Angela Kerins to Become Rehab Group Chief Executive

On Wednesday May 10th, after 10 years leading the development of RehabCare, Angela Kerins, RehabCare’s Chief Executive was announced as the Chief Executive Designate of the Rehab Group. Angela will take over as Chief Executive from Frank Flannery who is retiring later in the year. In the meantime Angela will continue in her role as the Chief Executive of RehabCare, along with her role as the Director of Group Development & Public Affairs.

At a recent meeting, the NRAC National Committee congratulated Angela on her new appointment and wished her every success for the future. In response, she stated that as part of her new role she will continue to place central importance on meeting and consulting with NRAC, the National Representative Council and service user representatives in the United Kingdom.

Commenting on the appointment, Rehab Group Chairman, Mr Joe Treacy said: ‘Rehab is extremely fortunate to have someone of the calibre of Dr Kerins to lead the organisation into the next stage of its development. She is a leading figure in the disability sector whose achievements have had a real impact on the lives of people with disabilities the length and breadth of Ireland.’ We all recognise the great contribution Angela has made to setting up and developing RehabCare services and wish her the best of luck and success in her continued and new roles.

We will have an interview with Angela in a coming issue of News and Views.

The Perfect Day

The day was cold but at least it was dry, There was not a cloud in the sky.

There we were in all our Sunday best, But this was not a day of rest.

We were off to Dublin on the train, And as I was to thank God no rain!

It was RehabCare’s tenth year, We were all attending from far to near.

The food was great, the wine was sweet, There were lots of new people to meet.

Angela our boss and even Bertie Ahern was there, And lots of people in costumes who almost gave us a scare!

We did a bit of shopping and had some fun, Then it was time for us to the train we run.

So now all that’s all left to say, Is thanks to RehabCare for the perfect day!
The London Brain Injury Centre hosted a Brain Injury awareness seminar and workshop. The day was designed to introduce over 20 families and carers of potential clients and how and why the London BIC vocational rehabilitation programme is run as it is. These are just a few of the many positive comments received:

“...very helpful-more events like this”

“...very helpful-more events like this”

“...very helpful-more events like this”

Congratulations to all LBIC staff involved!

Chaseley is evolving. It started life in 1946 as a rehabilitation and nursing home for service personnel injured in WW II, which usually meant those with spinal injuries. Now it has grown to provide a home, respite and day care facility for people from all walks of life with all physical disabilities, we are finding an increasing demand to care for people who are profoundly disabled, including

Acquired Brain Injury, degenerative neurological conditions, and conditions such as cerebral palsy that have been present since birth.

Unlike many nursing homes, we cater for adults of all ages, and our youngest resident is just twenty-one. The wide range is reflected in our activities and therapies programme and demands constant re-evaluation of our equipment, training and staffing levels.

This has been a great challenge for all our staff and they have responded brilliantly, learning new skills and seeking our creative equipment to increase our service users’ quality of life and their ability to participate in everyday activities.

I am confident we will continue to adapt to meet the needs while striving to maintain our homely and welcoming atmosphere for which Chaseley is renowned. Various events are planned throughout the year to make our Diamond Jubilee, including an Appeal Launch in May, to be attended by the Duke of Devonshire who has agreed to be the Patron of our Appeal.

London Brain Injury News

The London Brain Injury Centre hosted a Brain Injury awareness seminar and workshop. The day was designed to introduce over 20 families and carers of potential clients and how and why the London BIC vocational rehabilitation programme is run as it is. These are just a few of the many positive comments received:

“The seminar was fantastic. I am grateful to be invited and have learnt a lot today”

“...very helpful-more events like this”

“So helpful to meet with others of a common bond”

Congratulations to all LBIC staff involved!

Media Trust

Following the fantastic production offer from The Media Trust, last December saw a number of clients from the Birmingham Brain Injury Centre take part in the filming of a short DVD reflecting the style of rehabilitation that is offered at all three brain injury centres: how they produce effective rehabilitation to enable the positive professional and social progression of the clients. Several clients took part in the filming at various locations.

The DVD covered elements of fatigue management, placement opportunities and supported employment as well as describing how they received their injuries and their individual experiences.

