



CRC SCENE

Fast Friends turns 25

[Read more page 2](#)

Culture Night 2019

[Read more page 10](#)

Welcoming our New Staff

[Read more page 19](#)



CONTENTS

CEO Welcome	1
Fast Friends turns 25	2
Firhouse wins Best Day Care Centre 2019	3
National Sharing Day	4
Community Employment Success	4
Adults honoured for dedication to the CRC Life Skills programme	5
What's happening in the GAIT Lab	6
RDS Horse Show 2019	6
World OT Day and the use of play	7
Splinting course with OT	8
SOFFI Training and Communication Matters provided by SLT	8 - 9
Advocacy Committee complete Booklet	9
Culture Night 2019	10
Children's Christmas Party	11 - 12
CRC School Play 2019	12
Staff News	13 - 14
Sports & Social Club 2019 activities	13 - 14
Café Noel 2019	17 - 18
Welcoming our New Staff	19 - 20

CEO WELCOME

It is always so inspiring to read the pages of the CRC Scene. For me what jumps out of the following pages truly captures the spirit and essence of the CRC; its people and most importantly our values.

Putting people at the heart of what we do and living our values of respect, openness, empowerment and excellence, these pages are bursting with celebrating who we are, what we do and how we do it.

From fun ways of celebrating our professions, to highlighting our academic achievements and from welcoming our new staff to bidding a fond farewell to those moving on. Throughout it all we remember the focus of why we are here; the people we serve and our commitment to truly making a difference.

Thanks to everyone for contributing to this edition, your work is fantastic and thank you for sharing your story, it keeps us all connected.

-Stephanie Manahan
CEO of CRC



FAST FRIENDS TURNS 25!

The Fast Friends Programme has been running in the CRC school Clontarf for 25 years now and was celebrated on Wednesday 23rd October.

In 1994 Dr Michael Shevlin presented a piece at an IATSE (Irish Association of Teachers in Special Education) conference on inclusion and how students from mainstream and special education can benefit from each other. Dr Shevlin originally wanted to call the programme Steadfast Friends but settled on Fast Friends. Having been inspired by this research, teachers from CRC Clontarf (Margaret O'Donnell) and Holy Faith Clontarf (Yvonne O'Toole) came together to pilot the Fast Friends Programme.

The 25 Year Celebration welcomed students and teachers from both CRC school and Holy Faith, past and present, along with Dr Michael Shevlin himself. Past pupils spoke about the impact Fast Friends had been on them and how their experiences had influenced their life decisions. Yvonne O'Toole and Margaret O'Donnell were among the invited guests to our celebration and they spoke passionately about the core values of the programme and the fond memories they have of it.

Fast Friends began as a programme whereby the CRC students joined Holy Faith Clontarf for various aspects of the curriculum including CSPE, Drama, Music and Art. Some CRC students would attend lessons in the local Holy Faith school and were given the opportunity to experience life in a mainstream school. Fast Friends has been and still is today, a programme based on the idea of inclusion and the Holy Faith students were also given the opportunity to interact with CRC students here in the Clontarf school.

Fast Friends remains a success today because it evolves and changes to meet the needs of the students involved year after year. The students meet up every Wednesday in the CRC school and engage in activities which are designed to promote language and communication skills and social inclusion. Traditions remain, however, such as the Halloween party, the Christmas shopping trip to Blanchardstown, a matinee viewing of the Holy Faith annual musical and a Summer celebration.

-Lorraine Killeen,
Teacher, CRC School Clontarf



FIRHOUSE WINS BEST DAY CARE CENTRE 2019

Way back in April, the Firhouse centre had submitted a nomination for the Irish Healthcare Centre Awards 2019 in the 'Best Day Centre' category and thought no more of it, as the centre is usually busy throughout the summer months

However, much to everyone's delight, the centre made it to the shortlist. With the date for the awards night approaching tickets were booked and centre manager Breda Gavagan, accompanied by support workers Ann Conlon and Declan Gaffney, prepared to attend the Gala event in the Ballsbridge Hotel. Joining CEO Stephanie Manahan and a senior management team that were anxiously awaiting the results in their award categories, the whole group had dinner together,

and while the Day Centre category was only the second award of the evening, the wait was still agonising. The whole group was on the edge of their seats, but it was worth the wait to hear the Firhouse centre called out as the category winner. Adult Services Manager Catherine Stuart went up to the stage with the three members of the Firhouse staff to receive the prestigious award from Master of Ceremonies Marty Whelan, who interviewed Breda about the win.

