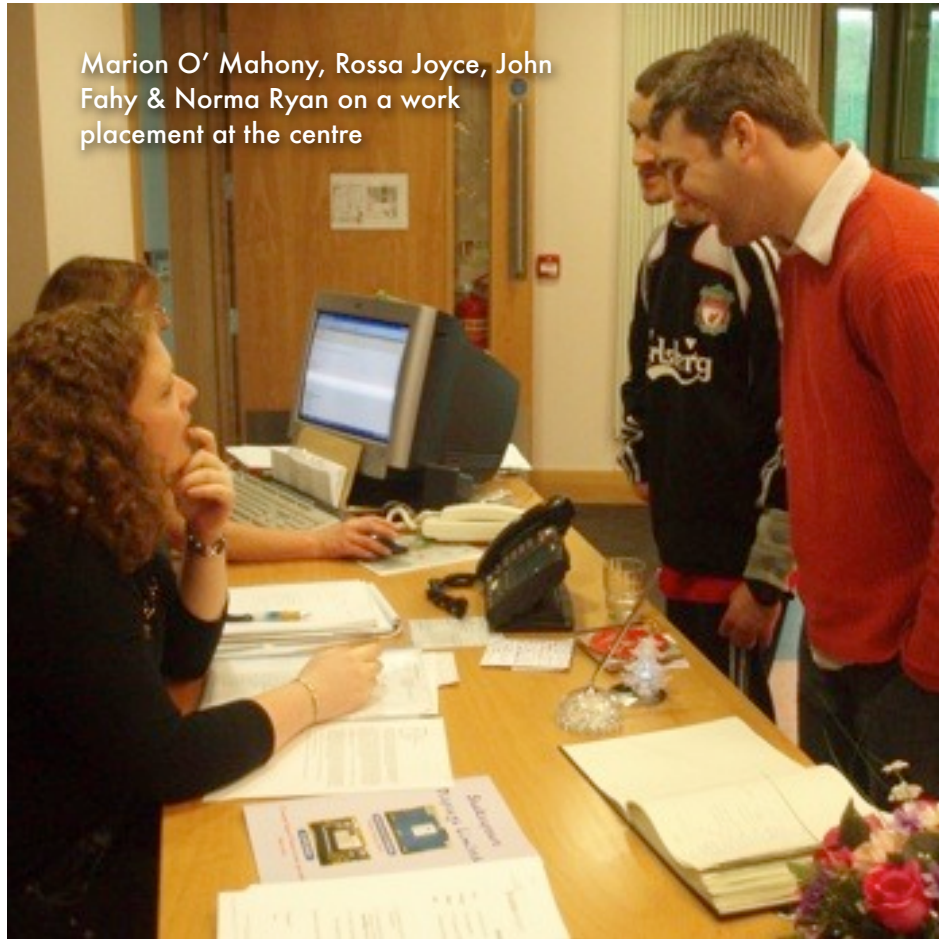


Marion O' Mahony, Rossa Joyce, John Fahy & Norma Ryan on a work placement at the centre



## Welcome To Our Newsletter - Enhanced Day Services

For the last few years we have been introducing small but important changes to how we deliver supports in Adult Services Cork.

We are always actively listening, learning and improving our services to meet the needs, preferences and choices of those who access our supports. We are not finished yet with improvements and will always ask "how can we do things differently?"

In the last year alone, we introduced some considerable changes in our enhanced day services and are delighted we can now, as promised, report on how things are progressing.

For example, our person centred planning process is well under way with every individual within our service with a plan already started. We see a big shift in "person centred thinking" where those attending our services are considering their own goals rather than what is put in place for them by staff.

Keyworking systems have started to be more visible in the centre although we still have some things left to do. The new groups and team structures are also starting to deliver results and we will be meeting with the groups to implement the lessons learnt in our current review. Our links to community supports

have grown considerably and you will learn more about these within this newsletter.

The biggest achievement in the last year has been the piloting of the enhanced day service one-to-one type supports. This certainly has delivered on expectations and created an amazing return to all involved.

The coming year will still be a year of change but we believe that together we have laid a strong foundation for the future.

