

Enable Ireland

Action on Disability



Annual Report 2013

Enable Ireland Mission

Enable Ireland's mission is to work in partnership with those who use our services to achieve maximum independence, choice and inclusion in their communities.

Enable Ireland Vision

A dynamic organisation – recognised for leading service excellence.

Enable Ireland Strategic Priorities

- As an organisation we will seek to:
1. Enhance quality of living for service users through a person centred approach
 2. Support service users in achieving inclusion and independence in their communities
 3. Provide timely, accurate and accessible information to service users and other stakeholders
 4. Work in partnership with all stakeholders
 5. Support service delivery through continuous improvement

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During 2013, Enable Ireland provided services to 4,503 children and 313 adults with disabilities. This was an increase of over 300 additional children and families relying on our services in 2013.



Chairman's Message



During 2013, Enable Ireland provided services to 4,503 children and 313 adults with disabilities. This was an increase of over 300 additional children and families relying on our services in 2013. At the same time, our funding from HSE, our main statutory funder, fell by 1.69%. To meet this challenge of increased demand for services and reduced funding, we oversaw a number of initiatives which have resulted in a more efficient organisation with imaginative use of resources and savings achieved through procurement and adjusted staffing levels. I commend our staff and management for their hard work and commitment towards this goal.

In order to maintain the level of service which Enable Ireland delivers, we must continue to raise income from our Commercial Division and fundraising activities. In 2013, Enable Ireland transferred €1,541,561 from its Commercial Division, fundraising and ancillary income. This transfer was necessary in order to deal with the shortfall between the income received from the HSE and other agencies to fund the services versus the cost of running these services.

Since inception, Enable Ireland Disability Services Limited has continuously funded service related activities from its commercial, fundraising and ancillary income resources. In the period 2006 - 2013, Enable Ireland transferred funds of

€10,258,731 to support service activities which were not funded by the HSE or other agencies. These sources of income are vital in delivering our services and I would like to thank everyone who supported us in 2013 whether through monthly donations, clothing donations or volunteering your time. We are extremely grateful for this support now more than ever. Thank you most sincerely.

In the last few weeks of 2013, the public's attention turned to governance in Irish charities due to the work of the Public Accounts Committee. As Chairman of Enable Ireland, I want to assure our supporters of the high standard of corporate governance practices in this organisation. As a national service provider with charitable status, we rely on the goodwill and generosity of the public and it is important to us that openness and transparency exist between ourselves and our donors.

Finally, I would like to address the many families, children and adults who relied on our services in 2013. My plea to the Government, on your behalf, is that, as we emerge from the worst of the economic recession, we ensure that those with disabilities be amongst the first to benefit from any recovery by a renewed investment and commitment to providing the services and supports that are much needed.

Donal Cashman
Chairman

Despite a challenging environment, we continued to work towards our five strategic priorities. Our progress towards achieving these goals was monitored by systematic reviews held across each area of the organisation in 2013.



CEO's Introduction



In 2013, Enable Ireland provided more services to more children and adults than ever before. We provided these quality services in line with our HSE Service Level Arrangements, despite the constraints of reduced funding and falling staff numbers.

During the year, our services for children with disabilities underwent substantial changes under the Progressing Disability Services for Children and Young Adults initiative. Enable Ireland staff worked in partnership with local HSE services and other agencies to identify sites for services, to map staffing and resource requirements and to identify the needs of children aged 0–18 in regions across Ireland. Ultimately, all this work will lead to the reconfiguration of services for children with disabilities around Primary Health Care Areas. The benefit to children and their families in Ireland will be a greater and more equitable access to the required services. This is a key initiative in children's services and substantial resources are being invested to see this project completed in 2014/2015.

Despite a challenging environment, we continued to work towards our five strategic priorities. Our progress towards achieving these goals was monitored by systematic reviews held across each area of the organisation in 2013. These reviews are an opportunity to highlight the breadth and range of services provided to children and

adults and to appreciate the innovative approaches taken to achieve more with less across all parts of the organisation: services, corporate, fundraising and commercial.

Reorganisation of resources at a local level was required during 2013, following the redundancy programme implemented in 2012. Furthermore, the terms of the Haddington Road Agreement were implemented and saw staff increase working hours and in some cases take a further pay cut during the year. I am very grateful for the support of staff in implementing these changes and ensuring that we organise our remaining resources to best meet the needs of those children and adults who use our services.

