

News and Views

RehabCare Newsletter

Winter 2007

RehabCare

Investing in People, Changing Perspectives

What's in this issue?

RehabCare UK Editor's note	Pg 2
East/South East	Pgs 3-6
North East/Midlands	Pgs 7-10
South/South Mid-West	Pgs 11-12
West/North West	Pg 13-14
NRAC	Pg 15-16
Information Bulletin	Pg 17-19

J.J Scallan Honoured for 20 Years of Lifeboat Volunteer Work

Wexford

The dedicated volunteers of the Kilmore Quay Lifeboat station do not expect civic receptions to reward their incredible work. J.J Scallan recently received a framed Certificate of Service from the Inspector of Lifeboats, Colin Williams, for his twenty years service as a lifeboat volunteer in Kilmore. Two other local men, Johnny Moore and Dermot Culleton, were also honoured for their remarkable dedication to the Lifeboats. J.J's certificate was inscribed as follows: *Royal National Lifeboat Institution Certificate of Service. This is the certify that John Scallan served as a Shore Helper at the Kilmore Quay Lifeboat Station for 19 years and 10 months, during which period the lifeboats rescued 58 lives from shipwreck. The council are glad to place this testimony to his personal participation in the Lifeboat Service.* J.J said he was very happy and pleased to receive the certificate. J.J also commented "I still intend to continue serving the lifeboats because I think it is a very worthwhile job."



J.J Scallan receiving his certificate

How do you get involved in your local community?

By Martin Mc Elroy, Monaghan

My name is Martin I moved to a new housing estate near Ard Lurgan in Castleblayney, Co. Monaghan. I get involved in my community by keeping the

place tidy and by gathering litter and keeping the whole area litter free. It is a very good way to meet people and I feel very safe in my new home. I like getting involved and I would encourage people to get involved in there community. **I like working for my community by helping out.**

Rosses Point, My Home

By Mary
Leydon, Sligo



In autumn
watch the sun set,
Into the watery sea
Winter its too cold for walks,
But from the cosy car you can,
Watch the waves hit the beach

In spring get well muffled up,
Cos it will be cold,
The sand will blow over the rocks,
as you go for walks

It is summer time I love the best,
I dip my toes in the sea,
On a warm summers evening
sit out and have a cup of tea
Watch the children playing
Making sandcastles by the sea

The boat house is full,
And the children sail around the
lighthouse,
People that are camping go swimming
and
The golfers enjoy the sunshine,

Me, I have and ice cream and sit by the
sea

Editor's Note

To further enhance our relationship with the local community, we are all encouraged in some way to participate in the various community-based projects. Some of us may volunteer in a wide range of community activities including teaching, environmental projects, painting and refurbishing community buildings, assisting with youth and older age groups and assisting local charities.

We as contributing citizens are encouraged to pick areas where we can put our knowledge and experience and interests to work to the advantage of the local community.

RehabCare both as an organisation and through various individuals contribution has made great strides to the local community and we are very proud to have done so in such a significant way over the last number of years.

Our ongoing goal is to continue to increase participation in the community by adding more value to our local community. This is just a sample selection of fantastic local community work people and services are involved in around the country...enjoy the read!

All the best,
Kathleen Morris, Editor
kathleen.morris@rehabcare.ie



RehabCare UK

Humbled to be asked to become part of Rehab UK's cause

In October last year the London brain Injury Centre was buzzing in anticipation of the arrival of 'Stella' – the somewhat misunderstood and some would say misguided recent character from the BBC's Eastenders. Everyone's excitement further grew when they met and talked with the accomplished actress Sophie Thompson.

During her visit Sophie very quickly agreed to become involved with Rehab UK's cause. She not only took on the fronting of the Community Integration Service in London + South East, but also offered the use of her valuable time and talents to do the voice-over for The Brain Injury Handbook – making an audio version of the publication to enhance the number of people who can benefit from the work.

Below are her reasons for becoming involved with Rehab UK, entitled "Time For Bed..." said Zebedee.

In the 1970s a whole generation of children [& their parents] were familiar with the sound of my father's voice. Eric Thompson wrote and narrated the hugely popular Magic Roundabout series, and millions of viewers regularly tuned in to listen to his stories of Dougal and his pals in the magic garden.

My father was 49 when he had his first stroke, paralysing him down his right side, leaving him unable to speak or write. At the time we knew so little about brain injury. There wasn't

much the medical profession could offer in the way of help. Families were left to pick up the pieces in the best way they could.

A lot has changed since then and we now are able to understand and deal with the effects of acquired brain injury much more successfully, giving patients the opportunity to rehabilitate in a way that had never been previously considered. Many are now able to regain full and independent lives once more. Rehab UK works with a huge range of people of all ages who may have been unfortunate victims of a road accident, violent assault, accidents at home or at work, or suffered from a particular medical condition such as an aneurysm or a stroke, all of which can come with no warning at all...

Through highly trained rehabilitation teams working at specialised Brain Injury centres, Rehab UK provides an astonishing level of support for thousands of people and their families, at what is possibly the hardest time of their lives. It is my privilege to be associated with Rehab UK and the vital work it is doing.

Sophie Thompson



Community Involvement

By Jim Rohan

My name is Jim and I would like to tell you a little bit about my life.

How I am involved in the local community?

Firstly I live in an area called Kilmaganny. I take part in the Parish lotto every week. I attend Mass every weekend in Higginstown. I also enjoy a pint every weekend with my friend Garry.

My favourite things to do are to support my local team, Carrickshock and of course the Kilkenny Cats!! I am so proud to say that they won the all Ireland.

I went to Croke Park in Dublin and then went to the party at City

West where we had a fantastic meal to celebrate the win. I usually dress in the Kilkenny colours at all the games.

Secondly my job is very important to me. I work in Superquinn 3 days a week. I have met a lot of customers. We have a wonderful social club and I will go to our Christmas party.

I am also attending KCAT at the moment in Callan for a Drama course. We practice every week and we will produce a play for our friends and family. I enjoy the group and it's a good way to relax and have a bit of fun.

Lastly I am in RehabCare at the moment. The staff encourage me to meet outside the service and to be involved. We sometimes swim, attend the cinema, enjoy day trips and I am also waiting for a house so that I can live my life and do my bit for the community!

My local Environment

I live in Phibsborough, often known as 'Phibsboro'.

This is a piece of Dublin by the Royal canal and Crossgunns bridge. Here we have many neighbours we do not know, who live in little apartments in Mountjoy; these little apartments collectively known as 'The Joy'. This prison has great historical significance, as Irish patriots like Kevin Barry were executed there.