Adult Services Manager, Cork

Colin Tierney, Jamie Hayes, Rossa Joyce, Kevin English, Jonathon Donovan and Nicola Byrne enjoying a trip out of the centre



### Enhanced Day Services

One of the most creative developments in 2011 was the introduction of one-to-one supports to assist individuals achieving their person centred plans.

We received new funding from the HSE to support this project. Based on feedback we reallocated some of our existing supports so as to include as many service users as possible.

The result was a 'new way of working' that very much encouraged supports to be directed by those who use our service and based on choices that they have identified themselves.

There were times that this proved challenging and many individuals came back asking 'what do I do next?' Others knew exactly what they wanted to use the supports for and lead the way.

Needless to say how the supports were used varied from person to person. Some wanted to use the hours available in social settings, others educational while some just wanted that helping hand in their everyday life.

No matter how the hours were used, whether they were community or centre based they were used well - very well indeed. The individual reports on the next page tell the story of the 4000 hours provided and the 32 lives they supported.

## AT News

**In 2011, we were able to combine the resources at the centre and formally combine them to the National Assistive Technology service in Dublin.**

Formal assessments have started across the centre and we are looking at building on this service into the future. The sharing of learning across these two services has proven a great benefit.



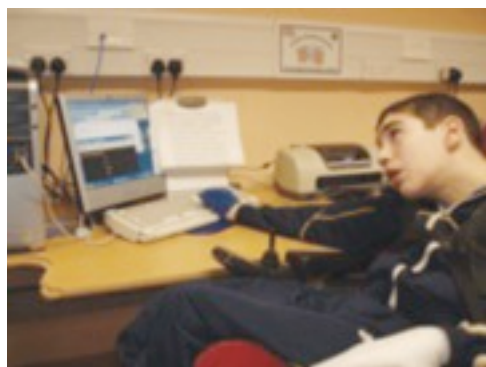
## FETAC News

In Adult Services Cork we are delighted to announce that 42 portfolio's will be submitted for assessment in the areas of Art & Design, Music Appreciation, Drama, Preparation for Work, Career Information, Computer Literacy, Mathematics and Food & Nutrition. We wish everyone well in their upcoming assessments.



# What We Really Think?

*Service users provide their feedback on the one-to-one supports within the Enhanced Day Services*



I have a brilliant time with my PA Tracy. We go bowling and it makes me very happy

I go to Mahon Point to get my bits and pieces with my PA. I find it much better to do things by myself with Tracy

I love having Lisa as my PA because she can help me with everything in here

We go to the movies every Friday. I love it, it's brilliant. It's what I like to do.

I go to the cinema and stuff. I love it.

It's made a big difference to me. I love a PA and we go shopping which is my favourite thing to do.



The PA came to my house. I enjoy working with her.

We go shopping together. I love doing this.

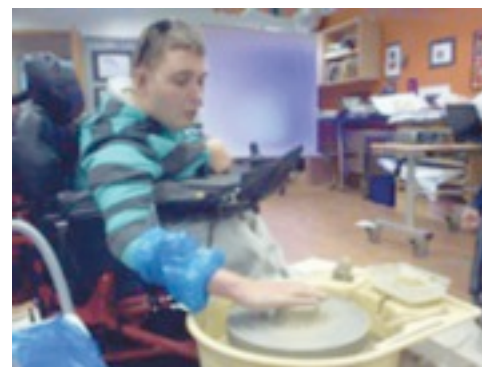
It is good I am able to go out just with my PA.

My PA supports me to go to the choir every week. Before my PA my mum had to come with me. I prefer to go with my own PA.

I go shopping with my PA.

I go to the choir with my PA every week. We went to a concert in Fitzgerald's park, it was good.

It has changed my life. I can do a lot more things now. My life is going the way I want it to go now.



It's working ok. We go to cinema, bowling, all different stuff. I come up with the ideas and we go there then. I love it.

We get the train into town on Friday. I have a pint of Beamish and sometimes I have an Indian. It's great.

Mahon Point and Cinema, something to eat. I enjoy it.

I was happy with my PA. We worked on a project of healthy recipes. We often go for a walk.

Having a PA is a good thing. She supports me to do a course. I couldn't have done the course without her.

I am presently participating in an Enhanced Day Placement to help me find a suitable new home.

