built in 1875, with nave and chancel that were projecting towers from both attic chambers (crofts) above the rib-vaulted ceilings from the North and South of transept walls. And also on the walls we could also barely see some original medieval decorative paintwork near the altar-like stone table some part of a scene from the

baptism of Jesus Christ. And also we went to look at other arched windows and doorways. But we didn't get to see the Round Tower or the hall of the Vicars Choral and the Nave. But then we went to watch a show for a little while and it told us all about the Rock of Cashel. And when the tour was finish we went to Holy Cross Abbey between Cashel and Thurles. When we got there we looked around inside and the outside Holy Cross Abbey. First we looked at the Irish church, which was built in 1880 overlooking the River Suir. In 1980 and 1983 the west range was restored. After that we went inside the doorway to the Chapter then we went to the Abbot's house to look around the grounds.

And then we went looked around the Padre Pio National Monument and the Gardens where there were two bronze sculptors of famous Padre Pio and Pope John Paul. In 1983 and 1984 at the end of May open-air mass took place. There was an outdoor Alter as well.

And then we went to the Abbey Inn to have a bit to eat. And then we went home.

CD UPDATE

By Mary Brennan, Carlow

Things are moving along nicely regarding our CD of two original songs. Martin Lacey has been working on finalising the master copy to be sent to Trend Studios in Dublin for duplication. We have been busy writing to firms telling them about the CD this week and then we will come up with a design for that. Hopefully everything will be ready for our first launch venue: The National Ploughing Championships in Carlow on 29th – 30th September as part of the Rehab Foundation stand: second launch on Sunday 24th October in the Dolmen Hotel, Carlow, when we hope for a full house. Everyone is very excited about it all and it is a great adventure. We are very happy with the way the two songs turned out on the sample copy, they really sound good and we know everyone will love them when they hear them!

After the 28th of September, we would like people from each centre over the six-week period, to send in requests to their local radio station, for the songs to be



Back Row L-R: Bridget Delaney, Elizabeth McHugh, Mary Brennan (Composer), Karen Cullen, Kathleen Byrne, Front Row: Irene Daly, Pauline O'Brien, John Langton.

played. This way, we will get airtime. If anybody out there has experience in promoting such a venture, we would be delighted to hear from him or her.

Park House A Recipe For Recovery

By John Colbert, Park House

In December 1994, my world changed beyond recognition. A businessman and active tennis player, I slipped on the ice outside my Michigan Office and as I was to learn much later, I damaged my carotid artery. Because I was experiencing difficulty in signing my name, I decided to drive to the local hospital for a routine examination. A few weeks I awoke in hospital, confronted with a drastically changed reality. My entire right side seemed to have vanished and I had difficulty putting together even the simplest word sequences. I had sustained a massive left-brain stroke, which had paralyzed the right side of my body.

It is difficult to convey to the able-bodied, the feeling of having one's brain virtually implode. My universe appeared to have shrunk to the confines of my bed and I was dimly aware of my wife and daughter's presence. Paradoxically, it was like being at the calm eye of a hurricane as my family was left to cope with the ensuing chaos. Fortuitously, my wife proved equal to the challenges involved and in 1996, she had moved us back to our native city, Dublin after a lengthy absence.

Stimulation of the brain's neural circuits is an essential part of post stroke recovery. My wife Betty wasted no time in enrolling me in variety of activities, including physiotherapy and Spanish classes. A referral to Park House Day Activity Centre would turn out to be a major boost to my recovery schedule.

The stroke had occurred in my brain's left hemisphere, the logical and analytical portion is essential for business activities. The artistic-creative right side would henceforth be dominant and I set about reviving my childhood interest in art. Betty had me practice writing in a children's lined copybook and my initial crude efforts to stay within the lines gradually improved.

In Park House I naturally gravitated towards art, one of several activities offered to the disabled attendees. Majella Burns was an excellent instructor and under her tutelage, my initial crude efforts gradually improved. A whole new world of color and shapes was opening up to me and I could sense the formation of additional neural circuitry in my post stroke brain as I coped with the new artistic challenges.

One of the most encouraging recent finding was that it was possible to continue to grow new brain cells as we aged. It is accomplished by taking up a variety of new activities, which stimulate the brain. The Park House Day Activity Centre certainly fills the bill in this regard by providing a welcome oasis fore those afflicted with disabilities.