Across from the Joy is the Matter Hospital, an ancient building, yet very imposing, and capable of carrying out great work, from blood tests to operations, including heart and lung operations.

In the other direction, about 20 minute by foot north of phibsborough, lies the biggest outdoor park in Europe, 'The Phoenix Park', with its Wild Deer, Zoo (the latter with good variety of exotic animals), and the Papal Cross, which was erected for the visit of Pope John Paul 11 in September 1979. Also, here is the American Ambassador's residence, and home of our President (Currently Mary McAleese).....Aras Un Uachtaran.

Last but not least, Phoenix Park boasts lovely green outdoors, with an integrated road network through the park.

By Mick Sharkey, H.O.P.S.

GERTRUDE

By John Cooney, Dun Laogharie

This is my song, Close to the earth,
To the boom of the rain by night against
the latticed windows. And closer still to the one
who smiled at the grey
of the morning and was merry all the afternoon.
November she bought and April she gave,
Shedding silver in russet taverns of the local eve.

She said that once on Summer days
the skies were blue,
And roses grew beside the half door,
With bluebells nodding just beyond,
And the wicket gate led onto the sweep
and cry of the open fields. Berries she gathered
then, Ditches to climb. And all night
the moon a glimmer in the earthen troughs.

My heart is full though she has passed,
No sun beams lost nor shadows won.
For I have seen her dancing in the early snow,
When something in her smile, The curve of lips,
Rolled out a song that freed me, For a golden
while, From all loneliness and care.

People in Need

On Friday 26th October a number of service users and staff of RehabCare Kildare took part in collecting for People in need in our local area. It was an enjoyable day and the people of Kildare were very generous. Our buckets were heavy by the end of the day. We hope to do it again next year.

All of RehabCare, Kildare

Pictured from left are: Michael Menehan, John Dunne, Marian O Donoghue, Ian Murphy, Bridget Dignam, Noreen Farrell.



Askea Country Market

By Bridget Delaney, Carlow

Every Friday morning in Askea parish centre there is a country market selling fruit and vegetables, home baking and craft work. Joe and I look after a stand made up of products made in the centre. The woodwork class makes bird boxes, window boxes and small shelf units. The knitting group supplies scarves and we also make some jewellery. We are hoping to do well in the run up to Christmas. I enjoy going up meeting and chatting with people and of course sampling some of the home baking!

On the trail of Tom Cruise

By Veronica Cassidy, Dun Laoghaire

For a long time I have been hoping to spot Mr. Cruise. I know he lives in LA. I read all the magazine articles about him. I have a dream...I'd like to go to LA, see where he made his movies and then meet the man himself. I think this is a dream I can achieve.

My one wish is to meet Tom. Discussing this in the group has got me thinking. I'm developing a plan of action. I'll go on the Internet and join his fan club. Then I may send him an e-mail to introduce myself. This will start my Mission Impossible to meet Tom.

I'd like to say to him I admire him and I've watched all his movies. I've been a fan for years. He is great with his kids. Although his behaviour lately is a bit out of character- he nearly did cartwheels on the Oprah Winfrey show! But this hasn't put me off him so I must like him a lot.

He has overcome a lot of difficulties in his life. He was bullied. He has dealt with Dyslexia. He has been criticised a lot in the media, plus he's not the tallest man either!

I don't care about the negative views of others this is my dream and you never know it just might come true!

Umpiring

By Adrian Dermody, Carlow

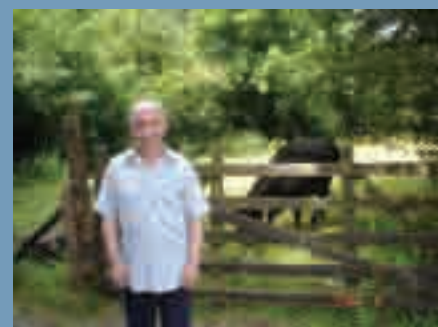
Nearly every week my father and myself help out in our local community. We are members of Ballinabranna G.F.C. in County Carlow. We are umpires and we help out the referees during games. Recently we were umpires at the under 21 county final and the replay of the senior football final. Both games were played in Dr.Cullen Park. We love helping out.

Going to school

By John Foskin, Waterford

I started going to school in Kilmacow at the age of 4. I learned English Irish and Maths. The school was an old building. There was no heating or running water. I had to bring bread and a bottle of milk for lunch. I had to be home at 4 o'clock for my dinner. When I left school in Kilmacow, I went to school in Co. Dublin. I learned cookery and woodwork and got work experience.

Later I went to RehabCare Centre on the Cork Road. I learned Computers, maths, cookery and catering. After that I went to RehabCare Centre in the Tramore Business Park. This was after the tall ships race in Waterford in August 2005. I pack games and do cookery. I go on day trips with the service users and staff. I like going to the centre and I am happy there.



People in Need

By Staff, Carlow

Staff and clients of RehabCare Carlow recently took part in some fundraising activities to raise money for R.T.E.'s People in Need telethon. On Friday 28th September a coffee morning, karaoke and book sale was held in the centre.

On Friday 26th October we went up in the Fairgreen Shopping

Centre where we organised a number of different activities including getting a picture taken in a DeLorean car, selling candyfloss, face painting and a second hand book sale.

Richie Power brought along the Liam McCarthy Cup (up the cats) and people could get their photo taken with Richie and the cup. Approx €1200 was raised. We would like to say a big thank you to all who helped and supported this worthy cause. Anyone who stayed up late enough would have caught a glimpse of us (mainly Mary and Irene) on RTE.

My favourite place. My job in the community. Recycling to be environmentally friendly

My name is Jane Donnelly. I live in a nice village called Stepside. It's a nice and quiet and I like it but it has only one shop and one pub. We could do with more. I recycle most of my house hold waste as possible as I like to be environmental friendly.

I started working in a lovely laundry last week and I like the job and the people I work with. The job is in a nursing home and I meet the residents also and it's lovely to talk to them. I am looking forward to getting to know them better and enjoying there company.

My favourite place is Wexford and I like to go there on holidays with my friend. My favourite place to eat out is the boomerang pub in Bray. I like to relax there.

By Jane Donnelly, Bray

Getting out and about in the community on our holiday in Galway

By Alasdair Quinn, Bray

The Hotel

A nice peaceful room really quiet, able to relax and sleep, I feel like home having the whole room to myself doing my writing, listening to my music, drinking water, relaxing on my bed which I nearly fell asleep with my eyes closed and then when I get up I walked to the window I can see the most beautiful dark sky with tropical star light which caught my eye.