With Breda having thanked the Firhouse staff team and everyone who contributed to the success of the centre over the years, the beautiful glass trophy was brought back for closer examination. The icing on the cake for the CRC group was winning the Best Healthcare Centre category, thus taking home two prestigious trophies on the same night, a fitting testament to the hard work and dedication of all the CRC staff.



WHAT'S HAPPENING IN FIRHOUSE

Long-serving Senior Support Worker Theresa Saab retired in mid-August.

Popular with clients and staff alike, Theresa will be greatly missed, and the occasion of her retirement was marked by a social night in the centre where she got the chance to say goodbye to everyone. Of course, the job still has to be done by someone, and Louise Walsh was welcomed to the staff team as the new Senior Support Worker on August 12th.



HSE National Disability Sharing Day

Firhouse staff also attended the HSE National Disability Sharing Day event in the Pillar Room of the Rotunda Hospital on September 25th, and as a part of the day's programme, the Firhouse 'Logo Art Project' video was shown to the room. CRC involvement in the day also included a presentation by Hartstown manager Jean Richardson and a poster presentation by CRC senior physiotherapist, Elaine McConkey, in conjunction with Enable Ireland.



NATIONAL SHARING DAY PRESENTATION

Jean Richardson and Karen Smyth from CRC Hartstown presented at the National Sharing Event hosted by the HSE Social Care Quality Improvement Division that took place on the 25th September.

We were shortlisted to present on the day (one of only 8 successful submissions out of 68 entries!) on the advocacy work that we have engaged in campaigning for the roll-out of the Changing Places movement on a local and national level. These facilities are urgently needed across the country and we will continue to work with our community partners and support the case at policy level also. The event was live-streamed for anyone wishing to watch across the whole of the HSE network and gave the opportunity to showcase our changing places T-shirts on the day. The presentation on the day was a huge success and a lot of very positive feedback was received from around the country. Thanks to everyone who has helped us as part of the process so far especially Ben and Adrian for sharing their powerful story via video, that was made by Dan Curran and went viral when released. Following the presentation, Karen Smyth was then also presented with the opportunity to present on changing places to the Board of Management.



COMMUNITY EMPLOYMENT SUCCESS

The Community Employment Scheme in the CRC has proven to be an extremely successful venture, with many past participants on the scheme now full members of staff, and others going on to successful careers.

This scheme is a back to work training scheme, giving those involved a chance to develop their professional skills and regain their confidence in the workplace. 2019 was a significant year for a number of our members.

Firstly, we had a lovely Graduation Ceremony in 7th Aug for six of our participants who completed the Level 5 QQI /Special Purpose Award: Martin Massey, Tina Deegan, Catherine Dunne, Lisa O'Malley, Tracey Kennedy and Carol Herdman all received a framed award from Celia Flynn of the DEASP after speeches from Gerry Fallon, HR Manager, Michelle Lavin, CE Sponsor and Kathleen Whelan, CE Supervisor. This was followed by coffee and cake and Graduation style photos complete with cap and gown!

In other CE news, one of our longest participants, the inimitable Martin Massey is leaving the scheme in December after a five-year stint. Martin is known for his cheeky wit, consistent good humour, popularity with clients and staff alike and his weekly countdown to Christmas! However, he won't be gone forever; he is returning to the CRC on a volunteer basis to carry on his trojan work with the young adults.



ADULTS HONOURED FOR DEDICATION TO THE CRC LIFE SKILLS PROGRAMME

On Friday 26th of July, we welcomed parents and guests to the Helix, Mahony Hall for an Awards Ceremony to acknowledge the achievements and accomplishments of our Life Skills adults.

The awards ceremony was a great occasion to reward the dedication and commitment of our adults who work so hard to develop their skills. Adults received awards for Academic Excellence, Art & Culture, Active Citizenship, Leadership, Sport and Vocational development. We are immensely proud of your achievements and it was wonderful to celebrate your awards with families and friends.

Reflecting on the past 12 months I can truly say what a wonderful year it has been being part of the Life Skills team. This is largely due to the commitment and dedication of the staff team who I can't thank enough.