Our Trip to Killarney

By RehabCare Clonmel

We went to Killarney on the 6th July to the 8th and we stayed in the Gleneagle Hotel for two nights. There were 10 trainees and 3 staff. We went out on a boat trip on the first day. Some of us went swimming afterwards in the hotel swimming pool and some played pool. We went up the mountains to Ladies View as you can see from our photo. We had a trip on the jaunting cars. We went to town the first night. The band in the hotel the second night was good. The food was nice. We had a lovely time with the staff. The people in the hotel were very helpful and we hope to go on holiday again. We did not want to come home. Three cheers for the staff!!



*Back Row: Michael Hogan, John Fogarty, Jani Hennessy, Pat Strahhe, Kevin Delaney
Front Row: Jerry O'Brien, Dave Crotty, Eileen Hennessy, Catherine Phelan, Mosien Passens, Paddy O'Dwyer, Marcus McGrath.*

OUR VISIT TO RTE

By Mary Brennan, Carlow

On Sunday 4th July, a few of us went up to RTE to a live recording of two Daniel O'Donnell shows. We left the centre at 5 p.m. and arrived in RTE at 6.45 approx. There was a light refreshments reception for everyone in the entrance hall. Then we were brought into the studio, where we were given seats at the front. The studio was lovely, with lights and cameras everywhere. The floor manager was very nice and helpful. Then Daniel came out and talked to the audience, telling a few jokes to help everyone relax. He is a very nice man; easy going type of person and it is easy to see why he has so many fans. Before he started, we were told to give a rapturous round of applause to welcome him. He sang 'Stand Beside Me' to begin with. Everything was done individually with little breaks in between. He did interviews with his guests: a dancer from Riverside, Brian Kennedy, Shaun Daly, Susan McCann and Dominic Kirwan. Sometimes he had to do retakes if the first recording was not perfect. It



Kay Ryan, Theresa Huff, Kathleen Byrne, Eamon McSteen, Martin Lacey, Daniel O'Donnell, Susan McCann, Dominic Kirwin, Lil McSteen, Mary Brennan, Elizabeth McHugh, Karen Cullen, Irene Daly, Pauline O'Brien.

was a great learning experience for anyone that not been to a live recording before. After the show, we met Daniel, Susan McCann and Dominic Kirwan in the reception area, where we got some photographs taken. We also gave Daniel a copy of our CD and the words of the two songs, which we hope he will listen to and take an interest in. We stopped on the way home for a meal in Donnybrook and arrived back in the centre at 12.15 or so. It was a lovely evening out and we would like to thank Elizabeth McHugh for letting us know about it in the first place. Elizabeth is an ardent member of Daniel's Fan Club.

Great Success for 'People in Need' at Wexford Centre

By Eamonn O'Connor, Wexford



The RehabCare centre in Wexford held a very successful and enjoyable 'People in Need' telethon. Friday, May 21st was the day when we raised 1,150.09 euros for the 'People in Need' fund.

We had three events that day to raise money. Lee Colfer had his head shaved by Laura Tierney. Both Tommy Kelly and John Joe O'Connor had their moustaches removed. This was the first event held in our newly refurbished centre.

The Labour party leader, Pat Rabbitt, our local Labour TD, Brendan Howlin, and other members of the Labour party came for a visit to view the new premises. Gordon Rochford, the manager of RehabCare in Wexford, was running for labour in the County Council elections but he narrowly missed out on the seventh count. We presented

Pat Rabbit and Peter Cassells with two framed pictures of Wexford. We also presented our cheque to Mark Browne, chairman of the 'People in Need' fund. Many of the service users had their photographs taken with our visitors. Overall it was a great day and everyone enjoyed the events.

'Western with a Difference' goes down a treat with the audience!

By Mary Brennan, Carlow

The Patchwork Theatre Company's production of a 'Western with a Difference' had audiences applauding in praise and appreciation when it was staged recently in St. Fiacc's Hall Graiguecullen Carlow. The cast which involved a variety of people with different abilities and from different walks of life put on a brilliant show. An abundance of talent was displayed in the acting and singing and it would have been impossible to detect that most of the participants had never taken part in anything like this before, such was the air of confidence and relaxed attitude shown on stage.



