

## ON STREET COLLECTIONS

Enable Ireland volunteers, Ursula Collis, Karol Cooke and Joanne Murphy, taking Action on Disability at the Connacht Rugby Match on the 19th of September selling Gold Badges as part of Action Week 2008.



## CORK'S ABILITY AWARE GROUP TAKE ACTION!

Alan O'Brien, Aisling Radley, Kevin English and Amy O'Riordan are all members of an Ability Aware Group at Enable Ireland's Adult Services Centre in East Gate, Little Island, Cork. The group, who work continuously on raising awareness on all aspects of disability, are pictured here during preparations for Enable Ireland's Action Week on Disability 2008. They have been highlighting this issue through regular discussions, artwork and role play.



## CRUMLIN PUPPET SHOW

Services users in Crumlin recorded a thought provoking puppet show which was aired during Action Week as part of the service's open day. In the show, the service users express clearly their desires to be seen as equals and included by society. The show will be available from December for the general public to view on [www.enableireland.ie](http://www.enableireland.ie).

Voice of Action Week – Sarah Doolan



## THE VOICE OF ACTION WEEK!

Sarah Doolan (11), from Lucan, Co Dublin who attends Enable Ireland in Tallaght bravely became the voice of Action Week. Sarah recorded her radio ad in a studio in Dublin and was subsequently broadcast on 13 radio stations over the course of the week.

## AT THE MOVIES!

Thanks to our friends at the Irish Film Institute, Omniplex Cinemas and Momentum Pictures, five special screenings of 'Inside I'm Dancing' took place in Dublin, Galway, Tralee, Cork and Kilkenny during Action Week. Nearly 800 transition and fifth year students attended the screenings and left with a better understanding of the benefits of seeing the person, not the disability. The film even received standing ovations in some venues.

A group of transition year students in Galway following a screening of 'Inside I'm Dancing'



## WATER ACCESS IN CLARE

In Clare, Enable Ireland services arranged an information day focusing on access to water sports in the region. Held in the West County Hotel, invited speakers included Liam Griffin, Clare County Council Water Safety Officer, Brenda Shinnors Kennedy, University of Limerick Disability Liaison Officer, Laura Ward, Clare Accessible Transport Manager and Alice O'Carroll, Clare supported employment.

Clare service users manned information stalls with all the positive and negative aspects of accessing water sports such as fishing, rowing, surfing, swimming pools, boating and canoeing.

A short documentary 'In Da Haus' highlighting aspects of accessibility was also shown. This documentary was filmed last year with Enable Ireland Adult Services Ennis in association with Clare County Council and Galway Film Centre.



L-R: James O'Donahue, Tony Killeen TD, Minister of State at the Department of Agriculture, Mary Leigh and Shane King

Thanks to our partners : Dublin Bus, Irish Film Institute, Omniplex, Momentum Pictures



Dublin Bus



Irish Film Institute



# GROUP ACTIVITIES BUILD CONFIDENCE FOR CHILDREN WITH DCD

Article submitted by Ms. Paula Newell (Senior Paediatric Occupational Therapist, Galway DCD Service).

Parents of children with DCD are often worried about their child's lack of interest in physical activity. Children with DCD often try very hard but do not learn motor skills as easily as their peers. Unable to master skills without considerable effort, the children experience frustration if they are unsuccessful and can withdraw from the activity, and feel isolated from their peers. Children with motor co-ordination difficulties often prefer more sedentary or individualised games (such as badminton, martial arts, gymnastics).

One of the occupational therapy components to the DCD Service at Enable Ireland Galway is the use of group-based activities. The groups generally run in 4 week cycles and children rotate through different groups depending on their areas of need and interest. The vision and goals for these groups is that by taking part it will help facilitate and support each child's interest, confidence and skill and encourage them

to join community group activities once they have learned the skill in a therapeutic setting (i.e. transferable skills).

**Developmental Coordination Disorder (DCD)** is a term that describes difficulties with movement or motor coordination. A child may have DCD if he/she experiences substantial difficulty in carrying out a range of tasks in his/her daily life, which require movement or motor coordination skills.