The DVD will be used for fundraising and to help the charity raise awareness of the benefits of the programme to employers and referrers. It can be viewed on the website at www.rehabuk.org

Or contact The Media Trust, 3-7 Euston Centre, Regent’s Place, London, NW1 3/G, www.mediatrust.org
East/South East

Carlow Newsletter
The Carlow NRAC Committee recently launched a new bi-monthly newsletter. Irene Daly launched the first edition and James Havens presented her with a coloured copy, as he was the first client to be featured in the Client Profile section. The newsletter also featured Handy Hints, Cookery Corner, Places of Local Historic Interest, Song Words, Wise Words, Garda Crime Prevention Advice, Bullying, Charter of Rights and Responsibilities, RehabCare 10th Anniversary Celebrations and a Fun page. The NRAC committee is made up of Adrian Dermody, Debbie Coakley, Bridget Delaney, John Sheehan and Irene Daly. Congratulations to all involved.

Christmas Holidays
On December 21st we got our Christmas holidays from RehabCare. We got off at 2pm because we had our Christmas party that night. We were having our Christmas party in the Brogmaker Pub. We had to be there by 7pm. Some of us were in at 7pm and more people came at around 7.30pm. There was a big crowd there. We had our meal at around 8.30pm we all had a great night.

The next day I went shopping with my mother and my aunt in Kilkenny city. We had our breakfast and our lunch there. When we came home I put away the shopping and Mammy’s friend came in for a while. At around 3pm I went to a soccer match as my brother Alan was playing, but unfortunately they lost. I only stayed for a little while because it was very cold and when I came home I had to warm myself. I had my dinner at 5pm.

The next day I got up early because I wanted to go into town to finish off my Christmas shopping. When I came home I went down to my brother Alan in the pub because he works there. When I was down there I had a 7Up. When I was finished the 7Up I went home and got ready for mass. I went down to the pub for a while and then I went home to watch a video. When it was over I went to bed.

The next morning I got up early to open all my presents and when I was finished opening them I had my breakfast. Then I went to visit my neighbour. My brother Noel, his wife Mary and their three children and my Auntie Betty came down for their Christmas dinner. That evening my brother Liam, his wife Majella and their four children came down for their tea. That night a few of Alan’s friends came to our house and they didn’t leave until late.

On New Year’s Day I went over to brother Noel and Mary’s house for dinner. Liam and Majella and the kids were invited as well and we had a lovely dinner. That night Na Fianna were playing in O’Donnell’s. I met up with all my cousins and we all enjoyed the band that night. I really had a great Christmas.

By Mandy Simpson, RehabCare Kilkenny

Our day in the Mansion House in Dublin City
On Tuesday the 24th of January two of my friends, two new staff from RehabCare Kilkenny - Carol McCabe and Theresa Hulme, and myself caught the train from Kilkenny’s McDonagh train station to Dublin City’s Heuston station. When we got there we caught a taxi and went from the station to the Mansion House just next door from the Lord Mayor’s Dublin House.

When we got there we saw three cartoon characters that came down all the way from Galway’s Arts festival waving at us. Also, eight Victorian gentlemen came out to welcome us and opened the doors for us and brought us to our table. But before we went to our table we made sure that our names were signed into the visitors’ book. After we signed our names, we sat down at our table. We were sharing with RehabCare Clonmel.

Two members of the Rehab Board gave a welcome speech and then Michael O’Brien spoke. An Taoiseach Bertie Ahern made his speech and finally the Chief Executive of RehabCare Angela Kerins thanked all the staff and clients in Ireland and England as well as An Taoiseach, Bertie Ahern. After the speeches we had lunch and a small free raffle, and after that we had a disco with an Asian pop group called Tropical Kiss.

Before we went home we saw our Regional Manager Pat McPhillips. We took some photos of ourselves including some with Bertie Ahern. Over all we had a great time.

By Mary Nora Curran, RehabCare Kilkenny

Mary Nora Curran
Hi! Everyone my name is Mary Nora Curran. My hobbies are watching TV and DVDs, shopping for gifts for family and friends, and going on day trips and holidays with my family and friends.
Hollyhill – A Time of Change!

Hollyhill is a Sheltered Workshop based on the northside of Cork City. Just a few short years ago, it did exactly what it said on the tin: it provided sheltered work. A wide variety of work was completed, from assembling cardboard boxes to packing plastic inserts. However, over the past few years that has all changed. The work continues, although some of the contracts and types of work are different. But as well as the work, programmes are now a big part of the centre activities. Some of the things that happen in Hollyhill include:

**Literacy** – Learning to read and write and communicate better

**Personal Care** – How to look after yourself better and improve your own self-confidence

**Health Related Fitness** – a chance to attend the local gym and learn how to use the equipment as well as going for regular walks

**Men’s and Women’s Groups** – the opportunity to have a safe place to talk about things

We also have regular social outings – we’ve visited the Jeannie Johnson famine ship, Blarney, Youghal, local art galleries, museums and theatres. All of this goes on as well as the work!