L-R: John Langton, Karen Cullen, Brigid Delaney, Kathleen Byrne, Mary Brennan, Irene Daly, Pauline O'Brien

It was a truly enriching and rewarding experience for everyone involved and great credit is due to all concerned. This was the second production of this new Theatre Company and it will certainly not be last. Involved in this production from RehabCare Carlow were Bridgid Delaney (Mr. Blackjack), Elizabeth Mc Hugh (Mrs. Blackjack), Pauline O'Brien (Miss Daisy), John Sheehan (Big Chief Sitting Bull), Irene Daly (Little Laughing Red Cow), Karen Cullen (Mrs Muching), Carol Langton (Ruby Munching), John Langton (Rhinestone Cowboy), of course Mimi and Kiwi our fabulous line dancers (Mary Brennan and Kathleen Byrne).

It is hoped to stage another production around Christmas 2004 or January 2005. Audiences were also treated to a preview hearing of RehabCare Carlow Singing Groups two new original songs: 'We are able People' and 'There's a Place for Everyone' which will be coming on sale later in the year on CD. Two launch venues have been secured: the first launch is in association with Rehab Group at their stand in the 'National Ploughing Championships' Carlow alongside 'Elvis' on Sunday 24th October. Then (after a short break) it will be straight in to rehearsal for the Christmas/New Year Theatre Production. We certainly don't let the grass grow under our feet down here in the Carlow area!

Celebrating Creativity in Older Age

By Raymond Chan, Parkhouse

Park House Day Activity Centre participated in the recent exhibit run by the Culture Community Development and Amenities Section of the Dun Laoghaire Rathdown County Council in conjunction with Dun Laoghaire Rathdown Forum for Older People entitled "Celebrating Creativity in Older Age" last 24th to 28th of May 2004. The exhibit is a part of the National Bealtaine Festival. An exhibition showcasing the contribution of older people and the services available to them in Dun Laoghaire Rathdown Area. The exhibit was opened by Cathaoirleach, Councillor Trevor Matthews.

When the President Came By

– *Group Effort RehabCare Castlebar*

The sun was shining
The sky was blue
We all stood straight and true

The car pulled up and she got out
We waved our flags
We gave a shout

We felt so pleased
We felt so proud
The cheers became so very loud

So gentle and so kind are things
That come to mind, when we look back
To the day, when Mary McAleese came this way

JOKES

*BY – Group Effort RehabCare
Castlebar*

Dell: Why does your brother spend so much time playing football?
What do you call a woman with two toilets on her head?

Mel: Oh! He does it just for kicks.

Lu lu

Kyra Kinirons

After the dance the amorous young man asked the young lady if he could see her home so she showed him a photograph of it.

What do you call a man with a sod of turf on his head?

Pete

Carrie McCormack

Why is it not safe to make a phone call in China?

Because there are so many Mr. Wings and Mr. Wongs, somebody might wing the wong number!

What do you call an Irishman hanging from the ceiling?

Sean de Lear.

Joe Gallagher

How do you get Saddam Hussein into a chipper?

Tell him there's oil in it.

Kitty Tumelty

ARE WE LISTENING

BY HEATHER WILLIAMS

THE JOY OF HEARING THE FIRST CRY OF A NEWBORN
THE JOY OF HEARING YOUR TEAM CHEER YOU ON
THE JOY OF HEARING GOOD NEWS FROM A FRIEND
THE JOY OF HEARING SOMEONE SAY I LOVE YOU
THE JOY OF BEING YOU

BUT DO WE HEAR?
THE CRY OF OUR FELLOWMAN IN PAIN, IN GRIEF, IN HUNGER?
DO WE THROW THEM A ROTTEN FISH? AND TURN AWAY?
OR DO WE HEAR WHAT THEY CRY AND TEACH THEM HOW TO FISH

LISTENING ISN'T HARD
HEARING, REALLY HEARING IS

Actions

By Laura Gaffey

If we meet and say Hi
That's a salutation.

If you ask me how I feel,
That's consideration.

WHERE

*By Martina McMeel
Monaghan*

I come from Carrickroe,
A place in north Monaghan,
if you would like to know.
We have our own Community Centre,
You are always welcome to enter.