Exposure to physical activities at a young age encourages fun and participation, and promotes health and fitness in a child's life. Every attempt is made to facilitate groups in the community setting rather than in a centre. For example, spinning (static bike) classes in a local gym, circuit training in a sports centre, soccer camps affiliated with FAI, cycling workshops associated with the Safer Cycling Initiative Association, tag rugby in local playing fields, aqua aerobics in local leisure centre and horse-riding in local riding school.

A final note, the goal of participation in physical activity is for a child to have fun and stay fit for life!



L-R: Jack McGuinness, Donal Coen and Dara Ruane at a recent Safer Cycling event in Galway

# RESEARCH DEMONSTRATES IMPORTANCE OF INFORMATION AND COMMUNICATION FOR PARENTS

Between 2005 and 2006, Kevin Treacy and Dr. Suzanne Guerin, UCD distributed surveys to parents of children attending Enable Ireland centres, in Bray, Kildare and Cork. These surveys looked at their experience of stress, support and satisfaction. They then interviewed a number of parents to find out more about the sources of support they found useful. Here is a summary of their results:

## Interview findings

Twenty-seven parents of children with physical disabilities were interviewed as part of the project. They were asked questions relating to the sources of professional and social support. They were also asked whether they had regular contact with other parents of children with a physical disability and the benefits of such contact.

Something which came across throughout the interviews was parents' desire for knowledge. Parents also mentioned information as a benefit of peer contact. When asked what advice they would offer new parents, the most common responses involved getting

information from different sources. Clinicians and other parents were both mentioned as a source of this information.

## Survey findings

On average parents had low stress scores and high levels of social support and satisfaction with services. It was expected that parents who had more contact with peers would display significantly higher levels of perceived social support and satisfaction with services, as well as lower levels of stress. While there were differences, they were not large enough to be considered significant.

## Discussion

The study showed that parents who have contact with peers report a number of benefits from this. While practical support was important to parents it was information that they reported was most important, especially in the early days. Parents value staff who are approachable and available to answer their questions. They also reported advice as one of the key benefits of peer contact. If you would like more information on the research or have any queries, please contact the authors [kevinatreacy@yahoo.co.uk](mailto:kevinatreacy@yahoo.co.uk)

## SMOOTHIE SUMMER!

The teen summer camp for those attending mainstream school was held in the first week of July in Sandymount Children's Services. Sports, Tae Kwon Do and swimming were the physical activities the group participated in. They also improved their culinary skills making pizzas and smoothies. Good discussions took place in the assertiveness training sessions and the scavenger hunt to Dun Laoghaire proved very popular.



Summer camp smoothie competition: L-R Service Users Lee Ellison and Adam Cronin with 'chef' Sean Hegarty from ERPM.

## FIRST STEPS

The First Steps Programme had been up and running in Enable Ireland Dun Laoghaire since November 2007. This programme was co-ordinated through the VEC Dun Laoghaire and funded through the 'ITABE Initiative' (Intensive Tuition in Adult Basic Education).

The First Steps programme has been a great example of how different disability organisations, education providers, funding resources can come together to provide adult education opportunities for people with disabilities.

The main focus of the training was on Communications, Literacy / Numeracy and IT skills.

Enable Ireland had four service users who participated in the programme and who successfully completed the course and received certificates in a very enjoyable awards ceremony and celebrations at the end of the programme.



Yvonne Briscoe and Tracey Murnane receive their 'First Steps' certificate in Basic Education presented by Dun Laoghaire VEC

The opportunity for students from different organisations to learn together in different locations has been beneficial both educationally and socially.

Enable Ireland Dun Laoghaire are very happy with the progress made through the First Steps Programme. The feedback from both students and tutors has been very positive and its hoped that this important and successful programme will return in September 2008.

## ENABLE IRELAND LIMERICK SERVICE USERS TAKE BITE FROM THE BIG APPLE

Three Enable Ireland service users, who were part of a 24-strong Irish delegation to the first round of the Irish and American Youth Team Games for people with physical disabilities held in June in New York, returned home victorious, winning a total of 25 medals between them.