During 2005 we had the first “Achievements Day” in the centre where the Lord Mayor of Cork, the Right Honourable Deirdre Clune, presented service users with certificates recognising their achievements during the year. Friends and family came along to see the centre and help us celebrate all that we had done during the year. At the Achievements Day we said that “we hoped our 2006 Achievements Day would be in our new building in the city centre. Hollyhill is on the move! While we will be sad to leave our friends in Hollyhill, we will bring a lot of happy memories with us to our new centre on Bachelor’s Quay. The new centre will bring us new opportunities and challenges - we will have our own kitchen, computer room, sitting room and other activity rooms. We will also be closer to all the art galleries and museums we want to visit!”

**Personal Effectiveness Programme**

The latest programme developed here in the P&G Resource Centre, Bantry, is Personal Effectiveness. In this class we learn all the benefits of massage while at the same time having a treatment done to our hands, head, neck, face, shoulders, back, legs or feet. Our tutor, Frances, is excellent and can work wonders. Every class I learn something new about the various systems in my body. Massage is a treatment everyone should have.

*Tuesday gang, Bantry.*
It was a cold morning when we all got up especially early to catch the train to Dublin. Two of us caught the train from Westport at 7.10am and the other two from Castlebar at 7.25am. Despite the early hour we were all very excited. We were off to Dublin to the Mansion House; it was to be the first event of a year’s celebrations. Guest of honour was Bertie Ahern!

On the way down we had tea, coffee and cakes - a real good start to the day! When we arrived in Dublin a taxi was waiting for us, which we took to the Mansion House. When we arrived there were drummers and people dressed up in unusual costumes.

Lots of people made speeches, we had a lovely lunch with wine and a raffle afterwards. Rachel won a prize of a musical toy and we took loads of photos. Bertie shook hands with Lorraine and spoke to Judy on his way out.

After Bertie left there was dancing and we had great fun. We left at 3pm and looked around Stephen’s Green shopping centre and had a cup of tea. We then took a slow walk down Nassau Street and took a trip on the Luas; it was a bit of an experience for all of us. We had a really smooth ride but it was very crowded and lots of people had to stand up.

We got back to Heuston Station in time for something to eat and at 5:50pm we got the train back home. Needless to say we were all worn out and slept for most of the journey. Our thanks to everyone who worked so hard in organising the day for us.

By Raymond Costello, Judy Lynskey and Rachal Greth
Changing For The Better!

My sister Ruth Cleary joined the Sligo Rehab workshop almost thirty years ago when she was eighteen years of age. Ruth tells me that the exact date was 21st August 1979 - she has an excellent memory! At that stage, the workshop was in its infancy but was welcome as there had not been any similar service before that in the Sligo/Southwest Donegal/Leitrim area.

Since our parents died a number of years ago, I keep in contact with Ruth's workshop, as her sister. I have seen a number of changes, particularly since RehabCare took over the service a few years ago. The main changes I have seen are that the service is now person-centred rather than provider-centred, and based on Quality Standards. Put simply, the focus is now on providing a high quality service for each person who attends the centre.

Because the service is person-centred, Ruth is now involved in a lot of personal development in addition to her work. Her activities include line dancing, bowling, badminton, creative art, communications, drama and health awareness. She was thrilled to have been recently selected to represent her workshop as part of the golf team in Special Olympics Ireland that takes place in Belfast in June 2006. All our family are very proud of her and Ruth is really excited. I can see the difference that the personal development activities are making to Ruth's self-confidence and her sense of self. So can Ruth. When she comes home to visit us she is full of bounce and has lots of news about her activities in her workshop.

Because the service adheres now to Quality Standards, I can see the difference in the physical environment of the centre itself and the facilities and range of training it offers. In comparison with a few years ago, RehabCare has created a centre which is comfortable, warm and cheerful. There are photos everywhere celebrating the trainees' achievements, and Ruth's face is smiling out of a number of these! There are group outings and there is an annual open day for the trainees and their families, which we attend. This gives Ruth a chance to show us around her place of work, to meet the staff and her friends, to hear about what is happening in the centre, and to enjoy some tea and dancing! In addition, we are also invited each year to meet the staff with Ruth to hear about how well she is doing. There are links between the RehabCare staff and other service providers such as the North West Health Board, if a person avails of services from both, as Ruth does. These links ensure that information is shared which will benefit her. From my point of view, the service offered currently by RehabCare in Sligo is excellent. I see a young enthusiastic manager, Eamonn Wheeler, who inspires a caring, committed and professional team that encourage family contact. Ruth and her work mates and friends in the centre are the beneficiaries of this enlightened approach and that is how it should be.