We continued to invest in the future of our services. Enable Ireland commenced delivery of services in our new children's centre in Avoca House in Arklow in December 2013. We completed work on the respite centre in Nenagh, Co Tipperary in November 2013. This facility will provide over 350 bed-nights of much needed respite to children from the Tipperary area every year. In 2013, we purchased a site in Curraheen in Cork for the long-term development of a much awaited purpose-built facility for children's services in Cork. In Mayo, we sourced new accommodation for the North Mayo Network Disability Service and this project has been passed to the HSE for implementation under the Progressing Disabilities Services initiative.

Enable Ireland received a number of grants and additional funding in 2013 which helped us to refurbish and improve existing services. In Kilkenny, assistance from Taxback.com helped to refurbish the children's Rompa room. A National Lottery Grant in Cavan/Monaghan enabled staff there to develop a specialised Paediatric Moving & Handling training module with supporting video and information leaflet for parents and staff. National Lottery funding also funded an independent living project in our respite service in Rathmore House, Arklow.

These are all examples of how we continue to invest in our services to ensure that we can meet the needs of the children, adults and families using our services today and into the future. Demand for our services increases every year and we need to be prepared to meet that need as best we can. The support of funders, donors and corporate partners is invaluable in helping us achieve that aim. You will see more details in this report of how funds raised through National Fundraising, Community Fundraising and our Commercial Division have funded service-related activities across the organisation in 2013.

The partnership between TK Maxx and Enable Ireland has been a huge success through the annual "Give Up Clothes for Good" campaign and 2013 saw a significant boost to the Enable Ireland Stock Generation Programme through the permanent positioning of stock collection units within TK Maxx

stores around the country. In 2013 TK Maxx was shortlisted for the Chambers Ireland Corporate Social Responsibility Awards in the Partnership with Charity section. In September 2013, TK Maxx won the Excellence in Community Partnership award for the campaign "Give Up Clothes For Good. The campaign is Ireland's biggest charity clothes collection and asks the public to drop bags of quality unwanted clothing and household items into any TK Maxx store to raise funds for Enable Ireland's services for children and young people with disabilities nationwide. One of the contributions that TK Maxx made in the partnership was the sponsorship of four Enable Ireland service users to participate in the World Dwarf Games in Atlanta, USA.

In November, the Health Act 2007 Regulations 2013 was enacted by the Minister for Health. These regulations set out the process for regulation and inspection of respite/residential centres by the Health Information & Quality Authority (HIQA). We welcome the enactment of the regulations and the emphasis on ensuring high standard of care and quality in these vital services for people with disabilities. Enable Ireland began work in 2013 to ensure compliance in our designated centres and inspections will begin in 2014.

I thank the Chairman and Board of Directors for their support and direction during the year. To our staff, who every day show their commitment to supporting each and every person who uses our services to lead a life with independence, I express my

gratitude. To our service users and their families, we are committed to working with you to help you to achieve your goals throughout your life and thank you for your support. I thank all our volunteers, our partners, our donors and supporters for your continued loyalty in 2013. To the State bodies that supported us during the year I also express our thanks.

**Fionnuala O'Donovan
CEO**



TK Maxx: Winner of the Community – Partnership with Charity Award (Multinational Company) for Enable Ireland's Give Up Clothes For Good. From left: Minister Phil Hogan; Jane O'Brien, marketing manager TK Maxx; Fionnuala O'Donovan, chief executive Enable Ireland; Sarah Daly, marketing manager, TK Maxx Ireland; Claire Buckley, account manager, Elevate PR; Michael Jones TK Maxx Galway and Ian Talbot, chief executive, Chambers Ireland.



International expert in paediatric orthopaedics Dr Freeman Miller and Enable Ireland service user Conor Coughlan, aged 11, at the Enable Ireland and Straight Ahead conference on Paediatric Spasticity and Orthopedic Management which took place in Cork.

Children's Services

In 2013, we supported 4,503 children within centre and community based services. The services we provided included clinical assessment, therapy, education, training, residential, respite and support services. All our services are developed in partnership with our main funders, the HSE, and in accordance with local Service Level Agreements.

During 2013, 1,461 additional children were referred to Enable Ireland services whilst 987 were discharged.