Orlagh Kelly (18), from Effin, Co. Limerick, came home with 10 medals; 4 gold, 2 silver and 4 bronze. Brendan Laffan (15), from Adare, Co. Limerick, won 7 medals; 5 gold and 2 silver, and Jonathan McGrath (15), from Tipperary won 8 gold medals.

This year, 24 athletes with physical disabilities from all parts of Ireland travelled to New York to compete in the games, which ran from the 27 May and the 11 June. In all, out of the 1,242 athletes who competed this year, Ireland came away with 201 medals.

Janet O'Connor, Family Support and Respite Co-ordinator with Enable Ireland Limerick says, "The Athletes have experienced tremendous hospitality while in New York and have been brought on trips to all the sights and wonders of New York city. They've also learned a lot about their own capabilities through this experience and have been inspired by others."

For more information please visit [www.pcirishteam.org/ireland.cgi](http://www.pcirishteam.org/ireland.cgi)

## CHARITIES BILL 2007 - UPDATE

The Charities Bill completed Report Stage in the Dáil in November. You can view the full debate on the Oireachtas website [www.oireachtas.ie](http://www.oireachtas.ie). The Bill will now be debated in the Seanad.



Gold medallist Orlagh Kelly before she set off to the Irish American Games in New York

# CHRISTMAS CARDS

Some of the range of Christmas card designs available from Enable Ireland. More details on [www.enableireland.ie](http://www.enableireland.ie)

A range of Christmas Cards are now available from Enable Ireland shops and service centres with the proceeds going to support services around the country.

In Enable Ireland shops and service centres (other than Cork and Kilkenny service centres) a collection of 12 festive cards are available in packs of 6 for €2.99.

In Cork a selection of local cards are available for purchase at a cost of €6 for a pack of 8. These original cards will be sold in Brown Thomas, Patrick Street, Cork over the Christmas period.

For corporate clients, a range of cards are available, which can be overprinted with your companies logo and Christmas message and including a statement about your companies contribution to Enable Ireland services through the sale of the card. A price list is available on [www.enableireland.ie](http://www.enableireland.ie).

Support Enable Ireland this Christmas!



## HIGH RANKING FOR ENABLE IRELAND IN CHARITY SHOPS SURVEY

Enable Ireland were ranked 18th in the recently published Charity shops survey 2008. Published by Charity Finance Magazine, Enable Ireland also featured in many of the core categories, and were awarded key placements including two firsts in highest average weekly turnover and highest profit per store per week categories.

Conducted with 72 charities and 5,500 stores throughout the United Kingdom and Ireland, this is a fantastic achievement for Enable Ireland. Many thanks to the retail teams, our dedicated volunteers and our loyal customers and donors for their hard work and support.

## SHOPS NEEDED – CAN YOU HELP?

With a current retail network of 19 stores nationwide, Enable Ireland is committed and dedicated to expanding the chain. Established more than 20 years ago, the retail stores contribute immensely to the much needed funds required by Enable Ireland in developing services and capital development projects.

As evidence of this commitment, Enable Ireland has recently appointed Gerard Kenny as Retail Development Manager, whose role will be to source, secure and open new stores.

Our initial focus will be to open stores in areas where there is an existing Enable Ireland service centre and areas where new centres are currently under development – We have targeted particular areas for expansion including Dublin City and County, Kerry, Kilkenny, Kildare and Tipperary. Our requirements are simple! We are looking for units of approximately 100 sq metres ( 1000 sq feet ), with good frontage, in prime locations, which are wheelchair accessible, preferably with on-street parking and rear access. If any of our readers are aware of any suitable premises, please email Gerard Kenny, Retail Development Manager at [gkenny@enableireland.ie](mailto:gkenny@enableireland.ie) or telephone 01-8857165.



## BOGUS COLLECTORS

Enable Ireland deeply appreciates the continued support from our loyal donor base and we ask our donors to be vigilant and to look out for the following when donating money and goods through house to house collections.

- Remember to look for:
- Enable Ireland I.D.
  - Registered charity number
  - Landline phone number
  - Organisation's logo on collection bags and vans
  - ICSA Logo (Irish Charity Shops Association)



Know where your donations go!