-Willem le Roux,
Life Skills Coordinator



WHAT'S HAPPENING IN THE GAIT LAB

CRC Gait lab recently presented 4 research studies at the annual meeting of the European Society for Movement Analysis in Adults and Children (ESMAC) in Amsterdam in September.

Damien Kiernan recently had a research paper accepted for publication in Medical Engineering & Physics Journal. The title of the paper is '*Reliability and measurement error of multi-segment trunk kinematics and kinetics during cerebral palsy gait*'. The study proved that a model, developed in the CRC gait lab, used to measure trunk movement during walking in people with CP is valid and acceptable to use clinically.



RDS HORSE SHOW 2019

This year, one of the pupils of CRC School Clontarf, Sean Codd participated in the RDS horse show through the Riding for the Disabled Association Ireland (RDAI).

The physiotherapy department takes certain students from the CRC School riding weekly to Broadmeadows

Equestrian Centre in Ashbourne. Their numerous volunteers from the RDAI help the kids with their hour of therapeutic riding.

Sean Codd had been horse riding through the physiotherapy department for the last three school terms and has been making enormous progression, so his volunteer trainer, Peggy, applied for him to go to the RDS show with the RDAI.

He did so in August 2019 and again was assisted there by the wonderful volunteers of the RDAI and Broadmeadows.



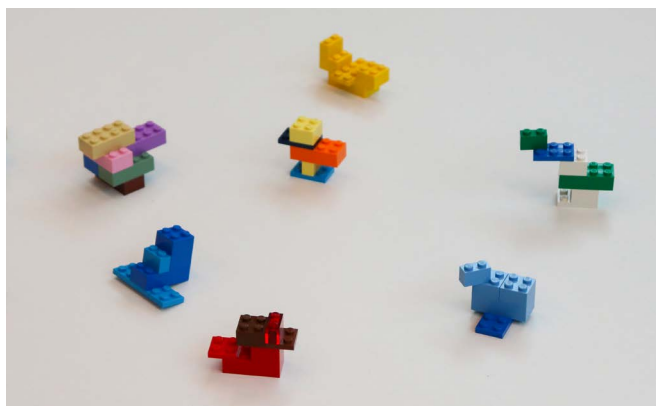
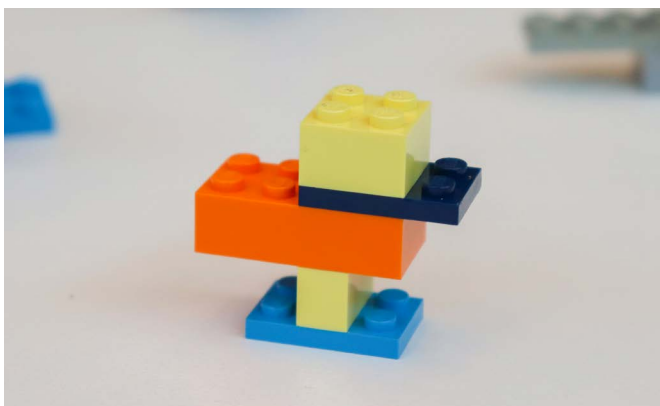
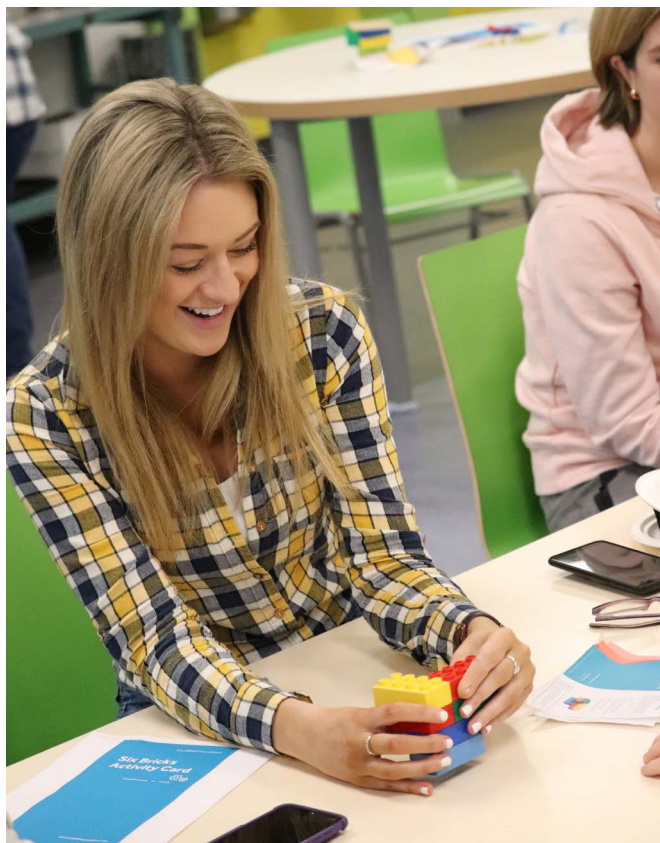
WORLD OT DAY AND THE USE OF PLAY