Top primary diagnosis	
Cerebral Palsy	23.5%
Autistic Spectrum Disorder	12.1%
Developmental Coordination Delay	9.7%
Spina Bifida	6.9%
Down Syndrome	6.8%
Developmental Delay	4.5%
Premature	3.6%
Cerebral Palsy Hemiplegia	1.6%
Unconfirmed diagnosis	16.8%
Diagnosis not yet known	14.5%

We worked in partnership with families to provide individualised service plans built around the needs of each family and child.

100%

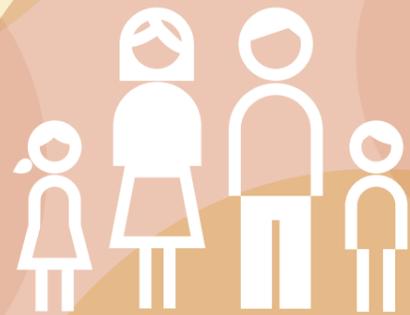
of all children had a key worker, a single point of contact the services designed to ensure regular long-term contact and continuity of support and information for all families.

186

families benefited from community in-home and centre based respite in 2013.

366

families benefited from community/residential respite in 2013.



572

families benefited from direct in-home respite services in 2013.

117,157.5

hours personal assistant/family support hours were available to families.

Children from the Kerry After Schools Club who organised the annual fashion show in Manor West Retail Park



We supported children at every stage of their development cycle from newborn to preschool, primary and post primary. Our goal is to support each child in reaching their potential and to maximise their inclusion and independence.

719

children attended mainstream preschool, 1,112 children attended mainstream primary school and 416 children attended mainstream secondary school.



177

children availed of Enable Ireland preschools in Dublin, Cork, Kilkenny and Galway.

122

children were in shared/split placement specialist and mainstream preschool.

222

children attended specialist preschools and 97 attended special schools.

We worked with 434 preschools, 392 primary schools and 215 secondary schools nationally, enabling those who use our services to access mainstream education. Supports provided to children in mainstream schools included school visits, input into individualised education plans, advice on access, therapy visits, disability awareness training, in-service teacher training, behavioural supports, advice and guidance on full inclusion.

During the year we provided a number of specialist services including:

995

children had an assessment of their seating and Postural Management (PM) needs.

302

children/families benefited from transport services in 2013.

511

children were provided with Assistive Technology (AT) services locally to support communication, mobility, education and or leisure activities.

Jacob's Story

Lynn Keenan's son, Jacob, is a water baby. Aged 5, he loves to swim, which is especially good for Jacob. Water, and especially warm water, can help to relax his muscles. Jacob has a form of Cerebral Palsy called Spastic Diplegia, which causes an extreme tightness in the muscles of his lower body.



When Jacob was about 11 months old his mother Lynn became concerned that Jacob wasn't reaching milestones. Lynn says "As a baby, he was difficult to dress and to position comfortably and I always had a sneaking suspicion that all was not right for Jacob. Looking back on photographs now we realise he was always in the same position."

He was referred to Tallaght Hospital and following an MRI scan, Jacob was diagnosed.

"After having 18 months of doubts, to finally have them confirmed was a relief. We had a diagnosis, we knew what we were dealing with and we could get on with it. We went to Enable Ireland for an assessment of Jacob's needs and shortly after began attending the service for therapies."

"Jacob gets blocks of Occupational Therapy and Physiotherapy at Enable Ireland Tallaght. The team there are fantastic and Jacob loves going. He loves the group sessions in particular because it's just play. He's doing a Dressing Up Group at the moment. The point of the group is to teach them how to dress themselves but they don't see that – they just see the fun of trying on all these costumes.

Jacob is a typical six year old boy – he loves his Teenage Mutant Ninja Turtles, the Despicable Me Minions and has a very special relationship with his Nana, Marie."

Lynn says "We value every minute he spends in Enable Ireland because it's all leading to the ultimate goal – more independence, more freedom. Isn't that what we all want for our kids?"

Adult Services

In 2013, 313 adults accessed services across eight regions. Five services are centre based and three are Personal Assistance (PA) based services. Services are built around the needs and aspirations of individual adults. Services offered in 2013 included training, individual advocacy services, supported living, supported housing, supported employment, work sampling, respite, transport services, PA services and sports and leisure opportunities.

102 adults availed of dedicated 1:1 community and home based services.

205 adults availed of centre based services.

165 adults benefited from community, in-home and centre based respite services.

37 new adults were referred to Enable Ireland services and 29 were discharged in 2013.