Activities

This is my first time ever in a dark creepy cave it was really creepy the others were really scared, Lindsey and Kiara had to hide their faces with their clothes they didn't want to see but they had to put their heads down because they had to watch were they were walking and they decided to stay there because they liked it and they want to come back next time.

My favourite entertainment adventure was beating John o Connell on the pool table in Caesar palace it was my best win ever and I was overjoyed it didn't matter that he won it was only the luck of the dice and turns out I was the winner and after that I went on the slot machines that was entertaining.

The food was the best even the breakfast in the hotel, and listen to staff Jack, Jessica, Aisling to stay with the group and no wondering. My favourite food and drink was a warm chicken salad and Carlsberg in McSweegan's and I had 10oz of a well done steak in peppercorn sauce with fried onions and mushrooms and chips.

THE COMMUNITY SOCCER LEAGUE

By Gary Burton, Phoenix Bray

On the 17th of November we will be taking part in a community soccer league tournament the teams are Bray Garda, the Chinese community and the travelling community.

Will be playing matches on the Boghall Road, Bray in the Ballywaltrim community centre the times are 12pm to 6pm, We have full football gear we have jerseys shorts socks and football boots and we have 11 players on our squad team I am hoping we can win this league John McCarthey is our manger he is doing an excellent job. Jack is the team's assistant manager and our team colour is blue and white .I play the teams goalkeeper and I am doing grand job. I am hope you can come out and watch us play sometime I have a picture of our team I will show come and watch the best

because the best don't mess. I really think it is a great idea to meet new people and make new friends in our community we will show you how it is done watch and learn I am hoping I can make a lot of new friends and have a great laugh with everybody.



Inter Centre Competition

RehabCare Carlow have retained the James Nolan Cup having overcome some serious competition from RehabCare Centres in Waterford, Wexford, Clonmel and Kilkenny.

Events including bowling, darts, pool, board games, a table quiz and this year a brown bread making competition.

The final event, the board games and the presentation of the cup was hosted by RehabCare Kilkenny in the Springhill Hotel on Monday 22nd of October. A Halloween themed party with prizes for best fancy dress and a karaoke also took place on the day. Well done to all and congratulations to Carlow!

From all the staff Carlow



Jessica's leaving Party

Service Users didn't have to be in until 11.30a.m., while staff prepared a 3 course sit down meal for Jessica's surprise farewell party from RehabCare Bray. Starters were a choice of garlic bread with pestos main course was a choice of spaghetti bolognese or veg lasagne. That was followed by a farewell cream cake for dessert.

Staff Jack was our waiter for the meal and served us soft drinks and took our order. The room was decorated very well with a white and gold theme, everybody dressed up really smart.

We had our lovely meal and presented the gifts to Jessica which she was very happy with, it would have been great if Jim had of been there who has retired but we gave Jim a really special send off too. All the staff did a great job we didn't have to do any cooking we were able to enjoy our last day with Jess. The staff looked very well too they dressed up, thank you very much to the staff at RehabCare Bray and best wishes to Jessica in her new job in Galway.

By Susan Scully, Bray

What I do best in my community

My name is Patrick Hargadon, I started playing golf recently with Bray Lakers in Greystones, but now we have moved to playing in Bray We are practising at the moment but do plan to play more competitively shortly. I play bowling in Bray Bowl and I am getting good scores. We are hoping to get to Special Olympics standards and to get picked for the Irish team.

I am organising a Christmas party for my friends and its going to be the biggest numbers we have ever had.

I help my mum out at home she's going on 91 and I like to look after her like a carer.

By Patrick Hargadon, Bray

My Part in the Community

My name Hugh O'Connell go golfing on Mondays. I have hip-hop and Skiing and after I go bowling on Tuesday's. The centre has a coffee morning each second Tuesday. I have drumming each Wednesday and Lakers Disco is first Friday of each month.

By Hugh O'Connell, Bray

Francis MacHughs Story

Dun Laogharie

My name is Francis MacHugh I'm a member of Bray Lakers social club. I play Bowling every Tuesday night once a week. I went to Belfast with my club in the Special Olympics. We organise outings and a Christmas party.

I'm involved in another club called Action for Mobility. We meet once a month in St. Andrews. At these committee meetings we discuss public transport. We organise social club outings. We organising weekend trips to go different places.

We also meet with people from Dublin bus and ask them some questions about public transport for wheelchair users. We would like to see more accessible busses for wheelchair users throughout CIE.

There are not enough accessible busses, that's why we ask CIE questions at these monthly meetings. I get annoyed at Dublin Bus it is a disgrace there are not enough lower floor busses. I got re-elected as chairperson at AFM. I was very happy for being retained as chairperson on the committee of AFM. We elect our own officers. I would like to see improvements in all transport services.

I am famous on TV. Let me explain. I work 2 full days in Irish Life and they won the O2 Ability award. It was great achievement for them and me. I was delighted to take part in that award. I volunteered to represent all of Irish Life in an interview on camera. I was excellent in it.

I volunteered for the interview because no one else volunteered to take it. I had to take that option by myself because I wanted to.

I was delighted I was on TV and also I was in the Irish Times. It was a great achievement for me. I was proud to be on TV and in the newspaper.

Dan the Man, We miss you

There was a very sad day in RehabCare, Cavan. On the 26th of August Dan McQuillian, the work supervisor retired from the Dublin Rd Centre. Dan worked with the centre for over 25 years... so he was like part of the furniture!! We all loved Dan as he was so kind and he organised lovely trips abroad. Dan helped me to learn skills that I needed to work outside of the centre.

We all had a party for him, it was a lovely day we all got to say our good byes and we even sang him a few songs.

We all miss Dan every single day and we want to say thank you to him for helping us becoming the better people we are today.



*By Kenneth Wallace, Barry Armstrong, T
Theresa Rahill, Oliver McKiernan and Mark Smith.*

Support from our local VEC

The Navan Team

We in RehabCare Navan are very grateful to our local VEC in Navan who always give us plenty of support in relation to programmes. Currently we have four service users attending the Back To Education Initiative (BTEI) in Navan English, Maths and computers on a weekly basis.

The Intensive Training and Assessment in Basic Education (ITABE) is due to commence for another six service users on Nov 1st. Currently within the centre we have Ann who is a literacy tutor who comes in to support a group on a weekly basis.

We are hoping to commence digital photography and basic web design with their support also.

All in RehabCare Navan would like to recognise and thank the VEC in Navan for all their continuing support.