# ONE YEAR OF SERVICES

## "ENHANCED" DAY SERVICES 2011

### Background:

- New Partnership Between HSE & Adult Services Cork
- New Way Of Working
- Re-Alignment Of Supports
- Focus - Person Centred Goals Within Community Setting
- One-To-One Supports
- Independent - Directed By Service Users

### Service In Numbers:

- 32 Service Users Availing Of Services
- Over 4000 hours available

### Some Examples Of Service:

- 3 Attending Course In UCC
- 1 Service User Organising His Own Art Exhibition
- 1 Service User Recording His Own Song With Outside Musicians
- Supporting
  - ☺ Sessions
  - ☺ Social Activities



SECURING NEW FUNDING HAS ALLOWED OUR SERVICE TO OFFER OVER 4000 HOURS OF ONE-TO-ONE SUPPORT TIME TO HELP SERVICE USERS ACHIEVE GOALS IDENTIFIED IN THEIR PERSON CENTRED PLANS.

THE FEEDBACK SO FAR HAS BEEN AMAZING WITH EVERYONE HOPING THAT THIS RESOURCE WILL CONTINUE INTO 2012 AND BEYOND.



# Person Centredness

Person centred planning means being able to embrace new solutions and ways of doing things

— *Michael Kendrick*

We are pleased to report that all individuals accessing Adult Services Cork have either started or are well down the road in creating/achieving their person centred plan.

As many already have experienced, person centredness and person centred planning (PCP) are at the core of the services offered in Enable Ireland nationwide.

Research and experience tells us that working within a PCP framework assists those that avail of services to identify their strengths, needs, abilities as well as supporting their individual preferences and choices.

A central part of any person centred approach is the practice of “nothing about me, without me”. This practice clearly places the person at the centre of all service delivery.

With the person clearly positioned at the centre of discussions/actions, it is possible to engage in the planning aspect of a PCP process. Here the individual creates a personal profile that includes their own objectives based on personal choices. This profile is created by themselves or with support from the service.

To enable this process to be effective in Adult Services Cork, each service user has been appointed a ‘key worker’ who will work closely with the individual to unlock their goals. This can take some time to reap the benefits but it is important to note that the journey is often as important as the destination.

Adopting a person centredness approach within service delivery also requires looking at services differently and exploring new solutions.

In Adult Services Cork the changes over the years have been designed to

create a more person centred service.

In particular, the availability of one-to-one supports, new team structures and the alignment of transport to groups has supported service users to achieve their goals.

It is always a challenge when everyone is competing for limited resources but we are exploring new solutions and ways of doing things to continually meet the preferences, needs and choices of those who access our services.

## ABOUT ME



**Etiam:** Cillian McSweeney

**Age:** 21

**Where I'm From:** Cork

**Profession:** Songwriter

**Sport:** Cillian represents Ireland regularly at Boccia

**Team One:**  
Man Utd. (sad but true)

**Team Two:** Love to watch Cork City play in Turners Cross

**Concerts:** Mad Pride in Fitzgerald Park in Cork, and Blackpool Cork City Library. Back in July, Cillian performed the song at the Presidents Garden Party in Aras an Uachtarain, sharing the stage with The Coronas.

## Main Influences

Just To Name A Few

The Script

Adele

Rhianna

The Coronas

Bruno Mars

Kings Of Leon

## A Songwriter In Our Midst



### CD OUT NOW

#### HOW I AM USING ENHANCED DAY SERVICES

My name is Cillian McSweeney and I have just recorded my first song "Equal". I am 21 years old and I am currently a student of SoundOUT (latest project from Cork Music Works) where I am learning to play musical instruments using technology.

I love listening to music. I find that writing lyrics is my way of expressing myself. I hope to write songs as a career. I would like to take this opportunity to thank the most dedicated person in inclusive technology, Gráinne McHale - without her help and dedication this project would never have happened.

Also I would especially like to thank Brian O'Donovan, Personal Assistant through the Enhanced Day Service, for his "patience and time as well as being a great laugh". A special big thank you to Knocknaheeny youth music initiative Band (Cork Academy of Music)

Thank you for making me feel part of the "real world".