100% of adults had an identified point of contact.

87% of adults have a physical/ sensory disability.

190 adults benefited from adapted transport services.

- Over 95% of adults had a Person Centred Plan, allowing them to tailor their services to their needs and goals.
- 60% of Person Centred Plans were reviewed in 2013.
- We provided a total of 43,156 PA hours in 2013.
- 73 adults participated in FETAC modules and 29 adults completed FETAC modules in 2013.
- 47 adults were involved in Rehabilitative Training.
- In 2013, 149 adults were assessed to identify appropriate Assistive Technology (AT) to enhance their independence.
- During 2013, 177 adults had their postural management needs assessed.
- Enable Ireland staff and adults who use our services participated in many disability awareness events in their local communities in 2013. Highlights included centre open days, family days, presentations to local schools, colleges and at Enable Ireland AT training courses and disability awareness training with local councillors.

My Story by Karina Doyle

"I would like to tell you a little bit about myself and my journey with Enable Ireland. My name is Karina Doyle. I am 21 years of age and I love Fashion, Animals & Sleeping – Ha ha! When I was born, the doctor told my parents that I was diagnosed with cerebral palsy and that it affected my legs. They said that I might never walk. My parents were very upset, confused and lost. They didn't know what to do to help because they had never been through this with a child before. My dad was determined that I would walk so he built a rail down the length of the back garden and used sweets and toys along the rail to encourage me to walk. Slowly he got me walking more and more.



Then when I was two my dad was diagnosed with lung cancer and passed away when I was nearly four. He is sadly missed. My mam then had to raise three kids on her own. Around that time I was enrolled into Enable Ireland in Tallaght and I began to become stronger and more independent.

Throughout the years I've been in and out of Enable Ireland with physiotherapy sessions and splints measurements. I'm not going to lie, the therapy sessions were hard and frustrating. I used to miss my friends in school because of my physio sessions and at the time I really hated it. All I wanted to do was have fun with my friends but now when I look back it was all worth it.

I'm so independent and last year I graduated from a fashion course in Sallynoggin College. I have a job now in retail, I drive my own car and I have the most amazing friends & family, including my boyfriend of four years. My ambition is to work in fashion and I like to style my own outfits and post them on Instagram and FaceBook.

"Because of Enable Ireland I am stronger, better and more confident. I truly would not have done this without their support."

I never in a million years would have thought my life would turn out like this! Now I want to tell my positive story and support other young people who may be struggling with disability. "

National Assistive Technology (AT) Training and SeatTech Services

During 2013 Enable Ireland's National At Training Service provided advice and training on AT to Enable Ireland staff, service users, members of the public and businesses:

31
AT training events were delivered, 1,137 participants attended.

71
new users enrolled in the AT E-Learning Portal in 2013.

184
Enable Ireland service users were referred to SeatTech for a seating service in 2013.

144
stakeholders benefited from AT technical support.

174
individuals were referred from other agencies to SeatTech for a seating service.

- One certified AT course was delivered in 2013, 11 participants completed the course and 10 graduated in 2013.
- Enable Ireland's SeatTech service provided posture positioning and seated mobility solutions and training to people with disabilities from Enable Ireland and other organisations, other service providers and interested organisations.
- 84 participants completed specialised training provided by SeatTech in 2013.
- 5 outreach clinics were facilitated in different locations, 144 people benefitted directly.

Tara O'Shea (Microsoft), Brian O'Carroll (AT Course graduate & Grapevine AT), Dr Michael Murphy, (Director and Dean of DIT College of Engineering) and Donal Cashman (Chairman of Enable Ireland) at the 2013 Foundations in Assistive Technology Course Graduation ceremony.



Corporate Services

In 2013, Enable Ireland employed

1,143 staff



- HR & Corporate Affairs Department supported the implementation of the Haddington Road agreement and the re-organisation of resources following a voluntary redundancy programme in 2012. The Department designed a new supervision programme and conducted a HR software review.
- Enable Ireland's IT Department developed a three year strategic plan to further develop the company ICT infrastructure with a strong focus on value for money and aiding greater productivity in the provision of services.
- 10 applications were made to the Enable Ireland Research Ethics & Quality Committee in 2013.
- The Communications Department oversaw a number of new initiatives include a brand review, What's Your Gift Christmas promotion, Social Media Strategy, and new look Enable Ireland Newsletter.
- Enable Ireland was the lead in an EU funded project entitled Facilitating Inclusive Education (FIESTA) (www.fiesta-project.eu/) and a partner in Universal Design for Learning (UDLnet) (www.udlnet-project.eu)