By Veronica Cleary

Pancake Tuesday

We made pancakes on Pancake Tuesday and it was good fun. We enjoyed having the pancakes, which tasted lovely. The money we collected went towards the Children's Hospital in Crumlin.

By Áine O’Grady, RehabCare Galway

Bryan Adams

On Sunday the 4th of June went to a Bryan Adams Concert in Pearse Stadium in Galway with my sister. It was quite good and we listened to The Stunning and Bryan Adams as well. The weather was lovely I really enjoyed the evening. There were a lot of people at the Bryan Adams Concert.

Spring Day

On Tuesday the 25/4/06 the service users and some of the staff from RehabCare Resource Centre took part in The National Spring Clean clearing dirty rubbish from the canal in Liosban, and picking up litter along the walk way. The day was a great success and we were sponsored by O’Brien’s Restaurant and MarketClean. It was an enjoyable day and at least the weather stayed fine.

By Áine O’Grady, RehabCare Galway
Our Night Out “At the Racket”

Because we didn’t get to organise a Christmas night out from Ballinamore Supported Accommodation, we decided to organise one for January. All four of us along with the staff had been checking the local paper for an event that we would all enjoy.

We saw an advert for “At the Racket” in the Dock, which is the new Arts centre in Carrick-on-Shannon. We decided to book the tickets for this event as we all enjoy Irish music and also because we wanted to check out the new venue which we had seen being opened on the Six One news. We decided we would have a meal out before the show in Carrick. On the Saturday before the show we went to Carrick and booked seven tickets - four for the housemates and three for the staff.

On the night we were all very excited when we arrived home from the resource centre. We all went about the house getting ready, showering, changing clothes and putting on make-up and were ready for the off at six.

We went straight to the Landmark for something to eat and we were all starving! We ordered our food and it arrived very quickly. Tom, Mary and Veronica had a club sandwich, which was huge and I had sausage and egg, which was lovely. We all had dessert except Tom who had a pint.

At 8.15pm we headed for the venue. There were a few minutes to spare so we had a look around the gift shop. Then we went in to find our seats. They were in the middle of the audience and we had a good view. The music started with half an hour of young musicians from around Co. Leitrim. A girl sang and they were all very good. At the interval we had a glass of wine before the main event “At the Racket”.

Again we took our seats and the three musicians came out on stage. It was three men. They had a saxophone, a keyboard and a fiddle. They played beautiful music and one man sang a funny song about poitin. Everyone was clapping and stamping their feet. They also had banjos and played a few songs with them. They played for over an hour and everyone was cheering for more when they finished. We all had a wonderful evening and are watching the paper to find out when they are playing again. It was nearly 12 when we got home and we were tired but very happy.
Following on from the completion of our crib for Christmas, the group had learned some new skills and wanted to put them into practice in the new class after the Christmas break.
After a discussion over a cup of tea, Johnny and Seamus decided that we should make a bird table for our garden to feed our native birds.
Each week we did a different task - from ordering material with tutor Kelvin to cutting, drilling, cutting angles, gluing, screwing and sanding.
After a number of weeks, we had put the bird table together and we all took our turns in varnishing it. The bird table now stands on our front lawn.
Pat Joe, our facilitator, took a video of each stage of the work and played it back to us when all the work was complete.
All of the group have learned some new skills from our two projects and are now discussing what we should make next.
Participants that have taken part in the project are Tony Brady, John McKiernan, Marie Wynne, Patrick Reynolds, Joseph Guckian and Seamus Browne.