## NEW SINGLE RELEASED



Meeting "The Coronas"



Meeting "The President"

## ABOUT ME



**Name:** Pat Mansell

**Where I'm From:**  
Fermoy, County Cork

**Profession:**  
Artist

**Team:**  
Cork Senior Hurling

# My First Solo Art Exhibition



### HOW I AM USING ENHANCED DAY SERVICES TO ACHIEVE MY PERSON CENTRED PLAN

My name is Patrick Mansell and I am going to have my first art exhibition at the library in Fermoy during January 2012. I am very excited about this. I love painting and working with landscape and colour. It gives me the opportunity to express myself. I love

oil and acrylic paint as it allows the texture to express my feelings.

Enable Ireland allows me the opportunity to express myself through my art. I would particularly like to thank the Art teachers Marie Hendrick and Michelle Fitzgerald for their help and professionalism. My personal assistant through the enhanced day services, Tracy Burke, who herself is an artist is a tremendous help to me in all things artistic. She is also a fantastic help to me in organising the exhibition.

## Special Thanks

Art Teachers  
At Enable Ireland

My Personal Assistant  
Tracey Burke

## MY ART



# ARTIST IN THE COMMUNITY

New Funding Secured 2011 - 2012



## New Grant For Adult Services Cork Music To Our Ears

Many of you will already heard of Gráinne from the great work she has been doing on Friday's using the Soundbeam Technology.

Everyone loves these sessions and we are looking at ways to share these exeriences with other service centres around the country.

We are delighted to inform you that Gráinne has secured a grant under the CREATE funding through the National Development Agency For Collaborative Arts programme. The funded project aims to include creative and inclusive

workshops with Gráinne McHale; service users of Enable Ireland Adults Services and artists from various artforms throughout Cork City.

This project will work towards the creation of a multi-media performance piece, which will contribute to Cork's Life Long Learning Festival in 2012.

Participants with limited movement will use a range of Assistive Music Technologies (AMT) to compose and perform music. AMT refers to a combination of switches and movement

sensors that facilitate musical performance and composition for participants with very limited movement.

Gráinne graduated from UCC with a BA Arts-Music (2005) and BMus (2006), before going on to complete the MA in Community Music at the University of York, where she received a distinction for her research on the use of music technology as a tool for social inclusion in music education.



# News From University College Cork Certificate In Contemporary Living

**T**he certificate in contemporary living is a two year education programme for people with disabilities designed for delivery in a third level education setting.

It focuses on helping students develop strategic skills to promote self-reliance and independence and increased participation in society.

The CCL course provides structured opportunities for interaction between students with disabilities and non disabled students. As such it is about inclusion and not just about access.



Between April and June 2009 a 12 Week Pilot Project delivered one module of the CCL course to 18 students at UCC. Following the success of this initiative a further module of the course was delivered between September and December 2009. In June 2010, the CCL was accepted as a full certificate programme at UCC delivered by the School of Applied Social Studies through the Centre for Adult and Continuing Education and the students from the pilot programme are now completing year two of the full programme.

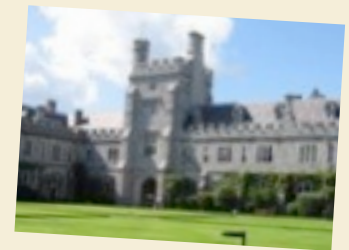
The 18 students on the UCC CCL course are all young adults living in Cork city and county. Most are attending adult day services provided by Cope Foundation, Brothers of Charity and Enable

Ireland. The Pilot Project of the UCC CCL programme resulted in the development of alliances between the CCL students and students from the UCC Sports



**Enable Ireland & CCL:** Three individuals who also access Adult Services have been attending this course with some supports from Enable Ireland.

These supports have been funded by the enhanced day services to assist individuals achieve their goals.



“It is great to be part of a mainstream college and this would not be possible without the support of Enable Ireland.”

Alan O’ Brien

## NEW EXPERIENCES

### Lessons Learnt

“I am finding it very rewarding. I have grown in confidence especially in the short stories I have written and the group have given me very positive feedback.”

Richard Fitzgerald

“Doing the course has encouraged me to apply for more courses. It has been a really positive experience that I will never forget.”

John Fahy



### Sexual Health Education Programme

A number of service users requested a Sexual Health and Education programme in June 2011.