The Bragan mountains are very near,
They are nice in this time of year,
So if you want a break,
It is the road to Bragan
and Carrickroe
you should take

UCD Citizenship & Advocacy Certificate

By Simon Buggy, Douglas



Travelling from cork to Dublin was at times long and boring, the round trip is 8-hours per week. But this experience has made me talk to people on the

train, to help to past the time. It was good fun when I got to Dublin meeting some of the committee member well at leased it was a good laugh seeing who did what homework. Well for me it was free Internet at UCD that had hooked me, spending a lot of time at UCD or until closing time at 10pm each night. And in the short time having food there I have gained one stone in weight. My fellow students were great fun always with a joke or something funny happening. As I was born in Dublin I had missed some of the Dublin humour.

We learnt that line of communication is that what we say to people can be misunderstood, and it could be due to back round noise or different language, or due to people not listening, this is why some of us misunderstood and then reply with a very odd answer.

In computers we had to set up your own e-mail address and look at Internet site and look to see if we like them or not and why not. For me I had an e-mail address all ready, so I was asked to set up the class web site with information about Certificate in Citizenship & Advocacy.

Active Citizenship was about been active in your community, within your centre, within voting, looking at been apart of advocacy group and we meet a person who was very active with their group, so much so they even traveled to European country to meet other active groups.

Rights and responsibilities, your rights as a person and rights as a human within the E.U. and within Ireland, shopping rights, etc., and the responsibilities you have to others to uphold the law of the land.

Horticulture I really enjoyed planting seeds and watching them grow and now I know why some people take so many cuttings as one may not grow, so you may need more and the time spent doing this was most enjoyable and wish it was longer, well now I have lot of plants at home and the rubber plant is doing very well.



L-R: Michelle Joyce, Patrick Hargardon, Simon Buggy, Jimmy Dooner.

Reflective learning was about a half an hour of seeing what you have learnt over the last few days this was at time a bit of problem as it was on the Friday evening and we at times cut it in order to get the bus to the railway station in time. But it was

very good but sometimes you were rushing to finish it.

I think it was very funny when the 2nd last week when I found out I should have been getting the number 46a and it went in to town very fast, and getting off just around the corner from the number 90 bus. This 90 or 91 bus will get you to the railway station very fast. And it only took 45 minutes from UCD to railway station. And before that I was getting the number 10 bus. It took a long time to get into town, sometimes over an hour.

Question: would you do it again?

I would it was the best time I had. And I am hoping to travel more before this year is over mostly to Dublin for NRAC meetings on the research on the cost of disabilities project. And NRAC training that coming soon.

Question: any dislikes?

Spent up to 8 to 10 hours traveling per week.

I hope that anyone that doing the cert. at UCD in years to come will enjoy it as much as I have and I hope this will open doors or help you to understand your rights with today sociality.

Moving

By M. Flanagan, Dun Laoghaire



We started in a new company which was part of the Rehab it was called Rehabcare. We then moved from Boghall Road to Robins Nest 6 to 7 years ago. We were very uncertain of the future at that time because we had just started in a new branch of Rehab and were used to a set routine. Up until then we used to come and go at a certain time and some of us did not get our own transport in.

We were introduced to new programmes such as personal development, art etc.

We moved from Robin's nest to the Living Life centre in Bray Town. We were there for 4 to 5 years continuing with programmes. We moved back to Boghall Road again after

a few years. It was very uncertain whether we were coming or going as we had no rooms of our own and had to share rooms with another group. We had to go outside of the centre for programmes. In a way it was good and bad, we had to be on time for them and sometime the rooms were double- booked which meant we could not have some programmes and had to have them in the kitchen.

At the beginning of this year we moved from Boghall road to Dun

Laoghaire. We have a nice new centre, which is airy and bright. Being here is very good, we have our own rooms and we can have our tea break when we decide.

It gives us all a new outlook for the future. We are looking forward to getting to know the community better. We are here now a few months and everyone seems to like it.

I used to get a bus from Sunbeam house to Boghall Road, but now I get the dart to Dun Laoghaire. I find it very easy to travel on the dart and it has given me greater independence. It takes just half an hour from Greystones to Dun Laoghaire whereas it took me two hours to get to work before.

GALWAY N.R.A.C.

By Siobhan Maloney, Galway

We have a new N.R.A.C committee in Galway, we had our first meeting the end of February. We elected a Chairperson Siobhain Maloney and a Vice- Chairperson David Lally. The other committee members are James Coughlan, Ann Divilly, Declan Griffin and Declan Madden. The committee represents the Resource Centre, the Sheltered Workshop and the High Support group. Maria Walsh is the external facilitator, she helps us with our meetings, she is very nice. We meet ever second Wednesday in the boardroom in Heather Grove, the Resource Center. We also meet the other service users in the different centers to share information and help them with problems.