My Home

By Gweneth Dickson, Monaghan

I live in Mullyash near Oram in Castleblayney. I live on a farm we have dry cattle and a sheepdog. My next-door neighbour is big Tom Mc Bride he is a famous country singer as he sang Gentle Mother, same way you came in, When the roses bloom again and many more. I enjoy listen to country music and I been a very big fan of The Legend Big Tom for many years. At work in centre we play big Tom cd's and videos. I enjoy living in the country special when the leaves are falling at autumn time.

Gerry's Trip to England

By Colette Martin, Dundalk

Gerry O'Callaghan, from the centre went over to Liverpool (Birkenhead) to visit his relations. They took Gerry over to Anfield -The Home of Liverpool FC and Gerry was also in the Beatles Museum and in the cabin where the Beatles played. Gerry had a photo taken with John Lennon's photo in Matthews Street. He gave a few books about RehabCare to Sheila Sheedy and she is going to give them to William Tanley who plays Jack Duckworth in Coronation Street to get them autographed. Gerry was also in the Manchester area (Oldham). He really enjoyed the trip and still continues to email his cousin.

Congratulations to Eddie Gilligan

By Nicholas Flynn, Navan

Following a year attending lectures in Dundalk RTC Eddie graduated in the Certificate in Leadership Skills. His graduation was held in a beautiful marquee in Midway services. The President of Ireland, Mary McAleese presented him with his certificate. I would like to congratulate Eddie on behalf of all the staff and service users in RehabCare Navan.



Eddie Gilligan

Changing Pace

By Josephine Ryan, Navan

Our Changing Pace group, (for the more mature members of the service) goes down to 10'clock Mass in St Mary's Church in Navan most Monday mornings. After mass we head in to the senior citizens coffee morning in the church hall. Here we meet up with others and have a chat. On a Wednesday we head out to An Tobar where we have a lovely relaxing time. It is a lovely group and we all enjoy it.

Horse Riding

By Jimmy Hanlon, Dundalk

Every Wednesday at 1.30, five people leave the centre to go to Ravensdale Equestrian Centre to do horse riding. When we arrive there we meet the owner Niall Connolly and we meet the staff. We are supplied with jockey's hats. The names of the horses are Jack & Jill who are both black. Nutmeg who is black and white, Bob is brown and white and Noddy is white. At 2.00 we mount the horses and go for a ride on them around the arena. At 3.00 we dismount and walk the horses back to the stalls, Give back our hats, go back to the car and head back to the centre in time to get the taxi up to the bus depot. This is how my story ends.



My trip to America

By Niall Coleman, Dundalk

I left Dundalk with my brother on 30th of September until the 14th of October. It was my first trip to America. The flight took five hours it was a very enjoyable trip we had a meal and read papers.

When we arrived at his house I unpacked my suitcase and got myself cleaned up before dinner. The next day we went sightseeing, the streets were very clean. Things were at least half the price of things here.

The next day we went whale watching on

a boat called the Aurora. We took photographs. It was a very exciting experience to see whales up close.

The next day we stayed at home, we went for a walk around the area. The weather was lovely the first week the second week the skies opened. The next few days we spent shopping and visiting. When that was all done we went down to Plymouth to see the ship called the Mayflower which the first emigrants arrived in. I wouldn't like to live there but I would go back for a holiday.

THE ARCH CLUB

By Linda McEntaggart, Dundalk

I go to the Arch club every Thursday night.

The arch club is on in the Friary hall. I go in a taxi. It starts at 7 o'clock and it is over at 9pm. There is a disco every week and the music is great. My two friends from the centre Oliver and Jason are the regular DJs. You can also play pool have a cup of tea or coffee or a cold drink and there is a place that you can just talk to your friends. All my friends go to the arch club Bronagh, Anita, Christopher, Mary-Frances, and Brian.

I really enjoy the arch club and it is a very important part of my life.

Macbeth

By Anita Guest & Martin Hanley, Dundalk

Encore productions performed there new show Macbeth to a sell out audience in the Tain Theatre in Dundalk on the 17th October 2007.

Macbeth was a story of love, mystery and tragedy. We had lots of rehearsals and for this show everyone had to audition for parts. Some of the new service users in the years show were Joan Drury, Paddy Durnin, Patricia Durnin, Therese Baxter, Lynne McGahon, Brian McArdle, David Coyle. They were brilliant. Everyone got a standing ovation and at the end of the show our new Manager Caitlín McKinley gave us all roses.

The local community in Dundalk were also very good and donated over 30 spot prizes on the night.

Can't wait until the next show!

Photography Exhibition

By Maria Brady, Dundalk

On Thursday September 6th there was a photography exhibition in the County Museum. Jim D'Arcy, Chairman of Dundalk Town Council, officially opened the exhibition. I enjoyed the exhibition. I had four nice photographs that I took. They are of the swans in the pond at Knockbridge. We went to Blackrock to take photographs. I took a nice photograph of Our Lady in St. Oliver Plunkett Chapel. I will be getting my photograph taken on the night. We had to go out into the community to take the photographs. The exhibition was open in the Museum for two weeks for everyone to go and visit.



ARCHERY

By Jim McAleer, Dundalk

On Friday mornings a group of us get on the mini bus to go to Archery in Muirhevnamore Community Centre. We go in the main door and get ready for training. We put on our gear. One by one we take turns to shoot the bow and arrow. Some times we all call out "It's your turn". Then we change and wait for the mini bus to take us back to Coes Rd. On the way back to the centre we look out the window of the taxi to see what is going on. Lots of lorries, cars, vans go by fast. Great fun was had by all.



Croatia Trips

By Navan Group

Two groups from RehabCare Navan went off on trips to Croatia this autumn. Before we went we all had to learn about the Kuna, which is the currency of Croatia. We all had saved our money and had order it in the Credit Union.

The first trip headed off on the 18th of September for four days. Eight of us went. We had beautiful weather and enjoyed day trips in to the old city of Pula where we saw the old Roman amphitheatre. We also went on a day trip to the Biruni Islands and to see all the animals in the park. We swam in a really really cold swimming pool that was filled with water from the sea. Strangely enough the sea itself was warmer!!! We all had a great time.

We on the second trip headed off on the 25th of September. Unfortunately we did not have such good weather. We made the most of it however. We went out one day on a boat trip but it was a bit windy. We went shopping one day, which is always a favourite. We had a birthday party for Lorraine and Brian on our trip and went out for a meal after it. We had a ball and really enjoyed ourselves.

We would all like to thank all the staff from the centre for there support and help leading up to and during the holidays.

MY LOCAL COMMUNITY

I live in Blackrock in Co. Louth. It is a sea side village and is about 3 miles from Dundalk. A very important and well known man lives in Blackrock. He is the Minister for Foreign Affairs Dermot Ahern.