Eileen Mahon Programme Facilitator & RehabCare Coach, Ann Brennan Captain Ireland Special Olympics team, and Packie Bonner F.A.I. Technical Director at a presentation ceremony in Dublin on Friday last where Ann was presented with an F.A.I. International cap. Ann has participated in the Football For All programme with RehabCare Castlerea since it commenced in 2001.
My Trip to Dublin

On Monday the 24th January 2006, Sheila and Pat Joe who are our staff in RehabCare in Ballinamore, and service users Lily Lavin, Anne Keane, Kevin Gilholley, Ted Farrell and myself, Aine Guckian, set out at 3.30pm for Dublin on the bus with Sheila O’Dowd driving to Dromod at 3.40pm and then we got our tickets. The train arrived at 3.55pm and we all got on it. We chatted happily on the way, and some of us were hungry and bought refreshments.

We reached Connolly station at 6.30pm. After a while we got a taxi outside Connolly Station to Lord Edward Street where we stayed in the Parliament Hotel. Sheila signed for our rooms and then gave us our cards. After having a rest we went down to a lovely meal in the restaurant. It cost me €23.50 which was well spent on a delicious meal. After our meal we had a few drinks, then went to bed at 12 o’clock. The next day we got up at eight, washed, then we went down to our breakfast at 9.30am. We had a very tasty breakfast with a selection of cereals and everything was well displayed.

At 10am we set out for the Mansion House. We arrived at 11am and were met by very nice people. There were two speeches before An Taoiseach Bertie Ahern arrived. He arrived right on time, after his recent trip to India. He gave a great speech about the great work that’s being done in RehabCare. I met him afterwards and he had a big smile for me and told me to keep up the good work. After the speeches at 1pm we had a lovely lunch and a delicious dessert and coffee afterwards. Then we had a raffle for spot prizes and we all won nice presents.

By Aine Guckian

A Trip Around The World

In 1990 my father, Jarlath Cunnane, built a boat called the Northabout. The next year he sailed with his friends to Greenland and then to Canada and Alaska. On the way they saw polar bears on the icebergs and Eskimos with their dogs and sleds. This part of the trip brought them half way around the world and is called the North West Passage.

In 2004 they decided to continue the trip, sailing to Russia and Siberia through the North East passage. In Russia they saw more polar bears and walruses and many icebergs. It took them two years to get through the ice.

After Russia they went to Norway and Scotland. They finally got back to Westport in October 2005. Northabout was the first sailing yacht to do this trip. They got a great welcome at Westport quay from all their friends. There were also lots of reporters and TV cameras there too.

They had a great time on the trip. Most of the crew were musicians. Paddy Barry played the guitar. Mick Grogan played the fiddle. Gary and Rory also played the guitar so they were able to entertain themselves and they played music at some of the places they visited.

After the trip my father was given an award called the Blue Water Medal. He had to go to America to collect the award.

By Niamh Cunnane, Castlebar
New NRAC Committee in H.O.P.S.

H.O.P.S. is a service for people who have mental health difficulties. It aims to facilitate people in the service on an individual basis. It’s a holistic centre to reassure people both mentally and physically. It helps people develop a sense of self-worth, relieve stress and gives people confidence in themselves.

H.O.P.S. moved location on the 9th January 2006, from temporary premises in Mount Street to its new premises in Westland Square. In February 2006, the new HOPS NRAC Committee was elected with the help of Michelle Joyce. The new committee members are:

- **Chairman:** Mark O’Reilly
- **Vice Chairman:** Stephen Fitzgerald
- **Secretary:** Ciaran Stenson
- **Vice Secretary:** Anthony Mangan
- **Treasurer:** Henry O’Leary
- **Committee member:** Michael Owens
- **Committee member:** Barbara Nolan

Each member had a personal motivation for becoming involved in the H.O.P.S. NRAC Committee:

**Chairman:**

“...I joined the committee to be able to help organise a structure, which will deal with programmes put forward by committee members or various topics, which will involve the group. It is for this reason I joined the committee.”

Anthony Mangan

**Vice Chairman:**

“I put myself forward for the NRAC committee because I felt I could be of some help to service users. I felt I could be a voice to be heard for all service users if they have any queries or problems to be sorted out. Also, in meeting other centres, I felt I could represent a voice from H.O.P.S. as I enjoy being involved with committees and love meeting people. Finally, I enjoy organising meetings and being generally involved.”

Stephen Fitzgerald

**Secretary:**

“I went for NRAC because I get on well with people. I organised outings and go to many places. I enjoy doing bookwork. I worked in Abbey Furniture. I did all the petty cash keeping and brought all the books up to date. Working with NRAC, I have all the experience as the treasurer. I would like to show other people how it is done. I would like other people to get involved and would give them chances to go on the committee. Next year, there will be new people coming in to the centre. I would like to get them involved to get new ideas.”