We asked the community service manager Finbarr Colfer to attend one of our meetings so we could ask him questions about things that were worrying us. He was very helpful.

We are looking forward to the national meeting this year and meeting people from other committees.

Irish Museum of Modern Art

Athlone R.T. group recently took part in the National Programme of the Irish Museum of Modern Art, which was designed to create access opportunities to the visual arts in a variety of situations and locations in Ireland. The Arts Service of Offaly Co. Council working in partnership with the IMMA aimed to stimulate interest in and debate about contemporary and modern art by curating an exhibition of works from the collection of the IMMA. Works on display in the county council building included painting, photography, print-making, sculpture, drawing and mixed media.



Tony Shaughnessey at 'Making Choices' Exhibition

The Athlone group were given a guided tour of the exhibition including a talk on the history of how a particular piece came about - what the artist was thinking about. They were then invited to pick out their favourite piece and to discuss why they liked it and if they wished, to sketch it.

Food and Health

Service users from Athlone sheltered workshop recently attended a Community Food and Health course. The course included: a fresh look at food; a focus on fat; a focus on fibre; sensible shopping; a talk by a dietitian and a presentation of Certificates. The feedback from participants on the course was very enthusiastic. One service user commented that home made burgers taste even better than McDonalds! Other centres may be interested in contacting their local health board to see if similar courses are run in their area.



Athlone service users

Dublin Exhibition



New Dawn an exhibition of Artwork created by the clients of RehabCare Parkhouse & Ballyfermot was held at the Town Hall, Marine Road, Dun Laoghaire on August 10th-August 12th the event was sponsored by



Dun Laoghaire- Rathdown County Council and Tesco Ireland. This event proved very successful and many fine piece of art were sold. The event was opened by Cllr Niamh Bhreathnach, Cathaoirleach of Dún Laoghaire Rathdown County Council and a great night was had by all.

Long Service Award

Last June 11, 2004 Ms. Majella Burns a staff member of Park House Day Activity Centre received the Long Service Award in recognition of her untiring 10 years of service in Park House. There was a small celebration in Park House after the awarding ceremony. Congratulations Majella!

Minister Michael Martin's Visit to Highfield House, Longford

By Niall Sheerin



Tree Planting ceremony ath Highfield House

On the evening of May 20th Michael Martin, T.D., Minister for Health and Children, along with other public representatives paid a visit to Highfield House, Longford Autism Residential Services. Also in attendance were Margaret Gillard, Director of Operations and Lavinia Stronge, Regional Manager.

Firstly the Minister was introduced to each of the residents, their families and staff of Highfield House. After a short guided tour of the service Minister Martin took part in a tree planting ceremony and a plaque was erected to commemorate the occasion.

On completion of the ceremony the Minister spoke with the residents, their families and staff, he commended the service and the dedication and excellence of the work done by all the staff in Highfield House.

The evening was finished off with refreshments and snacks for all. It was certainly a wonderful opportunity for all involved with Highfield House to come together and celebrate the success of the service.

Celeb Moment



Bernie Langan met with Chris Doran at his concert in the Hudson Bay Hotel, Athlone after his Eurovision appearance

Preventive Health Awareness

Monaghan RehabCare had the pleasure of The Marie Keating Foundation Mobile Unit to their centre. They talked about breast cancer and prostate cancer, which was very interesting and important positive health awareness.



The Monaghan Garden Update

We brought seeds and sowed them in trays and when they propagated we grew them on in pots. When the plants was big enough to put into the window boxes. We have a volunteer rota for watering the plants.



This article was published in The Health Research Board.

We would like to hear what your thoughts and views are Rehabcare
Please submit any comments you may have to the editor.

Report shows highest-ever recorded levels of need for full-time residential services for people with intellectual disability

Tuesday 22 June 2004

The number of people with intellectual disability requiring residential services is now at its highest level since national recording began in 1995, according to the 2003 Annual Report of the National Intellectual Disability Database (NIDD) published today by the Health Research Board (HRB). There are now 1,776 individuals who require a residential service between 2004 and 2008. In contrast, demand for day services by 546 people is at its lowest level, suggesting that significant progress has been made in meeting the demand for day services.