Blackrock is a very pretty village. It has a promenade which has lovely plants along the wall. It has got 6 bars and 4 restaurants, 3 shops 2 pharmacies a betting office, post office, hair dressers and 2 beauticians. It is getting to be a very popular place to live that we now have 2 primary schools. There is a very good bus route to Dundalk running 6 days a week. I am now starting to travel to the centre on the local bus one day a week.

I feel very lucky to live in Blackrock.

By David Coyle, Dundalk

New Service User

By Mellissa Fox, Dundalk

My name is Mellissa Fox and I am 18 years old and from Ardee Co. Louth.

I have recently started in the centre. I am really enjoying it. It is very different to school but at the same time I am learning new things. I do lots of different programmes such as golf, computers, snack cookery, beauty and the bucks. I have made loads of new friends. I am also going to start doing a community profile with the help of staff so I will be able to meet my friends at weekends.



Castlebellingham

Lord Bellingham, Lord Bellingham,
What a castle by the river,
How lucky how lucky,
How lucky I am
To live by a Castle with
A river by its side.
I walk over your bridges
Over bustling waters
I watch families fishing
And picnicking by your waters.
The village That I walk through
Is home to me
Oh Castlebellingham your
Beautiful to me.

By Linda Bell, Dundalk

RehabCare Navan News

- All in Navan would like to welcome 2 new staff members Sue Carey and Catherine Armstrong to the team.
- We would also like to thank Mr Kieran O'Sullivan who has been acting as a support manger to us. He's more than welcome to stay as long as he likes!!!!

Art Class

By Jane Spillane, Limerick

As a visual impaired person I enjoy the Art classes in the centre on Fridays with Ber. We learn to do a lot of different things. We use stencils which I love doing. I decorate flowerpots and enjoy moulding different things from clay. We also do printing on cloth material. I have also made a pot from clay and painted it red and a big flowerpot, which I painted green.

With our art class we also get to go out and visit different places such as churches in the parish and paint some of the pictures there. We visit the art gallery to view all the beautiful paintings to get inspiration. It's a very enjoyable hobby and I would recommend it as a pastime.

Pumpkins Galore!

By Bantry Gang

In Bantry we have had a great year in our gardens, a beautiful harvest of plentiful fruit and vegetables.

We have had 25 pumpkins sizes ranging from giant to small, we decided this year that we would donate some of our pumpkins to the local primary schools in Bantry and the surrounding areas.

We delivered them to the schools in time for their Halloween parties and were greeted by delighted school children amazed to see such giant pumpkins, the size of which they had never seen before. We have received many thank you cards and letters from the schools thanking us for the pumpkins, which makes all our hard work in the gardens worthwhile.

The produce from our vegetable gardens this year has been wonderful from different varieties of lettuce, radish, tomatoes, cucumber, peppers, chillies, red and white onions, shallots, mange tout, green and red cabbages, sprouts, swede, turnip, carrots, parsnips, aubergines, sweet corn, butternut squash, beetroot, various herbs, broad, black, runner and haricot beans, pumpkins and of course several different varieties of potatoes.

Our fruit gardens provided us with strawberries, raspberries, black and white currents, apples, pears, plums and sweet black grapes from our indoor grape vine.

The garden produce went towards our very successful cookery programme and provided everyone with delicious fresh homemade dishes. We also made jams, preserves and pickles and many of the service users took home produce to enjoy at home. So and huge thank you to all in Bantry who worked so hard to produce such a successful year in our gardens, well done everyone.

Arts & Crafts at Le Chéile

By Fiona Neill, Limerick

I attend an Art & Crafts course every Wednesday morning. We create various items such as necklaces, pictures. There is also a facility for creative writing. I like making jewellery. Last week I made a lovely neck chain from pasta. It's nice to see the finished product when it turns out

well. I sometimes give my creations to friends as presents. I also paint pictures on paper or ceramic tiles. Nuala is our tutor, she shows all the different techniques whether it's assembling a jewelry piece, painting a picture or doing some creating writing. I go to the classes with five of my friends from the centre. I look forward to it every Wednesday.

Bowling

By Paul O'Neill, Limerick

Every Thursday afternoon we go bowling at the Ennis Road Bowling centre.

Usually we have nine players participating. Last April we went to Ennis for a bowling tournament. Our team from John Street came first and we received gold medals, the team consisted of Timmy O'Shea, James Crow, Pat Gavin and myself. There was another team competition on in

the afternoon and they came second, receiving silver medals. The team was Robert O'Donnell, Johnny Dunne, Jane Spillane and Niamh Long. Niamh and Jane won gold and bronze respectively in an individual competition.

Everyone at the centre and our families were very proud of us. It was a very long and tiring day but was quite enjoyable and I enjoyed every minute.

My Holiday in Donegal

By Jackie Casey, Limerick

On September 1st to 8th we went to Bundoran Co. Donegal for our annual holidays from the centre. I really enjoyed the week. We travelled to so many places where the scenery was breathtaking. The weather was generally good, although it rained occasionally, but I didn't mind because we could take part in some indoor activities like bowling.

One day we split up, half of us went to the Giants Causeway in Co. Antrim while the others went on a boat trip around the Donegal coastline. The view from the cliffs was marvellous. On Friday 7th we visited Slieve League the highest cliffs in Europe. On our way Jim got a request played on Lyric Fm for my birthday. I never realised the request was for me because I was chatting. I got some lovely presents from everyone. They put on a surprise party for me and we had a lovely meal.

The music and craic was very good all the week. We met a couple from Scotland they were lovely, their names were John & Ann McCluskey they bought me a birthday card. We watched the All-Ireland hurling final between Limerick and Killkenny, unfortunately Limerick lost. But never mind, we'll be back next year.

Dunnes Stores

By Pat O'Regan, Limerick

In 1999 I started working in Dunnes Stores. Fiona Devaney from RehabCare asked me if I would be interested in working there. My job consists of bringing out bags to the checkout, baling boxes. I also sweep the yard and the leaves from the front. Sometimes the steps at the main entrance need to be mopped. I wash or dust the shelves in the store. The main floor needs to be swept a couple of times a day.

I enjoy my work and get on with all the staff. The Dunnes Stores where I work has changed recently from being a clothes shop to kitchen and bedroom accessories. It is not as busy as it used to be, although I'm as busy as ever.

Superb Strolls

By Richard Smyth, Blennerville

You'll indulge me if I rave review
just a little bit
regarding rambles along Tralee's
canal bank,
Superb Strolls, considered to
enchant!