120,000

visits to our website,
1,300 new followers
on Facebook



National & Community Fundraising

- National Fundraising was used to support organisational projects unfunded by the state. In 2013, €375k went towards meeting the shortfall in State funding for our state-of-the-art children's centres in Kerry and Mayo.
- All Community Fundraising which is raised locally is spent on local services. In 2013, €370k was raised through Community Fundraising and this helped pay for family support services, physiotherapy, nursing, occupational therapy and speech and language therapy services, as well as many other local service initiatives.
- The Enable Ireland Fundraising Department oversaw national fundraising projects including the Spring Raffle and the No Limits campaign during 2013.
- Highlights from Community Fundraising in 2013 included the Four Provence Cycle, the Style Gathering in Mayo with fashion guru Brendan Courtney, the annual Ladies Lunch in Maryborough House Hotel in Douglas, Cork and the Enable Ireland Bazaar in Cork.



Brian Murphy and Melissa Byrne from Rathmore House took part in Zip Lining as part of No Limits week.



Oscar Dunne from Enable Ireland's 'Little Pals' pre-school in Sandymount, Dublin took to the climbing wall to launch Enable Ireland's national fundraising and awareness week - the No Limits Kite Appeal.

Commercial Division

- Enable Ireland's 21 shops are the cornerstone of our Commercial Division, enabling us to enhance our frontline services. In 2013, €1,541k from this division paid for frontline, management and support services which were unfunded by the state. A full retail review of the shops commenced in November 2013 and will be completed in April 2014. This review will determine recommendations on how to further increase our turnover and profits to assist service delivery.
- We employed 65 Community Employment (CE) participants and 324 volunteers in our shops
- Our Commercial Division continued to focus on ensuring we receive good quality stock for sale in our shops. A number of initiatives were started in 2013 with a view to supporting this objective and ensuring we continue to attract footfall and maximise income generated from our 21 shops, including increased social media communications through Facebook, Twitter and the Enable Ireland website.
- In September 2013, a new Stock Generation Programme was launched to target potential new donor groups including internal stakeholders, corporate bodies and schools across the county. The success of the programme is already evident.

250,075

bags of clothes were donated through House to House collections, textile banks, TK Maxx stores and directly to Enable Ireland shops.



A shopper picking up a bargain in our Capel Street shop



Our Partners

Special Acknowledgements to:

All our supporters who helped us in 2013, including those who volunteered, supported a fundraising event, made a donation or filled a yellow bag for our shops.

Thanks to all our corporate and community partners for their support in 2013.

CORPORATE PARTNERS



SAP Galway, Stewart Building Galway, DeCare Dental (Mayo)

COMMUNITY FUNDRAISING PARTNERS

Bishopstown Lions Club / Castlerea Prison / Carnmore Brownies / Lisloughrey Lodge/ Lifetime Lab Cork / Mayo News / Mayo Sports Partnership / Maxwell's Claremorris / Mykidstime.ie / Manor West Retail Park / NUIG/ Orange Room Salon (Drogheda) / Tranquillity Beauty Salon (Drogheda)

