



CRC

Central  
Remedial  
Clinic

# YOUR 'HOW-TO' FUNDRAISING GUIDE



Isabella, Philip & Aoife

EVER WONDERED  
WHAT YOUR SUPPORT  
COULD REALLY DO?

**Open to learn how you can help and  
why your kindness is so vitally important.**





**Ever wondered what your support could really do?**

**It can give comfort.**

**It can drive progress.**

**It can help people live the lives of their dreams.**





# Your help creates care, comfort, progress and possibility.

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**Alison McCallion**  
*Interim CEO*  
*Central Remedial Clinic*

## ***Hello!***

Thank you for taking this moment to learn more about fundraising for the CRC – and how your involvement would make a difference.

You, our wonderful community of supporters, are truly the heart and soul of the CRC.

Across our services, your contribution and support can make a significant difference in so many ways – for example, funding specialist clinical equipment, funding training for our staff, and improving our facilities across our 13 locations to ensure they meet the varied needs of the children and adults we work with. You can help us to provide bespoke summer camps and Children's Christmas parties which are much needed and valued by families and children attending our services. The provision of these supports is only possible because of amazing people like you.

By fundraising for the CRC, you are adding value to our children's clinical services, national specialist services and adult services. Your support provides care and enables progress and possibilities.

Inside, you will find everything you need to know about fundraising, how you can help, and more details as to why it means so much. You'll meet some of the people you're helping and learn more about the impact of your support.

We see every day how many lives can be changed, when people like you decide to get involved with fundraising for CRC whether that's donating money, organising a small or larger-scale event, or completing a personal challenge.

And for this, we cannot thank you enough.

Your fundraising can help people like Julie to find their voice.

## Julie's story

by her mother, Nicola



*Julie with mum Nicola and dad Fergus*

“ Julie is non-verbal, but anyone who meets her will learn quickly not to underestimate her! She is eight years old, very academic and understands all levels of communication, but she finds it difficult to communicate in return.

She started attending CRC services at just two years old. She needs specific supports that only exist in the CRC. So needless to say, they have been an absolutely wonderful support for Julie and our family.

The CRC Speech and Language Therapy Clinic helped her find ways to communicate. Over the years she has been able to try different devices for communicating and now has an eyegaze computer, which allows her to communicate with her eyes. It has become her voice.

This is why we are so grateful to lovely people like you who support the CRC. You have given our daughter a voice. We didn't know if that would be possible.

And that's not all. Julie has been able to access physiotherapy and occupational therapy, helping her hand function develop. In turn, this means she can now control her very own powered wheelchair that the CRC provided for her. This has given her much more independence.

Because of your amazing support for CRC, Julie can now communicate with friends and family, participate in school, and become physically independent. These are extraordinary leaps. She has been able to overcome so much thanks to the CRC and people like you.

Thank you so much for your generosity and for helping families like ours. It means the world.”





Ifiok

**Your fundraising for CRC can redefine the limitations faced by families like Ifiok's, through specialised and multidisciplinary services and supports. It can help them achieve more than they ever thought possible.**



# Who we are.

Established in 1951, the CRC is a voluntary organisation and national charity working with children and adults living with disabilities.

Lady Valerie Goulding and Kathleen O'Rourke founded the CRC to provide treatment for people affected by an outbreak of polio. As demand for our services changed and increased, so too did our need for space and for different kinds of facilities. We expanded to a number of different locations where

no other services were available. We opened a small primary school and a sheltered workshop. Over the decades, the CRC has grown into one of the largest and most progressive providers of supports and services to children and adults with disabilities in Ireland.

The CRC offers expert care, education, training, therapy, and support to children and adults with disabilities, including cerebral palsy, neuromuscular disorders, spinal bifida, rare genetic conditions, autistic spectrum disorders, and much more.