Henry O’Leary

**Vice Secretary:**

“The reason I joined NRAC was to try and help people with no voice. I hope in time to get things done. For example, to get people motivated and try to let them see things are not always impossible even though they can be difficult.”

Michael Owens

The new NRAC Committee hopes to continue all the good work achieved by the previous committee and to build on these achievements. In 2006 we hope to be even more successful and make H.O.P.S. a positive and productive environment for all its service users.
Hi Everyone,

We have only gotten through the first quarter of 2006 and NRAC has had a very productive year already. In February we had our seminar on bullying which was very successful. All information from the two day conference will provide the National Committee with your feedback in order to start working on producing Guidelines for service users on bullying. At NRAC regional meetings your representative will give updates on progress on the guidelines and gathering more information.

I would like to thank Ailbhe Hendrick from RehabCare Human Resources Dept. and Dr Jean Lynch of Trinity College for their presentations. Michael O’Brien gave a very detailed speech on his achievements over the last ten years in RehabCare and the changes he has seen. Keep up the fantastic work and enjoy RC 10 Celebrations.

By Michelle Joyce,
NRAC National Development Officer

Direct quotes from NRAC members

“The night was very good. A few jokes were passed around and I had a good time meeting and greeting our funders.”
Simon Buggy

“Great opportunity to meet with the Minister of Health Mary Harney”
Michael O’Brien

“Meeting with the Minister, I will never forget, what an experience. It was lovely that Ann Sharkey, staff member in our Centre in Lifford could share this experience with me.”
Margaret Norris

“The seminar went really well and we got good information back. I think it was good to stay in the Burlington Hotel for a change.”
Patrick Hargordon

“I enjoyed making a speech at our seminar with Martin. We will soon start working on our AGM.”
Mary Browne

“Very enjoyable night for all involved”
Jimmy Dooner

Note from the Chairperson Jimmy Dooner

Many thanks to you all for your valuable feedback on bullying and hopefully we will have guidelines on bullying as soon as possible – we will be working alongside RehabCare Executive Team.

Thanks again
Jimmy
Please send us any of your creative writing, art, memoir, storytelling, drama, journaling, recipes, or just your thoughts...

This section is dedicated to inform us how to make information easier for everyone to understand.

Using Plain English

Uncomplicated language makes writing easier for everyone. There are ways each of us can make our message come across a lot easier for all to read and understand. Such as: Plan what you want to say. Cut out unnecessary detail and present the important information in a logical sequence.

Try to write it, as you speak.

Don’t use jargon, technical detail or abbreviations. If you have difficult words include a definition or list of useful words to explain

Keep sentences short.

Try to remember to have only one main idea per sentence.

Use simple punctuation.

Avoid semicolons (;) colons (:) hyphens (-) or sentences broken into too many commas.

Use active and personal language.

Take to reading directly using active and personal language. Using ‘you’ and ‘we’ makes writing more direct and understandable.

Be consistent.

For important concepts, use the same words and phrases consistently even if it sounds repetitive

Use the number not the word.

If you’re writing largely for people with a learning disability, always use the number and not the word even for small numbers

Make it clear what action is required.

Such as symbols for when requesting information or a symbol for when requesting a reply.

This information is provided by Mencap UK www.mencap.org.uk

Thought for the month

Laughter lightens the soul.

Laughter helps break down barriers between people.

Laughter releases an endorphin that helps dull physical pain in the body.

Laughter reduces feelings of stress.

Laughter... what does laughter do for you?

Activity for the month

Leisure and Feelings

Size: 4-10

Equipment: papers, pens/pencils, chalkboard

Objective: To raise the awareness of leisure activities being effective as positive coping strategies.

Description: Pass out paper and pens and have each person write down two or three leisure activities that they enjoy. Collect these papers in a basket and put aside.

Next, ask everyone to brainstorm feelings or emotions they enjoy or like to feel (i.e. belonging, sense of adventure, love, happiness, sense of accomplishment, self worth, etc.). List leaving space under each emotion.

After you have listed about eight or so emotions/feelings, pull out the papers and read each leisure activity and ask the group how it makes them feel (i.e. How does walking in the park make you feel? relaxed, peaceful). List the leisure activities on the board under the appropriate emotions/feelings.

Lastly, explain to group that when we feel low or depressed we are able to get back in touch with these emotions/feelings that we like through the magic of leisure activities!!