BRING BACK DAY CORPORATE PARTNERS

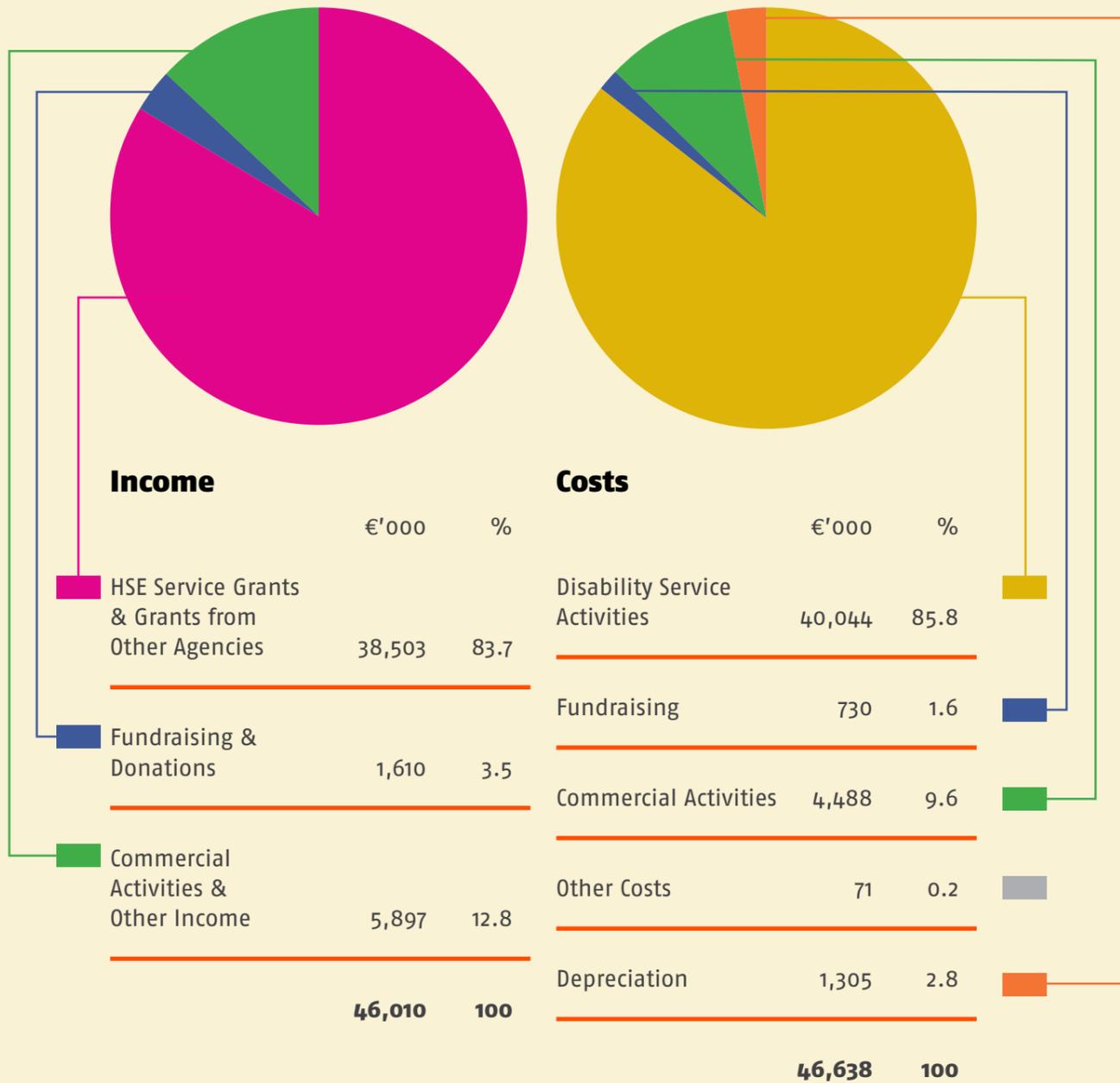
AIB Naas / AIB Swords / Avarto Finance / B&Q (Cork)/ Coillte / Dept of Defence / DX Ireland / Ebay / HSE Office Dublin / HP / Mercer Financial / Mushroom Factory / Oracle /Paypal (Blanchardstown) / Symantec

TK Maxx Clonmel ribbon cutting with (L-R) TK Maxx store manager, Enable Ireland service user Mary Fitzgerald, fashion stylist Sonia Lennon and Munster rugby player Alan Quinlan.



Where our income came from in 2013

How we spent your money in 2013



Senior Staff Salaries

As required of a Section 39-funded agency, Enable Ireland has, and has always had, regard for Government pay policy and pays salaries to staff in accordance with public sector pay norms, specifically HSE consolidated payscales and Civil Service salary scales.