The demand for intellectual disability services is summarised as follows:

- 2,284 people are either without any services or without a major element of service and have identified needs in the period 2004-2008;
- 1,776 full-time residential places are required
- 1,637 residential support services, such as respite services, are required
- 11,135 of those who already have services need those services enhanced or changed to adequately meet their needs, a reduction of 11 per cent since 2002.

The number of people without any service whatsoever at present and who require some service before 2008 is the lowest ever reported, at 356 people, or 1 per cent of all registrations, a reduction of 112 people since 2002. A further 2,093 people are identified as not having any current requirement for services.

This unmet need for services exists despite record levels of overall service provision. A total of 23,464 people (92% of NIDD registrations) are in receipt of services. Current service provision to people with intellectual disability is summarised as follows:

- 15,335 are attending services on a day basis.
- 8,092 are in receipt of fulltime residential services, and most of these also attend day programmes.
- 37 are in receipt of residential supports only.

This overall growth in services reflects the significant investment programme in the intellectual disability sector in recent years.

Key demographic findings highlighted in the report include:

- 25,557 people are registered on the NIDD, representing a prevalence rate of 6.52 per 1,000 of the population.
- Please submit your thoughts on this article to the editor for the next edition of News and Views.

- The number of people with a more severe intellectual disability has increased by 30 per cent since 1974 when the first census of this population was conducted.
- People with an intellectual disability are living longer than previously.

The report notes that the marked increase in recent years in the number of adults aged 35 years and over with a moderate, severe, or profound intellectual disability, and the corresponding ageing of their carers, is contributing to the ongoing demand for residential services. 46 per cent of people with a moderate, severe, or profound intellectual disability are now aged 35 years of age and over, compared with 38 per cent in 1996. This represents an increase of 1,074 people in this category. The authors of the 2003 report, Steve Barron and Fiona Mulvany of the HRB, point out that residential services are primarily used by adults with a more severe intellectual disability. Since the database was established we have seen that the number of older adults with a more severe intellectual disability has been consistently increasing. Many of this group continue to live at home with their families and when their existing caring arrangements become unsustainable, demand grows for appropriate residential support services and fulltime residential services.ⁱ

The National Intellectual Disability Database has been in existence since 1995. The information for the database is collated by the ten health boards and managed nationally by the Health Research Board. The Department of Health and Children, the health boards, and the non-statutory sector use the database as the evidence base for the planning and development of intellectual disability services. Dr Ruth Barrington, Chief Executive of the HRB, highlighted the need to protect the NIDD, and other important national health information systems, during the ongoing restructuring of the health services.

Ms Mary Cody, a service user from Co Kilkenny, designed the cover of this year's report. Mary was the overall winner of a national competition organised by the Health Research Board in conjunction with the Federation of Voluntary Bodies in recognition of European Year of People with Disabilities in 2003.

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RehabCare Employee Assistance Programme (EAP)

By Karen Fanneran, HR Manager

The RehabCare Employee Assistance Programme (EAP) was launched on 1st May 2004. EAP is a means by which employees can access support and assistance in the resolution of personal issues relating to health, well-being, relationships or employment. The service offered via RehabCare is both voluntary and totally confidential.

RehabCare greatly values the personal contributions employees make on a daily basis to the business and services of the Organisation. RehabCare also recognises that every one of us, regardless of our position within the Organisation, can experience difficulties and problems in our daily lives. The EAP is designed to provide an extra degree of assistance to employees should they require it.

The EAP will apply to all RehabCare staff and will focus on proactive intervention, involving preventative measures, which seek to address/eliminate the cause(s) of difficulties for individual employees. Participation by individual employees will be voluntary and is free of charge to all employees.

Under the terms of the EAP, RehabCare staff have access to a free-phone help-line for information/referral/support purposes, available 24 hours per day, 7 days per week, a 4-session model of face-to-face counselling support, provided by external consultants and an experienced team of counsellors and practitioners, with a wide range of specialisations, provided by an external consultancy. All counsellors and practitioners work to professional codes of

practice, and as such will assure sensitivity, confidentiality and the highest standards of professionalism.

The EAP is initially accessed by the staff member calling a Free Phone helpline number, which is answered directly by the external consultancy. To ensure confidentiality, access is not made through other RehabCare personnel. Counselling appointments will be available in the evenings and weekends if required by employees. Every effort will be made to ensure that employees will be able to access the services at a convenient location. A line manager or supervisor may suggest the use of the EAP to an individual staff member if personal issues are creating difficulties at work. However, the decision to access the Programme rests with the individual employee.

