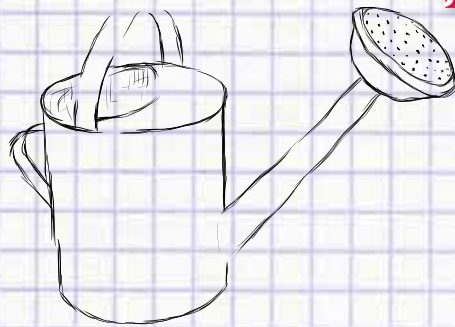


PLEASSED TO MEET YOU

Rehab News meets some of the members of the new NRAC National Committee and hears about their roles and plans for the future.

FRANCIS DUCIE

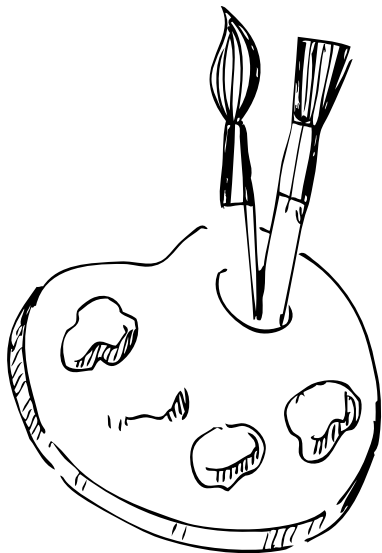
I've been with the Healing, Opportunities and Peer Support (HOPS) service a couple of years now and I've become involved in lots of activities. I worked on creating art for Rehab's Bloom Garden and was even interviewed by *The Irish Times*. I love to swim and raised €250 for HOPS as part of the annual swimathon for Rehab. I swam 44 laps of the pool then but I normally prefer the open sea – though not when the weather is cold! I'm looking forward to working with the NRAC National Committee. I'm not shy of talking and I think it's important to use your voice to get things done.



DAVID MOORE



I've never been involved with anything like NRAC before, but I decided to give it a go this year and I am glad that I did. I've been to all of the meetings so far and it's been really interesting. I'm learning new skills and feel like I'm doing something for my centre in Dundalk. The committee members are a deadly bunch and we get on well together. Apart from NRAC, I'm involved in lots of activities with the centre. Every Wednesday, we do gardening for old people in the local community. It's great to be able to help out.



JOHN MURNANE

Being involved with the NRAC National Committee has given me much more confidence; I feel better in myself. It's a very supportive group and we help each other out. I've been with RehabCare in Shannon for the past two years and I'm enjoying it very much. We went on a group holiday to Killarney this year and took a carriage ride around the lakes. I love being outdoors and I particularly like to work in the RehabCare allotment, where we grow tasty vegetables and herbs.



MARION CONEELY

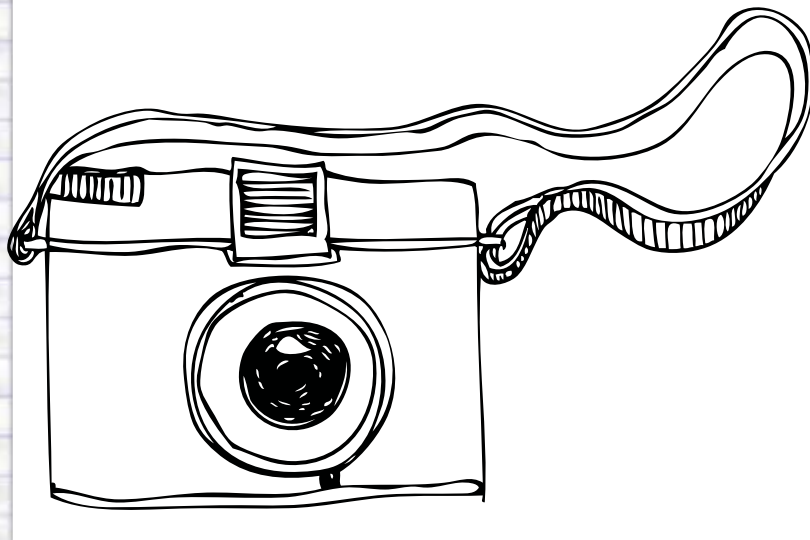
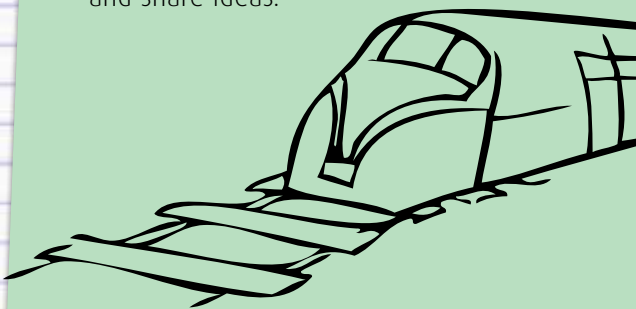
I was elected to the NRAC National Committee earlier this year and I'm enjoying it. It's good to be able to speak up for your rights. It's a long journey from Casla to Dublin for the meetings but they are very worthwhile. It's nice to meet the other members of the committee. We help each other out and have good discussions. I've been with RehabCare in Casla for about the past ten years. My favourite activity is the weekly computer class and I particularly love the digital photography.



AIDAN HOGAN



I started with RehabCare in Limerick in 2002 and since then, my confidence has really grown. This is now my second time on the NRAC National Committee. Before that, I was on the local committee. Our job in NRAC is to speak up for those people who cannot speak up for themselves. It's an important responsibility. I travel by train up to Dublin for the meetings. It's nice to meet the other committee members. We have good discussions and share ideas.



KITTY TUMELTY



This is the first time that I've been on the NRAC National Committee, though I've been involved in the local representative committee for the past six or seven years. I represent people not only from my centre in Athlone but from other centres in the region. They know

that they can drop in to see me or give me a call if they have an issue and I will bring it to the national committee meetings. Outside of NRAC, I enjoy learning about computers and I'm looking forward to starting a new computer course soon.