Occupational Therapists at the CRC use play as a tool in therapy to help develop skills and we advocate for all children to have access to play in their lives.

We picked the theme of PLAY this year for World OT Day in the CRC to coincide with the TOY SHOW happening the same week. Everyone can gain from taking some time to engage in play. It helps you to be creative and to spend quality time with others.

We took time out from a busy working day to get creative with lego and with other games in the CRC canteen on World OT day.

Check out below some of the lego ducks made on the day. You will see that no two are the same, showing everyone's unique creativity!



SPLINTING COURSE WITH OT

The Occupational Therapy department's "Splinting for the Upper Limb in Cerebral Palsy" course in October was a great success, with very positive feedback from Occupational Therapists and Physiotherapists from around the country who attended.

This was a practical course with a hands-on making of hand orthoses (splints) using thermoplastic materials that mould to the shape and position of the hand.

These splints are used with many children and adults with Cerebral Palsy to address muscle stiffness and muscle length as a piece in the puzzle to promote everyday hand function. The Occupational Therapy Department hope to roll out this course annually to promote skill development of therapists around the country working in this area.



SOFFI TRAINING PROVIDED BY SLT

The SLT department in CRC was delighted to be able to host Dr Erin Ross, renowned speech & language pathologist and international speaker, in providing training to a range of professionals working with complex FEDS.

Dr Ross travelled from the U.S. to give a 2-day intensive course in Supporting Oral Feeding in the Fragile Infant. SOFFITM is an integrated approach to supporting oral feeding in preterm and medically complex infants, both in the NICU and in the Early Intervention setting.

SOFFI provides the practitioner with evidence-based information regarding feeding development as well as assessment and intervention strategies.

SOFFITM is an intervention that follows infants both within the neonatal intensive care unit (NICU) setting and after discharge when parents are the primary feeders. Additionally, it is designed for both premature infants, and infants with medical comorbidities - both preterm and term.

The course was run on 29th and 30th of October and was attended over 20 people, some of whom had travelled from the U.K. Dr Ross was an engaging and interesting speaker, sharing her research and clinical experience, and providing course participants with practical ideas.

Dr Ross enjoys travelling to and working in Ireland, and slotted the course in CRC into a busy schedule between India and Chile!



COMMUNICATION MATTERS BY SLT

The speech and language therapy department were represented by Damhnait Ní Mhurchú at the Communication Matters AAC conference in Leeds in September.

Damhnait presented jointly with Kathleen Kent, an AAC and service user, and Mark Street, AAC consultant with Liberator on the ongoing collaborative working process to achieve a communication solution, specifically highlighting certain features that maximise efficiency and independence in communication for Kathleen.

Liberator sponsored Kathleen's attendance. It was humbling not only to hear Kathleen's AAC journey but also to experience directly what a challenge it is to travel and attend such a conference for her. Mark outlined how Kathleen's experience has influenced ongoing product development and Damhnait discussed the theoretical framework underpinning the practical application. It was quite a feat in getting all three to Leeds, with frustrations en route, but was ultimately a great success. Feedback from the audience was very positive, including one intervention from another AAC user who wanted some of Kathleen's features on his system! A former colleague from CRC, Helen Ní Mhurchú, now working in the UK was also in the audience, doubling the number of Irish-language surnames in the room!



ADVOCACY COMMITTEE COMPLETE BOOKLET

The Adults from the Local Advocacy Committee completed their advocacy guideline booklet in July 2019.