Bullies

What it feels like to be bullied

Is not fun

Being bullied makes you angry

Makes you sad

It also causes a lot of pain

And distress

The bully knows when it gets

To you

He or she knows when they

Are torturing you

They know then that they are

Getting you down

Written by Fiona Friel

Balsamic Chicken Breast

This is an easy, quick recipe that tastes like it’s complicated.

Ingredients

2lbs of boneless skinless chicken breasts

1/2-1 cup of sliced onions

1/2 a cup of balsamic vinegar

Salt and pepper, to taste

Cooking spray/butter

1. Place chicken breast between two pieces of plastic wrap.

2. Pound flat with a meat mallet.

3. Spray large frying pan, preheat to medium high heat.

4. Brown well on both sides.

5. Add onions.

6. Cover, reduce heat to medium and cook for approximately 5 minutes.

7. Stir in balsamic vinegar, cook for about 1 minute, turn chicken to coat thoroughly.

8. Spoon sauce over chicken to serve.

9. Enjoy!
The NDA’s Person Centred Planning Guidelines Document

Overview

These guidelines explain the term ‘person centred planning’ and clarify the purpose and application of person centred planning. They also set out key principles and elements of effective person centred planning, and make practical recommendations including monitoring (or tracking) progress on putting plans into action.

You can read the guidelines online, or download different versions below.

Note that these guidelines are also available in large print, braille and audio tape formats. www.nda.ie

National Disability Authority, 25 Clyde Road, Dublin 4
Tel: (01) 6080400
Fax:(01) 6609935
Email: nda@nda.ie

Information available as PDF files on NDA website

• Person centred planning guidelines
• Person centred planning guidelines - Plain English version
• Person centred planning guidelines - Easy to Read version

A Vision for a Recovery Model in Irish Mental Health Services

A document recently delivered by the Mental Health Commission entitled: “A Vision for a Recovery Model in Irish Mental Health Services”. Found at www.mhcurl.ie

They are looking for responses on this document. It ties in very well with the Policy document from the Department of Health and Children entitled: “A Vision of Change”.

Review of Service Provision Manuals

In each RehabCare service there is a Service Provision Manual. These are big white folders that for some of you will use on a daily basis to assist in the delivery of a quality RehabCare service. For others it might be to hold the door ajar on warm days to create a cool draught!

The version currently being used in RehabCare Resource Centres and Sheltered Workshops dates back to 2004. The manual is intended as a reference manual that will assist and clarify what actions are to be taken in a given situation. As such, it gives information on things like NRAC, Charter of Rights and Responsibilities, Complaints Procedure, Discovery, Programmes planning and records to name but a few. It would also contain a number of RehabCare policies. The Programmes and Research Department in 2006 agreed to coordinate a review to ensure that our Service Provision manuals contain and deliver comprehensive information in a user-friendly manner. In January, all Services were contacted via e-mail to see who wished to participate. Ten centres stated that they wished to take part. Each was sent a short questionnaire to get an initial feeling on the benefit of the current manual. This feedback has been received and analysed.

It was found that the information in the manual was useful to the services and was of practical benefit. It was also commented upon how helpful it was to have all this information in one place and spread out over four or five manuals. However it is equally easy to see that using one point to contain all of this information does mean that the manual is larger and become difficult to hold in a user-friendly manner. The Programmes and Research Department would like to thank all the services that have been involved to date. Each will be contacted again to discuss practical ways in which we can maintain a Service Provision manual which gives us all the benefits but one which delivers its message in a friendly usable way.

If anyone has any other comments about the RehabCare Service Provision Manual for Resource Centres please feel free to e-mail these to kevin.barnes@rehabcare.ie

Launch of Picture Charter of Rights 2006

Soon all of you will receive a new version of the Picture Charter of Rights and Responsibilities. Some of you may like this format or you may prefer the original version that you will have already received. NRAC National Committee alongside Programmes and Research have worked together to design this over the last year. We hope you will find it clear and easy to understand.

We would also love to hear any feedback that you may have.