A heavenly amenity
providing a haven for hardy birds
and not forgetting many doggies ...
Better not render dire disservice!

Swans with wingspan majestic
skim the canal waterway full
stretch,
Unerring of aim for pond where
reeds
supply home comforts, cosy nests!

Owners walking or walked by
canines
return often there to stride!
Indeed, so varied are these breeds
Rainbow Spectrum is found
applied!

Birds and breeds multi-hued
don't constitute a Spectrum alone.
Superb Strolls are much enhanced
by mighty Arcs, enchantment skies
to span!



'Work and Me' in our Community

Our names are Ann O'Meara, Karen Flannegan and Breda Ryan. Together we attend Nenagh Resource Centre. We all work in Nenagh in different jobs.

Ann: I work in a pub in the town of Nenagh called 'The Hibernian'. I go there five mornings a week and my job is to get the cutlery ready for lunch. The staffs are really friendly and helpful.

Karen: I work in a solicitor's office in Nenagh for two mornings a week. I help out in the office and the job entails everything from shredding to filing. The staff took me on a night out to Dublin to see 'Mama Mia' and we stayed in a hotel overnight. They are good friends of mine.

Breda: Until recently, I worked in Dunne's Stores. My job was to put trolleys and basket's away and to help people to pack they're shopping. I worked one morning every week. I made a lot of friends and now I am enjoying my retirement, however, I still go to see my old workmates.

Karen and Breda and Ann want to enter
A competition to win a fifty for their Centre
They will take this opportunity to fill you in
On their work in the community, so let' begin...

Karen works for a solicitor's firm,
Shredding and filing, she hopes long-term
All the staff there got the idea
To bring her to Dublin, to see 'Mama Mia'

The local Dunne's Stores employed Breda
She packed peoples shopping and helped out in chores
This year, she retired from her life in the trade
With the whole town of Nenagh amongst the friends that she's made

Ann goes to work in the local Hi-B
Preparing cutlery for the dinner and tea
These working ladies you'll have to confess
Are a shining example of a social success

Cycling

By PJ Conroy, Galway

I am cycling with club 'Rothnaiochta na n-Oilean' in Connemara. We have 30 cyclists in the club. It is a good club, I like it. We do a lot of cycling for charity. I train three times a week. My first cycle was in 1997, from Tí Hanley Lettermore to Rath Cairn in Co Meath. In 1998, I cycled from Sligo to Carraroe football pitch for Special Olympics. In 2005, I did a cycle from Reilig na Trá Báine to Rath Cairn for children in Meduoorje who don't have any family. I did the same cycle again in 2006. The money was used to put up a stone at our local church in honour of people who had cures in the old days. I have done a cycle for the charity 'Croí' every may since 1998. I have only missed two of these cycles. In 2000, 2001 and 2002 I did sponsor cycles for craobh Cois Fharráige for children with disability.

We got our new cycling jerseys and shorts this year. 'Padraic Mairtin Beag' sponsors the gear. We tested out our new gear for the first time on our cycle from Dublin to Tí Padraic Mairtin Beag on the 5th of May 2007 for a new centre near Letir Mór church. We went to Chicago and Boston on the 26th of September 2007. We hired out bikes and we did a cycle for the charity motor neurons disease.

On the 1st of July 1998 we cycled the Wicklow Mountains. It was the toughest of them all. Cycling is a nice hobby and it keeps me fit. It is nice been part of a team and club. I love it.



Top: On the round 1998
PJ Conroy & Sean Kelly
The new gear 007!

Sligo's Holy Well

by Maureen Gorman, Sligo



It is situated a short distance from my home place in Aughamore in Sligo. I was reared in my Grandmother's cottage a few minutes walk from the Holy Well.

St Patrick is said to have baptised some converts at the well. Mass was said there in the Penal times – the late 18th century – when people were not allowed go to their churches. Some people kept a lookout for the red coats from the British army while Mass was being said.

The holy well consists of a Mass rock and altar. The original altar was broken during a bad storm when some trees fell onto it. It was made from stones around Lough Gill.

The Mass rock is said to have a cure a bad back and eye complaints because St Patrick had his hand on it when he visited there.

A little stream flows from the well down into Lough Gill.

Mass is said there many times during the year. The most important is at Garland Sunday, the last Sunday of July where Mass is said at 6am in the morning.

I find it a very peaceful place especially in summer when it is full of primroses and bluebells.



Pictured left to right: Michael Crawford, Anne Sharkey, Marion Harkin & Cathal Quinn

Our Trip to Brussels

For Presentation of 1 Million Signatures for Disability Rights.

By Michael Crawford, Lifford

I was asked by Anne Sharkey (Programme Facilitator) if Cathal Quinn and I would like to be part of the presentation for more rights. It wasn't long before we started to work by getting lots of signatures in our local area. We made sure that we got a passport and Anne explained what the trip was all about.

On Wednesday morning at 9:30am we got the bus in Lifford bus stop to go to Dublin airport at 1pm. We met our guide Robert Moran he gave us our tickets for the flight. We met other RehabCare centres. They were Sligo, Castlereagh, Ballinamore and our centre Lifford. The flight had taken 1 hour. Our coach was waiting for us outside the airport. We went straight to our hotel. Then we went and got our keys from our guide to our rooms. Later on in the day we went for a meal in a pub and went for a drink with the rest of the group.

Thursday morning we got an alarm call at 7:30am! We got our breakfast and got on the coach to go to the European Parliament where we presented the 1 million signatures that were collected from all over Europe for disability rights. The gathering was in the square where we met Barbra de Brón and James McClean (PWDI). We also met Marion Harkin (MEP) outside. The group took pictures with her. When we got inside, she gave us a tour of it. At night she gave us a meal and some drinks. On Friday morning we got on the coach to visit Brussels where we seen the sites and went shopping for presents for our families. Cathal and I had a fantastic time with Anne Sharkey's support.

I would like to thank Marion Harkin for a fantastic experience and a well-organised meaningful trip.



Sports in Ballybane Resource Centre

By Bridie Kelly, Galway

We go to the local community sports hall in Ballybane on Wednesday evenings to play basketball and football. Seven of us go which includes Mary Kate, Declan, Rhona, Pete, Martin, myself and some of the staff. We divide into two teams and play against each other. I enjoy playing football and basketball in this great Community Resource.

Bridie Kelly outside the Community Centre.

Socialising in My Community

By Declan Madden, Galway

We go out to Flannery's and Days Hotel to socialise, go dancing, have a good time, hear ceili, traditional and country music and meet up with friends in my community. We also go for dinner there sometimes on special occasions e.g.. St Patrick's Day

There was also a coffee morning held in the Sheltered Occupational Service in Liosban, which brought the community in the business park together in aid of people in need.