The idea came about when the committee decided they wanted to share information on what becoming an advocacy committee member involved, particularly aimed at newcomers to the service. Fighting Words offered to collaborate to support them with creating their vision for the booklet on which the adults took sole responsibility. The booklet was funded by Leargus through the Erasmus+ Right to Decide programme attended by the adults. The adults introduced their booklet at an Erasmus+ event in DCU and launched it in the Irish Human Rights Executive Commission in October. They continue to strive towards influencing positive change within Training and Development, Central Remedial Clinic, and advocate for positive change out in their communities.



CULTURE NIGHT 2019 - WE ARE THE CHAMPIONS

What an exciting experience to see **WE ARE THE CHAMPIONS** come to life.

Four CRC Drama groups combined to create one of the biggest musicals the CRC has ever put on in the Helix! I would like to acknowledge the 39 adults participating in this production. You are all to be congratulated for an outstanding job!

I would like to thank the CRC Culture Night Committee for their meticulous planning and to the 29 staff who diligently supported the adults with rehearsals. I want to particularly highlight Audrey Quearney and Maria Doyle who managed costume design and props and of course our talented drama director Ciara O'Sullivan whose creative vision is amazing.

To the staff in the Helix, Emma O'Brien, Nicola Byrne, Tim Buckley and Jeni O'Connor we are grateful for your support and assistance with setting up our show.

Hope you enjoyed the performance!

-Willem Le Roux,
Life Skills Coordinator



A WINTER WONDERLAND AT SCOIL MOCHUA

Scoil Mochua was transformed into 'A Winter Wonderland' to the great excitement & joy of all our students.

The hall created a wonderful setting for this year's Christmas Class Plays. A huge thank you to Denis O Reilly & the entire Difference Days team for the fantastic work put in. Also thanks to Sisk Builders who made our amazing slay we are truly grateful



CHILDREN'S CHRISTMAS PARTY CLONTARF

A very successful Children's Christmas party was held on Sunday 1st December in Clontarf for children aged 3 to 7 years.

It was a huge event this year with 300 people in attendance and over 150 CRC children and siblings visiting Santa.

Planning for this event began in October with huge enthusiasm from staff right across CRC Clontarf who went way beyond their ask. It was all hands on deck right across all services in Clontarf prior to the event and also on the day with so many volunteers offering their support. In addition to staff volunteering, we also had volunteers from Facebook, Grosvenor cleaning services and from Anne the musician who assisted us on the day.

The planning group attended to all details from the fabulous Christmas display in the canteen and reception area, entertainment for the children, and all of the event checklist. Given the numbers of children attending this year we had two Santa grottos and a follow up letter has been sent from the North pole to all of the children!

A big thank you to all of the staff/volunteers and management as this event would not have happened without your support.

We have been receiving thanks from parents since the event but here are some of the feedback we received by email to thanks us:

"I just wanted to email to say many thanks to you all for last Sunday. We had such a lovely time"

"I just wanted to say a huge thank you for the wonderful Christmas Party on Sunday. It was fantastic. The children all had a ball"



CHILDREN'S CHRISTMAS PARTY WATERFORD

CRC Waterford Children's Christmas Party took place on Sunday 1st December.

The children and families, many of whom are new to our service in the past year, enjoyed festive treats along with magic and music from the children's entertainer Laura of Firefly Parties and of course a visit with Santa Claus. 2019 marks the 15th year a Children's Christmas party has been hosted by CRC Waterford staff.



CRC SCHOOL CLONTARF CHRISTMAS PLAY

On 11th December, the School performed its Annual Christmas Play. This year's title 'Shrek: Save Our Swamp' included a green theme and knitted well with CRC School's 'Green School Programme'.

The play's central characters, Shrek, and Donkey tried to save the swamp from being bulldozed by Lord Farquard. This 'would be' King, wanted to replace the swamp with a giant castle. In order for Farquard to become a real King, he needed to marry a Princess. To help with this process, Senior Post Primary Students hosted 'Blind Date' and provided three possible choices for Lord Farquard: Lady Barbie of Malibu, Snow White and Lady Greta Thunberg who along with her Extinction Rebellion friends called for Farquard to be stopped from ruining the swamp. Other troops that helped to stop Lord Farquard in his tracks included 'Superheroes' and the Leafy Blinders.

As has been custom and practice, the play used some great props including a 'wrecking ball' and a 'bulldozer'. The Play had some great musical numbers including some from the original Shrek movie e.g. opening number 'All Star' (Shrek 1), 'On the Road again' (Shrek 1), 'Allelujah' (Shrek 1), 'Holding out for a Hero' (Shrek 2) and a rousing finale telling that all that is needed to save the swamp is to 'Put a little love in your heart'.