Following some research we made contact with the Alliance Centre for Sexual Health in Cork City.

Phil Corcoran, the facilitator, met with us to discuss our topics of interest and design an appropriate course.

From these early discussions, he put together a 10 week programme for Adult Services which began on



The Alliance (formerly known as AIDS Alliance) is a non-governmental organisation working in the area of sexual health in the Cork and Kerry region, with a specific focus on Cork City.

Founded in 1987 to meet the needs of people affected by HIV/AIDS, the organisations remit has since expanded to include both HIV and sexual health.

Tuesday 20<sup>th</sup> September 2011.

There has been very positive feedback from the group and we hope to extend this to other service users in the 2012.



Laura O' Donovan working with her personal assistant

### Job Support Club

The Job Support Club was set up 14 years ago in response to service users gaining employment.

The group meet every Thursday from 9.30 - 12.30pm with employment support staff - Paula Flynn and Louise Barry.

There are opportunities to speak on an individual basis or

put queries/thoughts to the group to see what they also think.

Many external speakers have come to to meet the group - M.A.B.S, Citizens Information, AIB Pensions and Savings, to mention a few.

Once a month a social evening is arranged.



# News Around The Centre

*Keeping you up to date with the latest at the centre*



Two service-users participated in the Lifelong Learning Festival this year.

Jonathan Donovan and Kevin English gave a well received presentation in Cork Institute of Technology (CIT).

A large group attended and Jonathan and Kevin outlined the course content and their learning on the Horticulture FETAC Level 3 Horticulture programme in Colaiste Stiofain Naofa.



We are delighted to be involved for the last number of years with the FAI Soccer Training Academy based in Nemo G.A.A. Club. Each year a group of Service Users attend training sessions with the young people who are participating on the intensive soccer training programme. This course is FAS sponsored and FETAC accredited.

The training is specially adapted to allow maximum participation for service users. These sessions are both fun and challenging for all participants and each year the training becomes more effective and fine tuned. This year's session are scheduled to begin in October. Last year group had great craic and really enjoyed being with a group of lads with similar interests.



The RT group started looking at getting this project up and running.

Various organisations were contacted to provide technical support. The group that were the best fit were the Cork Film Centre [www.corkfilmcentre.com](http://www.corkfilmcentre.com).

Over the next few months the group, with the assistance of Mairead, Estelle, Deirdre and, Chris and Ciara from the cork film centre scripted and filmed a number of scenes looking at some of the difficulties people with disabilities experience. Those involved found the project gave them an understanding of the steps involved in producing a piece of work. The film project is on going. Some of the group hope to follow up by participating in a film course in the community.



# News Around The Centre

*Keeping you up to date with the latest at the centre*

## **Colaiste Stiofain Naofa**

Congratulations to Nicola Byrne, Kevin English and Jonathan Donovan who are all due to be conferred with their FETAC Level 3 Horticulture Certificate in November. The course was hugely successful and enjoyed by all who attended.

Best of luck also to Pat Mansell, Olivia Marshall and Eimear Cummins who are just starting this course.

## **Back to Education Initiative**

Congratulations to Helen Twomey who has been offered a place on the Level 4 "General Vocational Studies" course in Colaiste Stiofain Naofa.

In the present climate there is considerable competition for the places. So, well done and best of luck in all your academic endeavours.

## **Cheshire Homes**

The puppeteering course was hosted by St. Laurence Cheshire Home under the Back to Education Initiative.

Miriam Boyle and Ashling Radley attended the course. Both enjoyed their Friday mornings over in Cheshire.

## **St John' College**

Congratulations to Laura O' Donovan and Elaine Goulding on successfully completing a Jewelry Making Course. They were fortunate enough to receive instruction from Chris Carroll - Jeweller to the Queen.

## **North Presentation**

Congratulations to Pat Aherne who has just started a Historical Studies Course in North Presentation.

If you have anything that you would like to comment on or to include in the next newsletter from Adult Services Cork please contact us at:

Telephone:  
021 4520066

Fax:  
021 5001650

Email:  
[dfitzgerald@enableireland.ie](mailto:dfitzgerald@enableireland.ie)

## **Enable Ireland's Mission:**

*to work in partnership with those who use our services to achieve maximum independence, choice and inclusion in their communities.*