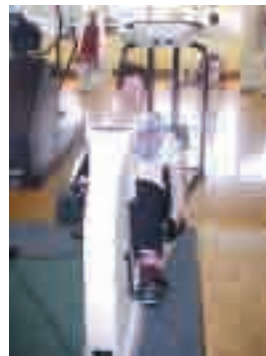
Declan Madden outside Flannery's

Helping My Community by Volunteering

By Aine O'Grady, Galway

I am volunteering in the Curiosity Shop for St Vincent De Paul Merchants Rd, Galway. I work as a volunteer shop assistant in The Curiosity Shop two days a week and mix with the public. I really enjoy working as a volunteer shop assistant and feel happy that I am assisting people in The Curiosity shop and my community.

Health and Fitness



By Anne O'Rourke, Sligo

On Mondays and Wednesdays each week myself, Michelle, Eileen and Edel attend the leisure complex.

We are all involved in an exercise program. Our normal workout consists of 22 minutes on the treadmill, 12 minutes on exercise bike, 10 minutes on rowing machine, and sometimes if we feel full of energy we go on the cross trainer for 5 minutes. We then do some cool down stretches on the mat with the staff.

Some days the gym is very busy, however it is good as we have made friends with the leisure centre staff and also a few of the regulars.

We are very lucky having the leisure centre so close to our centre and on dry days we can even walk back after the exercise. I enjoy going to the gym as it is good for my health and also keeps the weight down.

Sligo

by John O'Kelly, Sligo

Markievicz road in Sligo town is very important to me. The road is called after Countess Markievicz and it is where I lived from my birth in 1939 until 1983.

My family owned a pub there called O'Kelly's and I lived there with my parents and my two sisters. The pub was established in 1894.

I helped out in the pub, where I served drinks to the public and kept everything tidy. I still have an old ledger from the pub which is about 40 yrs old.

I was very lucky to meet some famous people during my time there such as Dr Garrett Fitzgerald, Dr Brendan Connelly - Prof of Literature from Trinity, and one of the Lord Mayors of Dublin.

One of our best selling drinks was whiskey. When I was young very few women came into the pub as it was not the done thing at the time.

The pub is still standing for over 100 yrs and is owned by another family. The pub is part of Sligo's history and I am proud to be part of that history



New NRAC committee in Dundalk Resource Centre, Carroll Village

We have a new NRAC in the Dundalk Resource centre. The other service users elected us in June of this year in our centre. At our first meeting we decided on our roles within our NRAC committee. We let the other service users know who is doing which role and made a notice board in the centre especially for NRAC. We meet every second Friday. We discuss issues from our centre group meeting; we talk about issues in the community such as wheelchair accessibility, the state of our footpaths, and the lack of pedestrian crossings in our area which could help us cross the road safely. From this, we write letters to the local council to make them aware of these issues so maybe they can do something to improve them. We also did a survey of the local taxi companies in Dundalk. We sent them a questionnaire asking them questions on accessibility for people with a disability. They all sent them back to us and at the moment we are putting together the results. The results will help all of the service users in choosing a suitable and accessible taxi firm.

By the NRAC committee of Dundalk Resource centre - Anita Guest, Oliver Hanratty, Paddy Durnin, Christopher Mc Kevitt, Stephen Murphy, Lynn Mc Gahon

Involving our local Politicians

By NRAC Navan

Following visits from our local politicians to the centre we decided that we wanted them to be more involved with the service. We decided to think of projects we wanted to work on with them alongside us. As a group we chose three areas we feel are important to us and are now starting to put our projects together before we organise to meet them. We have been in contact with the Public Affairs department and hope to work alongside them on this project.

Meeting Martin McGuinness

It was a great pleasure to meet Martin McGuinness at the People of the Year Awards in City West Hotel. I think it was brilliant that he received the award for the peace process.

I enjoyed the night and I was their representing the NRAC National Committee.

Thanks
Michael O'Brien



Community Road Safety - A Result!

By NRAC Committee - Kildare

For many years we, the members attending RehabCare in Kildare, have had to deal with Road Safety problems just outside our Centre. Speeding motorists are a constant danger to our members, especially to those with limited mobility and also to wheelchair users who need to cross the road when accessing the town centre. There were no ramps for the wheelchair users to mount the footpath - thus making their situation extremely dangerous.

Another major concern to us was the fact that the town library had been moved into a building adjacent to our Centre. With three housing estates on the other side of the road we can only imagine the danger to children, as well as adults, visiting the library on a regular basis.

Last year our NRAC Committee wrote to a local councillor about the road safety situation but received no reply. We then rang another councillor who took action immediately, involving the council engineer with responsibility for roads in the area. Following on from that, prior to the General Elections of 2007, we invited TD's and 'would be' TD's for our area to take part in a question and answer session facilitated by our centre. Needless to say the road safety issue was high on our agenda.

During the recent summer holidays pedestrian lights were installed just outside our centre, followed by safety railings. Ramps were installed to facilitate wheelchair users. As yet the lights have not been turned on but we know that this will happen eventually.

We are happy to think that our letter writing, phone calls and personal canvassing have achieved this result, not only for ourselves but also for our local community.



These photographs are of the North East/Midlands Regional Meeting and all the NRAC Regional Meetings are completed.



Person Centred Planning in RehabCare

In March of this year staff across RehabCare received questionnaires about person centred planning. We did this survey to find out about staff's understanding of person centred planning, to identify the supports required in the development of person centred approaches and also to investigate where staff feels person centred planning within the future of the wider organisation.

Questionnaires were given to all staff in RehabCare services and to staff in support functions (Human Resources, Finance, Operations, Management and Programmes). Questionnaires were anonymous with the only identifying information being the region the respondent came from, or what department they worked in.

We were really pleased to get about 150 completed questionnaires back. The results have given us a really good overview of how people in the organisation define person centred planning and what supports staff feel they need so that every service user can benefit.

The survey results demonstrated a positive development in staffs understanding of the concept of person centred planning. One of the major themes that came out in the survey was the importance of commitment to the philosophy and processes involved in person centred planning across all sections of the organisation including service users (and where appropriate, their families and friends), staff in services, management and staff who work in our support functions. We also got a good overview of what training, support and information needs were required throughout the organisation, in relation of person centred planning.

Thank you to all of you for taking part in this important survey - it has provided us with important information so that we can continue developing and improving on person centred planning approaches within the organisation, for the benefit of our service users.