ANTO DIGNAM RETIRES

Congratulations to Anto Dignam on his recent retirement. Celebrating 16 years of service with the CRC.

Wishing him many years of good health, happiness and good fortune from all in the Transport Department.



MIKE WALSH TAKES UP NEW ROLE IN THE HSE

Mike Walsh left the CRC on secondment to take up a role with the HSE in September. In the new role, Mike will be the National Clinical Program Manager for Disability and Dermatology and his role is for an initial period of one year.

Mike has been with us for just over 21 years and we know he will bring a depth of knowledge to the new role that will be of tremendous benefit to the development of national disability services.

We are all wishing Mike the very best in the new role.



MARY LITTLE RETIRES

Wishing Mary Little all the best from everyone at the CRC. Mary retired from the Physiotherapy department on 29th November 2019 after many years of dedicated service. Mary' clinical expertise, knowledge and support to the multidisciplinary team will be missed.

Thank you, Mary, on behalf of the staff and service users of the CRC.



“I’M A CELEBRITY GET ME OUT OF HERE”

Most people have seen “I’m a Celebrity Get Me Out of Here” over the last couple of years. Eating bugs and insects, wrestling snakes, playing with spiders, searching for stars; it all seems like great fun.

That is until you are the one faced with having to do all the challenges up on stage in front of all your friends and family on big screens.

So, when I was asked by St Peregrine’s GAA Club if would I take part in “I’m a Celebrity” as the coach for the boys U8’s team I couldn’t say no. In the weeks leading up the event, the 20 brave/ foolish contestants helped promote the event and raise thousands in fundraising for our club. The event itself happened on the 27th of September, and I was honoured to have such powerful support by so many of my work colleagues in CRC Hartstown both on the night and in sponsorship. On the night itself, we all felt like true celebrities as we entered wearing our jungle outfits to the roars of the

audience with a stunning stage set up with cameras and large screens following our every move. We had to complete a series of challenges as the contestants were whittled down from 20 to 1. The first round we had to line up in two groups of ten and down a pint glass of what can only be described as sludge (don’t want to say what it actually was, it’s that gross!) as quickly as we could.

My first challenge saw me having to eat turkey (parts you would never willingly choose to eat, lets just say that). Winning this task allowed me to make the first cut as we were broken into two teams of six. We completed various team challenges searching for treasure to save teammates covered in snakes, eating every type of insects imaginable, handling snakes and spiders and various team challenges. The twelve was reduced to eight and we started getting a little more competitive as we were all presented with a platter of jungle delicacies, with the first three eating them all reaching the semi-finals. As I reached the last three we were then covered head to toe in a thick slime and

I managed to find my five hidden stars first to reach the final. The finale had us eat another plate of delicacies, followed by a very close encounter with some cockroaches, beetles, crickets and various other bugs, strangely this was my favourite task.

The final challenge saw us race to search for stars covered by snakes and bugs, and drink test tubes of vile concoctions as we went. When all was said and done I finished runner up by a few seconds and just missed out on becoming king. Even though gutted at the time, a line from one of the contestants at the start stood with me, the club is the real winners of the day regardless of what happens tonight and in the end, isn’t that the success of what fundraising is all about!

- Stephen Cummins
Senior Support Worker



CRC SPORTS & SOCIAL: ACTIVITIES & EVENTS 2019

It has been a busy year for your Sports and Social committee. In January, our committee said goodbye to several members on the committee who had put in a significant amount of time and energy over the past number of years, most significantly Maria, Niamh and Eleanor. Thank you to each of you!

With so many departures from the committee, we called out to staff to join and we were delighted with the response. Your Sports and Social committee this year is Jean Oswell, Suzanne Doherty, Jane Mitchell, Mark McCallion, Sharon Murphy, Dan Curran, and Ziva Newman. At the beginning of 2019, the committee decided to try something new with sending out a staff survey. All the events and activities in 2019 have been based on the responses we received. Here are some of the year's highlights...