HSE and Civil Service Payscales Salary Bands	Total Whole Time Equivalents Number of Clinical Managers/ Senior Managers in each band
€65,000 – €75,000	28.93
€75,001 – €85,000	10.22
€85,001 – €95,000	10.17
€95,001 – €100,000	1.71
€100,001 – €110,000	1.00
€110,001 – €130,000	2.00
€130,001 – €140,000	0.00
€140,001 – €150,000	1.00

Statement of Financial Activities for Year Ended 31 December 2013

	Restricted Capital Fund	Restricted Services Fund	Unrestricted Development Fund	Totals 2013	Totals 2012
	€	€	€	€	€
Incoming Resources					
Donations	135,000	-	128,631	263,631	254,311
<i>Activities in furtherance of the charity's objects:</i>					
Health Service Executive Grants	-	37,524,746	-	37,524,746	37,701,216
Grants from Other Agencies	3,397	215,143	-	218,540	211,122
Other Income	-	760,385	-	760,385	776,538
<i>Activities for generating funds:</i>					
Interest Received	-	-	94,517	94,517	259,147
Commercial & Fundraising	-	-	7,148,706	7,148,706	7,893,151
Total Incoming Resources	138,397	38,500,274	7,371,854	46,010,525	47,095,485
Resources Expended					
Cost of generating funds:					
Commercial & Fundraising	34,672	-	5,324,079	5,358,751	5,527,996
Charitable Expenditure:					
<i>Costs of activities in furtherance of the charity's objects:</i>					
Disability Services	1,055,002	38,007,437	152,229	39,214,668	39,294,674
Management & Administration	-	2,034,398	30,243	2,064,641	3,245,040
	1,055,002	40,041,835	182,472	41,279,309	42,539,714
Total Resources Expended	1,089,674	40,041,835	5,506,551	46,638,060	48,067,710
Net (Outgoing)/ Incoming Resources Before transfers, exceptional items and other recognised gains and losses	(951,277)	(1,541,561)	1,865,303	(627,535)	(972,225)
Adjustment on settlement of defined Benefit pension plan	-	-	-	-	6,017,277
Transfer between funds	-	1,541,561	(1,541,561)	-	-
Net (Outgoing) / Incoming Resources Before other recognised gains and losses	(951,277)	-	323,742	(627,535)	5,045,052
Other recognised gains and losses:					
Gain on investments	-	-	358,947	358,947	302,454
Net movement in funds	(951,277)	-	682,689	(268,588)	5,347,506
Total funds/(deficits) at beginning of year	29,704,859	(12,615,977)	31,214,894	48,303,776	42,956,270
Total funds/(deficits) at end of year	28,753,582	(12,615,977)	31,897,583	48,035,188	48,303,776

Director: Donal Cashman
Director: Patrick O'Toole

Balance Sheet as at 31 December 2013

	2013 €	2012 €
ASSETS EMPLOYED		
Fixed Assets	46,264,462	45,331,497
Investments	4,108,538	3,749,591
	50,373,000	49,081,088
CURRENT ASSETS		
Stocks	154,559	160,160
Debtors	1,837,120	2,271,112
Restricted bank balances	194,917	217,956
Cash at bank	6,174,412	8,442,927
	8,361,008	11,092,155
CURRENT LIABILITIES		
Creditors	4,923,799	6,027,003
Creditors Restricted	194,917	217,956
	5,118,716	6,244,959
NET CURRENT ASSETS	3,242,292	4,847,196
TOTAL ASSETS LESS CURRENT LIABILITIES	53,615,292	53,928,284
CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR		
Net Post-Retirement Liability	-	-
Long Term Bank Loan	(5,580,104)	(5,624,508)
NET ASSETS	48,035,188	48,303,776
FINANCED BY:		
Restricted Services Fund	(12,615,977)	(12,615,977)
Restricted Capital Fund	28,753,582	29,704,859
Unrestricted Development Fund	31,897,583	31,214,894
	48,035,188	48,303,776

Director: Donal Cashman
Director: Patrick O'Toole



Enable Ireland SERVICE CENTRES

 Adult Services
  Children's Services



Enable Ireland SHOPS & GARDEN CENTRE

Enable Ireland

32F Rosemount Park Drive,
Rosemount Business Park,
Ballycoolin Road, Dublin 11
Ireland

Telephone 353 (0) 1 8727155
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Email communications@enableireland.ie
Website www.enableireland.ie
Charity No: 4908



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[/enableireland](https://twitter.com/enableireland)

Cover Images

Cork Family Fun day - Ciara Sexton from Rochestown, in Moonwalker at the Mykidstime Family Fun Day in aid of Enable Ireland Cork.

Four year old Holly Okoror from Templeogue, Dublin helps launch Enable Ireland's national fundraising and awareness week - the No Limits Kite Appeal. Holly attends Enable Ireland's integrated pre-school in Sandymount, Dublin

Cerri Keating, Dublin looks elated after 'Zipping' through the tree tops in Co Wexford for No Limits