Asperger’s Syndrome 2006: Developments in theory and practice

A presentation of the conference attended on Asperger’s Syndrome by Tony Attwood from Australia has been put on the RehabCare intranet at https://rehabcare.rehabnet.ie

Tony Attwood is respected all over the world in his specific knowledge in Aspergers syndrome, and has written extensively on the subject. The day presented excellent up to date information on diagnosis, supports, environments, and teachings. He also has a website.
We also have resources available in our resource room on Autism and Asperger’s Syndrome.
World of Work Pilot Programme

The World of Work Pilot Programme was completed in 2005. A full review and adapted package are available on the RehabCare intranet. This pilot was to raise awareness for community-based work based on the existing World of Work package dated 1997. The aims were to assist service users to become familiar with the world of work outside services. On completion of this pilot it was hoped that service users would have a greater knowledge and experience in the following:

1. Identify a broad range of jobs in the community
2. Interview a minimum of two people about their jobs
3. Research a minimum of two work environments in terms of skills and work attitudes
4. Identify workers’ responsibilities in terms of: time keeping, hygiene, safety, working with others, relating to the supervisor
5. Completing assigned tasks
6. Identify part-time workers’ rights in terms of: Benefits & entitlements, Contracts of employment, Holidays, Grievances
7. Identify any work skills and personal qualities they possess that are positive for employment, and also to identify if this pack was a valuable tool for services to go forward with in the future.

Pilot Implementation

This twelve week pilot programme was lead by Programme Co-ordinator and supported by a local staff within the service for 6 individuals. Preparation was done in conjunction with the service and central supports. This included an element of research, planning, preparation time and delivery time. Individual time was as needed from individual needs and requests. At any time individuals could come to either facilitator after or before set time to discuss any elements of the pilot. Time was also allocated to a final report and also on the pre and post evaluations.

To find out more log on to www.rehabnet.ie

RehabCare 10-Year Celebrations

Carlow group at the RehabCare 10th birthday celebrations at the Mansion House. Back row, left to right Eamon McSteen, Michael Whelan. Front row, left to right Marie Fennelly, Karen Cullen, Edward Brooks.

Memberships and websites

RehabCare has memberships or representation on some of the following organisations/committees

www.isenonline.com
Promotes high professional standards, training and best practice in the area of sex education for people with disabilities with special emphasis on people with learning disabilities. We have up to three places free on each of the training days held by ISEN.

www.iase.ie
Irish Association of Supported Employment is a national voluntary organisation which was established in February 1994 with the aim of promoting and developing supported employment at a national level. Their role is to promote the concept of Supported Employment, to facilitate the exchange of information between interested parties, to respond to the training needs of affiliated members, to actively participate in the European Union of Supported Employment, to actively participate in the European Union of Supported Employment, to assist members with networking and promoting the model of Supported Employment.

www.fedvol.ie
The National Federation of Voluntary Bodies is a national umbrella organisation for voluntary/non-statutory agencies providing services to people with intellectual disability.

Their website will provide you with information on activities taking place in intellectual disability services in Ireland and the role played by the National Federation in supporting member organisations to provide high quality services and supports to people with intellectual disability. RehabCare is involved on many sub committees in the federation including the Research and Quality of Life. For any information on any of these please contact Programmes and Research Department on 01-2057200.
Young Citizen of the Year Award

There were 120 nominations from Offaly and seven young people were selected, Olive being one of them.

The award was given for Olive’s contribution for the following:

- Involvement with Special Olympics and Community work
- Daingean Festival Committee
- Involvement in local GAA
- Daingean Musical Society

Olive Smith of Charleville Cottage receives Young Citizen of the Year Award.

Congratulations to contest winners

Winner of the quarterly contest goes to RehabCare Carlow’s Marie Fennelly, John Sheehan, and Carol Langton for compiling the most words out of Celebrations. They came up with an amazing 1390 total words!! Great work!!

Service users in Dundalk Resource Centre receive a Prestigious Award

Service users in Dundalk Resource Centre received a Young Citizens Award signed by the President for their special fundraising efforts for Tsunami victims. With the support of the staff, the service users raised over €3000. The manner in which the funds were raised and how the target area for the funds was selected was a contributing factor. Dundalk Town Council presented them with their award at a special ceremony in April.

Index of Excellence

It gives me great pleasure to announce that RehabCare has been awarded the Index of Excellence Award by the Excellence Ireland Quality Association (EIQA). This award follows a programme of continuous improvement throughout 2005, aptly named the “Find It, Fix It” programme and a number of site visit assessments in January 2006 including Dundalk, Sligo, Cairdeas.

I would like to take this opportunity to thank all of the staff of RehabCare for their hard work and dedication and the individual and group contributions made in our quest for Excellence in all that we do.

Angela Kerins
CEO
RehabCare

News and Views is available in alternative formats such as braille, large print, and cassette. Please contact the editor if you would like to request one of these formats.
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