Julie, Isabella &  
Jason, Deer Park Work  
Experience Group



## Every year:

<b>68,453</b>	appointments attended
<b>36,000</b>	clinical sessions held
<b>4,000</b>	children and adults supported
<b>1,259</b>	consultations by neurodisability specialists
<b>1,390</b>	people supported by Assistive Technology and Specialist Seating service
<b>1,058</b>	orthopaedic consultations
<b>123,854</b>	clinical interventions
<b>313</b>	adults supported across our eight centres
<b>150</b>	QQI Certificates awarded across Adult Services
<b>61</b>	adult work experience placements



**The CRC has supported people with disabilities in Ireland for over 70 years.**

**And with your amazing kindness, we will be able to help them for many years to come.**

**Your care, compassion, and fundraising efforts make it all possible.**

**Thank you.**

# CRC + YOU.

**Ever wondered what your support could really do?  
It can give comfort. It can drive progress.  
It can help people live the lives of their dreams.**

**Your support and fundraising will benefit vital  
CRC services including:**

## **CRC POOL & HYDROPOOL**

The pool provides accessible physical activity and participation to people with physical disabilities. Aquatherapy in our Hydropool is an essential low-impact physiotherapy tool. Your help can keep the pool heated and maintained, build an easy-to-navigate changing room, and provide vital equipment like dimmable coloured lights to help children on the autistic spectrum feel comfortable and engaged.



## **SUMMER CAMP**

Summer camp is a much-loved experience for children of all ages. Your help will provide staff, activities, and developmental programmes for everyone to enjoy.



## **SUMMER RESEARCH STUDENTS**

For just €4,500, you can make it possible for medical or therapy students to come in for 6 weeks to do cutting-edge research in an area of need, helping to drive progress and learning. In 2023 CRC facilitated three research students with their research.



## POST-DOCTORAL RESEARCH

With funding for research, we can make strides in planning for new pathways and schemes to assist in the earlier identification of babies and infants at high risk of cerebral palsy, so that they receive gold-standard intervention. This will greatly help to diagnose their needs and deliver better service to newborns and families. Post-Doctoral Research can cost between €45,000 and €50,000.

## FINISH THE IMMERSIVE ROOM

Our immersive room is a very special, interactive space, where people who use our services and their loved ones can spend time in during their visit to the CRC. The fully immersive virtual reality enables fun and relaxation in a safe and protected environment. The space has been invaluable in development for all age groups. From toddlers learning in the room how to use their first powerchair, to children with all types of learning needs discovering about the solar system, to adults developing the skills so they can independently travel – this inclusive room has become a space where we can dream and grow. Its progress has been halted due to a lack of funds. The funding required to complete the room currently stands at €25,000.



## CHILDREN'S CHRISTMAS PARTIES

Your company can help to bring Santa to a child with a disability, and to make sure that each child has a present to open. The cost of a present for a child is €20 – but we can promise the smile on their face will be priceless.

## TRANSPORT

It's absolutely crucial that people with disabilities can remain independent and connected to their social network, their communities, to wider services and to amenities we all take for granted. Your kindness can help grow our fleet of specialised vehicles, for example – the unique mini buses we provide in our Clontarf centre.

**Thank  
you.**

# The lifelong supports your generosity makes possible.

## Clinical and Children's Services

CRC's interdisciplinary teams in Balbriggan, Clondalkin, Clontarf, Swords and Waterford work with children, parents and carers to deliver comprehensive services, with a focus on the best possible quality of life for every child.

Occupational therapy

Social Work

Speech and language therapy

Medical consultants

Mobile multidisciplinary teams

Paediatrics

Nursing

Physiotherapy


Psychology

Clinical Nutrition and Dietetics


Home Support



**Summer camps and Christmas Wonderland events enhance the joys of childhood.**



**Respite services for families give much-needed time to rest and look after their own needs too.**



**CRC's fleet of buses help children and adults have more freedom to live their lives.**

**Specialist rooms are a warm and safe environment where children and families can access services, play, learn and grow together.**



## National Specialist Services (NSS)

Since 1951, CRC has developed a range of specialist medical, therapeutic, and technical services for children and adults with complex and rare conditions across Ireland, with centres in Clondalkin, Clontarf, Limerick and Waterford, as well as through outreach services. The enhancement of these services could not be possible without the incredible generosity of champions like you.