- | | |
|------------------|-------------------------------------------------------------------------------------|
| April | Walking with Alpacas
Bingo Loco
Menopause the Musical
Easter Egg Draw |
| May | Aladdin |
| June | Electric Bikes
Leopardstown race Night |
| July | Rocky Horror Picture Show
The Adventure Tower
Sea Kayaking |
| September | Family Fun BBQ
Grease
Hell and Back
We Will Rock You |
| October | Getting to Know you at the Manhattan
Ghost Bus Tour |
| December | The Three Musketeers
Wizard of Oz with the National Orchestra
Christmas Party |

How to become a member of the Sports and Social member.

The Sports and Social Club is open to all staff at all sites of the CRC. You must agree to a deduction of €4.33 per month from your salary and sign a salary deduction form. Contact the HR department if you are interested.

What do you get?

The standard discount for Sports and Social members who take part in any approved sport or event is 50%. There are also draws at different times of the year open solely to Sports and Social members.

If you haven't already signed up, think about joining. If you have any questions or suggestions, please contact any of our current committee members.





CAFÉ NOEL 2019

This year the magic of TV (the 70's & 80's style) came alive in Studio 1.19 (Gait Lab)!

We celebrated all things weird and wonderful from the decades that brought us from the streets of Weatherfield to the small French town of Nouvion...

It was great to see so many staff members involved in the production live from Studio1.19. Thank you to everyone that joined in the fun and most importantly helped raise much-needed funds for Focus Ireland with a total €180.25 raised. We look forward to seeing what 2020 Café Noel has in store for us all with the Communications and Fundraising department hosting.....

In the great words of Gay Byrne "Roll it there Roisin"

Best Costume Winners:

Communications/Fundraising – 'Allo 'Allo

Physiotherapy – M.A.S.H

Occupational Therapy – Star Trek The Next Generation

Michelle Lavin – Alexis Colby (Dynasty)

Best Cake Winner:

Barbara Shinnors





WELCOME TO THE CRC TEAM



Emer Gunning,
ATSS, Limerick



Fiona O'Grady,
SLT, Clontarf



Gerard O'Dea,
Clontarf LC & RTC, Clontarf



Jennifer O'Connor,
Accounts, Clontarf



Jodi Walsh,
Physiotherapy, Clontarf



Therese Doyle,
Lifeskills, Clontarf



Kristina Walshe,
RTC, Clontarf



Alma Duddy,
SADT, Clontarf



Laura Hennessy,
Waterford



Louise Walsh,
Firhouse



Thomas Lindsay,
Maintenance, Clontarf



Erin Lynch,
QRS, Clontarf



Carita Owens,
RTC, Clontarf



Ciadhra O'Loughlin,
ATSS, Clontarf



Sinead Cooney,
Physiotherapy, Clontarf



The CRC would like to thank everyone who took the time to write articles for this issue of the CRC scene.
Your stories enrich the newsletters.
Special Thanks to Stephanie Kilrane for her help creating this issue.

- ✓ SUCCESSFUL PROJECTS
- ✓ WORK EVENTS
- ✓ DEPARTMENT AWARDS
- ✓ PERSONAL ACHIEVEMENTS
- ✓ NEWS, STORIES AND MORE

WE WANT TO HEAR ALL ABOUT IT

ESPECIALLY THE JUICY GOSSIP :)

**LETS
TALK!**

COMMUNICATIONS@CRC.IE

FOR PROMOTION ON
SOCIAL MEDIA, WEBSITES,
NEWSLETTERS AND MORE...



Don't forget to Like us on [Facebook.com/centralremedialclinic](https://www.facebook.com/centralremedialclinic)



[CRC @centralremedial](https://twitter.com/CRC_centralremedial)

TICKETS
ON SALE NOW

The CRC
Valentine's

Gala Ball

Clontarf Castle
07.02.20

BLACK-TIE
EVENT

TICKETS €100

drinks reception • meal with wine
• raffle and auction • dancing till late

To book your ticket contact Veron 01 854 2212 or Ziva 01 854 2432



Email
Facebook
Twitter

fundraising@crc.ie
@centralremedialclinic
@centralremedial

TICKETS
ON SALE NOW

The CRC
Valentine's

Gala Ball

Clontarf Castle
07.02.20

BLACK-TIE
EVENT

TICKETS €100

drinks reception • meal with wine
• raffle and auction • dancing till late

To book your ticket contact Veron 01 854 2212 or Ziva 01 854 2432



Email
Facebook
Twitter

fundraising@crc.ie
@centralremedialclinic
@centralremedial