For more details on the survey, or for a full report please contact Caroline Hart, Research Officer caroline.hart@rehabcare.ie or 012057210.

RehabCare has just achieved the EQRM Excellence Mark

Congratulations and well done to all involved particularly the

- Director of Health and Social Care's Office
- Dundalk Resource Centre
- Limerick Resource Centre and Limerick Day Service,
- Sligo Resource Centre
- Dun Laoghaire Resource Centre
- Programmes Department
- RehabCare Operations Team

Many thanks for all your hard work in preparing for the assessment and site visits and your continued commitment to excellence in all we do.

The term Service Users

By Kathleen Morris

Someone asked me the other day "Why do we use the term service users?"

Considering we are trying to move away from labelling people that are already labelled amongst society. Is this politically correct? This got me thinking if I was attending or using a service for support what would I like to be called?

Would we not be better suited to a term such as people we work for? Customers? Or people we support?

At the end of the day I can understand one term for writing submissions and reports etc. But have we asked if we are using the correct one? We did a survey in 2001 with the Charter of Rights on what the preferred title would be amongst the organisation and client came in first with service users a close second. It might be worth asking again in 2008...

The Letter

This letter was taken from Dave Hingsburger blog site
Tis a privilege what we do. A down right privilege
The Letter

"Hey, I know you!" She says it every time she sees me, which is every morning that I'm in the office. She remembers me from when I visited her in the institution before she moved back to the community. I remember her being a tiny little woman with a tiny little aura. She sat staring at a computer screen with no life in her face. She and I chatted a bit about computers, she smiled at me - like it took energy.

Now, only months later, she is bursting into my office. A big bright bold woman with a big bright bold aura. She wants to tell me about some letter. I want to get on with what I'm doing. But I stopped, pushed myself away from the computer - an act I don't even do for Joe, and said, "What happened?"

She was full of a story about getting some letter. She wasn't sure from who and she wasn't sure about what, but it was an important letter. She said that they sent it to her twice. With a few questions she seemed to be saying it was a letter from the institution asking questions. Who knows maybe they are doing follow up. I don't know. She wasn't clear.

That's wrong.

She was very, very clear that she wanted to tell me about the letter. It was very, very clear that this was important to her. It was very, very clear that my asking questions was an attempt to meet my needs by frustrating her. And I understood. I hate it when I'm in a middle of telling a story and someone stops to ask for irrelevant details. I just want to tell the story, have the joy of telling it uninterrupted. I did what I tell others to do ... I realised, "It's not about me, shut up."

So she talked about this letter, about it coming twice. I know I'm repeating myself but so did she. Often, at increasing volume and passion. She wasn't yelling. She wasn't 'agitated'. She wasn't in need of anything but getting the emotion out. Not even "meaning" mattered, it was emotion that poured out of her it was her "feelings" that she wanted understood. She was annoyed by this letter. She was annoyed by the questions it asked. And in some way she was frightened by it.

Then suddenly she turned to me and pointed straight at me. "I don't want to go back! I told them I don't want to go back!! I don't like it there!! I stay here!!" She was firm. resolute. A woman who had spent her life on a PRO order was PROUD, RIGHT, NOW. Forceful and complete, she could speak her mind and did. "I stay here."

And the story was over. She grinned and then looked at her staff and said, "I know him!!"

She was gone.

I looked back to my paperwork. Important stuff, I knew it was, I'd been working on it for hours.

And she was why.

The purpose behind the work.

She doesn't want to go back.

She's home.

What it is to have a place in someone's journey. To be an intimate observer into someone else's ride through life. To be able to sit back and watch a woman with few words speak with eloquence and passion and truth. To be here, now, with her.

Tis a privilege what we do. A down right privilege.
(28th June, 2007, <http://davehingsburger.blogspot.com>)

News and Views 2008

Issue 1- April/May 2008
Due date for submissions – 20th April 2008

Theme- "Relationships"

- Tell us about a special relationship you have had with a friend or partner?
- How has this person influenced your life?
- Tell us about some of your experiences you have had around relationships?
- Tell us about your hopes for the future

Contest

Issue 1- News and Views
Due: 20th April 2008

A piece of artwork- collage, mixed media, paint, pen and ink, or any form of creative expression on this editions theme of "Relationships"

€50 prize money

Note:
Contest items may be photographed and submitted rather than sending in actual items.



Creative Writing Contest

There was some fantastic entries for the contest this edition. The call was for a poem or story about a special place, where you come from, or your local environment.

The winner was Mary Leydon from Sligo on her wonderful poem on Rosses Point, My Home. Have a read it's on the cover. Well done Mary!



Evolution of Sheltered Workshops

In August this year Sheltered Workshops hit the headlines in Ireland. A debate was sparked in the national media around the financial recompense people received for their involvement in Sheltered Work activities. Concerns were raised about the legal implications where workshops are "paying" people far below the national minimum wage. What happened was a debate around what constitutes work and what is therapeutic activity? If it's work you are an employee and have the protection of the law and the right to minimum wage. If it is therapeutic then you are a service user without the same employment rights.

A previous attempt to address the issue was made back in 2002 with the drafting of a Code of Practice for Sheltered Occupational Services. However despite the opportunities the Code heralded, and the best efforts of RehabCare and NRAC, it remained unimplemented. In spite of this it will not have escaped anyone's attention the positive changes experienced by a large number of the workshops in RehabCare over the last five years as people needs changed and more people seek jobs outside of services.

The issues regarding Sheltered Workshops are greater than just pay or allowances. For organisations aspiring to support people in the community it is not ideal to continue to support people in industrial estates on the edge of town that segregate people based on disability.

Changes in RehabCare Sheltered Workshops for many have been a window of opportunity and provided the encouragement that was needed to seek work and life outside of traditional services. For others Sheltered Workshops have been places that have given them self-worth in the world making any transition challenging. Change is inevitable and the important thing is that people are supported individually through a route and at a pace required.

There is little doubt that the Sheltered Workshop model is reforming for the better. For many it's not a day too soon but for others they are places that give pride and satisfaction in coming in too. In their evolution we have a chance to look fundamental at the way people are supported and valued. The ignition of the debate gives us an opportunity to examine at our beliefs and establish support structures to support those ideals.

Kevin Barnes



“Person Centred”

“People First”

“Can Do”

“Partnership”

“Innovation”

RehabCare

Investing in People, Changing Perspectives

If you would like further information on any RehabCare services in your area, please contact us at:

RehabCare, Roslyn Park, Beach Road, Sandymount, Dublin 4

Tel: +353 1 205 7200

Email: info@rehabcare.ie

Website: www.rehabcare.ie