Paediatrics/Neurodisability	Augmentative and alternative communication
Neuropsychology	Assistive technology and specialist seating
Specialist continence services	Gait lab
Hand therapy	Spasticity management
Ophthalmology	Orthopaedics
Customised orthotic turning/night positioning	Feeding, eating, drinking, swallowing clinic
Sleep clinic	

## Adult Services

CRC's adult services support choice, independence and individuality, helping people to realise their potential in education and employment, advocate for their rights, build relationships, participate in society through valued social roles, and get involved with community in hubs and local centres in Clontarf, Raheny, Killester, Firhouse, Hartstown, Ongar, Ballymun, Huntstown, Tallaght, Santry and Clongriffin

Transition programme	Rehabilitative training
Training and development	Life skills programme
Ability programme	Local centres and hubs
Erasmus+	Education training
Lifestyles programme	Employability skills

## CRC Schools

Our schools in Clontarf and Clondalkin provide individualised education to over 160 pupils with physical and multiple disabilities. Our specially trained staff ensure we can enrol pupils that other schools cannot cater for, while still accessing state certified courses including the Junior Certificate and QQI.

Clontarf School	Scoil Mochua Clondalkin
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**Demand for the CRC's services has never been higher. Every year, we need to raise vital funds to help meet urgent needs.**

The CRC relies on the incredible vision and compassion of people like you to deliver services, keep our facilities safe, make essential upgrades, and go the extra mile to make a difference for children and adults in our care.

You can help us reach as many people as possible and build a better future for the people we serve and the communities they live in.

Together, the future looks bright.

# Your amazing efforts can help children like Sophia to thrive.

## Sophia's story

by her dad Bernard

“ Before my daughter Sophia was born, we were told she “Wouldn't be what we'd expect.” It was a tough start with a lot of complications and months in hospital. She is a full-time wheelchair user and has been in the CRC since she was 8 months.

But from that tough start, over the years, our daughter has been able to thrive. She's been on the Late Late Show, and now at 16 years is campaigning for equal rights for people with disabilities. She was also invited to host the Ombudsman for Children Child Talks, which gives children a platform to talk about issues that are important to them. Suffice to say I'm a proud dad!

How we got from here to there – well, that's where the CRC comes in.

When we first got into CRC, I remember people saying, “How lucky are you!” And day after day, year on year – that has been the truth.

With CRC, Sophia gets every unique support she needs. From physio to the chair, occupational therapy, all the care you can imagine. They've made a huge difference to her life, well-being and confidence. They've been with her and us the whole journey.

The CRC is a centre of excellence. You go in, and you see people of all ages looking content, smiling, having that security and safety around them. It's remarkable.

The generosity of CRC supporters has meant a beautiful and fulfilled life for my daughter. In turn it means better and stronger communities where people with disabilities are empowered and equipped to engage and take part.

Thank you for helping CRC. I can promise you, your impact will be felt every day by someone like Sophia, and all the people lucky enough to encounter her energy and her smile. ”



“Thank you so much. You are enabling people like my daughter to live the lives of their dreams.”

– Sophia’s dad, Bernard





“Doing ordinary things,  
in ordinary places.”

**Your support can empower people with disabilities to integrate, participate, achieve their goals, and be visible and active in society and their communities – now and for years to come.**

Philip, Deer Park  
Work Experience Group



# The extraordinary power of your kindness.

## **Your support could feel like home.**

By supporting home visits for children, you can give families vital support and encouragement in a familiar environment – the comfort of their own home.

## **Your support could be more independence.**

Providing more specialised CRC vehicles can ensure that children and adults with disabilities can stay connected and engaged with their communities.

## **Your support could be a warm welcome.**

Improving CRC's critical, state-of-the-art facilities can not only provide specialised, up-to-date spaces designed to suit individual needs, but also make sure that all services are delivered in a welcoming and happy environment.

## **Your support could drive progress in the lab.**

Your support of CRC research will help us to better understand and manage conditions, as well as to continuously learn and innovate – from children taking their first steps to adults communicating for the first time using assistive technology.