Staff should all by now have received a copy of the EAP Policy & Procedure. EAP posters and contact cards are available within RehabCare service locations displaying the free-phone help-line number that can be used to access information, support and assistance.

If anyone requires any further information on the EAP service they should not hesitate to contact their line manager or a member of the Human Resources Department.

The freephone helpline number is: 1800 201 346.

NUI Certificate in Citizenship and Advocacy

The primary aim of this course is to equip students with the necessary skills to become effective self-advocates and encourage active learning.

This course is suitable for students who have intellectual disability who want to learn more about advocacy and their rights as Irish citizens. The course offers students the opportunity to enrol at UCD and experience student life while developing their communications and self-advocacy skills. Applicants should be willing to attend UCD once a week for one academic year and if necessary bring a family member or support person to do the course with them. The commitment is required of students to attend one day of classes per week (Friday) in term time and must prepare projects and presentations as required.

Please Contact Anne O'Conner for further information at 01- 7168431 email: cds@ucd.ie <<mailto:cds@ucd.ie>>

Unique Accredited Advocacy Course

Comhairle, the Institute of Technology, Sligo and the Equality Authority will launch a unique new Higher Certificate Course in Advocacy Studies (HETAC Level 6) in September 2004. This course will be delivered by distance learning, is fully accredited, and provides transfer and progression within the third level education system.

For copies of an information brochure please contact Elizabeth O'Neill Tel: 071-9137215 email- elizabeth@itsligo.ie <<mailto:elizabeth@itsligo.ie>>

EYES 2004 Award

The European Year of Education through Sport 2004 award aims to recognise the contribution that sport and physical activity can

make to our lives through non-formal learning. The winning group or organisation will receive a trophy and a trip for 25 to an outdoor education centre. The essence of this competition is about finding the group or association that uses physical activity and sport to encourage as many people as possible to take part and does its best to ensure a positive experience of involvement. Non-formal learning covers everything from increasing confidence to encouraging teamwork and partnership, to exploring the limits of our physical and mental capabilities. These will include Community Games committees, Active Age groups, youth clubs, sporting teams and organisations, residents committees, development groups, charities and many more. The closing date for receipt of applications is October 31st, 2004. Download the application form and other documentation at <http://www.eyes2004.ie/news/award04.html#documents>

Programme Department Diary Dates

- September 15th Programmes Forum West/North West-Sligo
 - September 17th Programmes Forum - North East/ Midlands -Navan
- November 4th-5th - National Programmes Workshop
 - November 10th-11th - NRAC AGM - Dublin

Dear Editor column

I have recently heard the term person centered planning being used around the centre can you tell me what it is?

Service user in the South

Person Centered Planning is a term used around helping organize a plan around you. It can help you define and create a better future for yourself. Person centered planning came from the United States over the last 20 years. Different ways are used which are individualized and accessible for you and they gather voluntary information on what is important and what you enjoy in your life. Then someone supports you by offering the supports around activities while organizing available resources to move toward the future things you want.

RehabCare's person centered planning way is called the Discovery and takes you through a process of sharing voluntary information. Then we work together as a team on what you have decided you would like to do and what's most important for your life. We then help you make an individual plan while bringing the people that you want to support you together.

The plan is all about you and how we can help you in leading your life to the fullest!

NEWS AND VIEWS CONTEST

The best picture version of the RehabCare Service Users Complaints Process Stages 1 through 4.

How to enter:

- Entries should be no larger than an A3
- Any Media can be used (e.g. Paint, pencil, crayon, drawings, cartoons, software, photos)
 - Entries to be received no later than Friday 24th of October 2004
 - with your name/s and the centre you attend
 - Please send entries to:

Kathleen Morris
Roslyn Park, Beach Road, Sandymount, Dublin 4
01-2057327

Prize: €100 euros for the winning entry and publication on a national level with name of individual's design.



REHABCARE

News and Views, published by RehabCare, the health and social care division of the Rehab Group, delivers a wide range of health and social care services in communities across Ireland for people with disabilities, their families and carers, and those who are marginalised. Each year more than 2,600 people avail of these services, which include Respite Care, Resource Centre Services, Sheltered Workshops, Supported Accommodation, Home Support and Home Based Respite, together with specific supports for people with autism. Further information is available on our website

www.rehab.ie

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