## **Your support could mean more joy.**

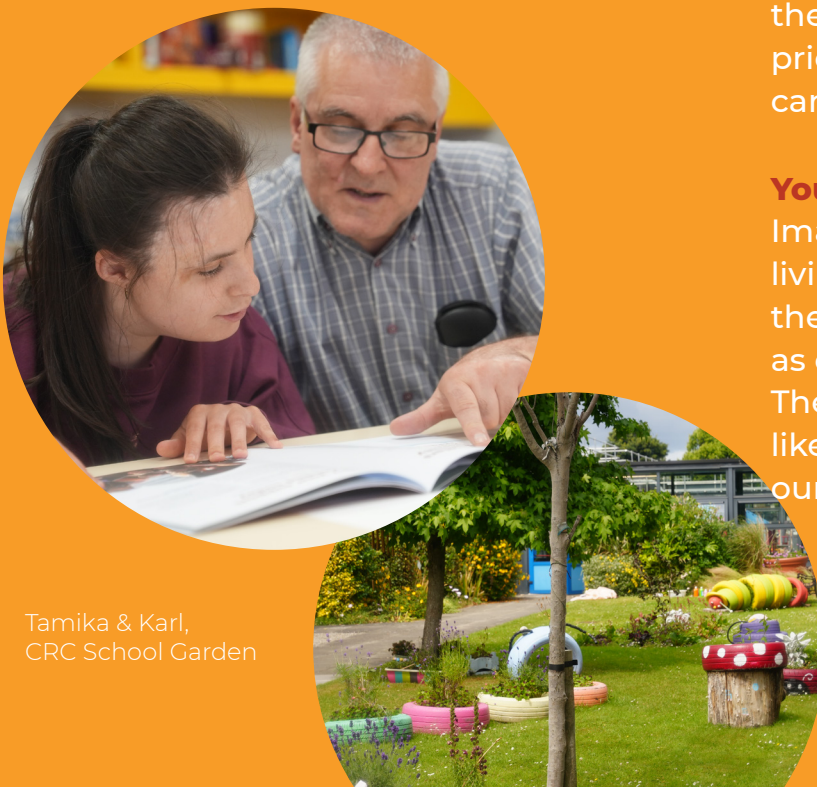
By enabling children to attend events like A Christmas Wonderland, or a summer camp with friends, you will be helping them to create wonderful memories that will last a lifetime.

## **Your support could mean crucial respite.**

So many families and carers support children and adults with disabilities. It's vital for their own wellbeing that they can have time and space for their own wellbeing and other life priorities. Your kindness means we can provide that crucial respite.

## **Your support could inspire.**

Imagine a future where everyone living with a disability can achieve their potential and live full lives as equal and valued citizens. The generosity and effort of people like you moves us closer toward our vision every day.



Tamika & Karl,  
CRC School Garden





“Julie can now communicate with friends and family, participate in school, and become physically independent. These are extraordinary leaps... thanks to the CRC and people like you.”

– **Nicola, mother of Julie**

“We chose the location of our home based on proximity to the CRC...it’s that important to us. They are really part of our family.”

– **Sophia’s dad Bernard**



“I love coming here. On Mondays, Wednesdays, and Fridays, I have appointments and classes. And on Mondays I do arts and crafts. I love making my own jewellery. But my favourite place is the local centre because they are the best people.”

– Aoife, 33





# Thank you for your generosity and your vision.

When you support the CRC, you are enabling children and adults to access a complete range of life-changing and life-shaping services, supports, and events to help them learn, grow, and feel safe and supported.

Not only that – you are also helping them realise their potential and live as fully and freely as possible, the life they choose to live.

**Your impact is extraordinary.  
Thank you so much for being a vital part  
of this community and making a  
difference in the lives of others.**

Ifiok











## COMMUNITY LEAD



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Can't make the event?  
Donate here.



### CENTRAL REMEDIAL CLINIC

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CHY No 4998  
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# CRC

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