

ISSUE 1
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speakout

The Magazine for CRC Adult Services



SUPPORTING:

PERSON CENTRENESS

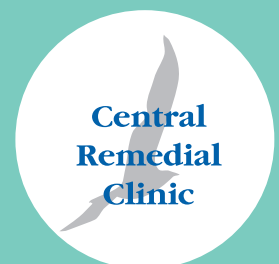
ACTIVE CITIZENSHIP

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INTRODUCTION

Welcome to the first edition of **Speak Out** the magazine for Adult Services!



In the CRC we have different types of services for adults.

We have 4 Local Centres and they are:

- Coolock Local Centre
- Firhouse Local Centre
- Hartstown Local Centre
- Contarf Local Centre

We also have the following training programmes in our Clontarf Centre:

- Vocational Training (VT) for people who want to learn the skills they need for getting a job.
- Rehabilitative Training (RT) for school leavers who want to learn new skills which will help them to be more independent and to move on to vocational training.
- Life Skills course where people learn to be as independent as possible in their home and in their community.
- Jobs club for people who have a job or who are looking for a job.

We believe that people who have a disability have the same rights and responsibilities as everyone else. We also believe that everyone should

- Be treated with dignity and respect.
- Have the right to make choices and to take control over their life.
- Have the right to an education and to learn new skills.
- Should be supported to use their talents in a way that makes them a part of their community.

We believe that people who have a disability must be respected as adults with their own voice and their own wishes and needs and talents.

This magazine is called **Speak Out** because we want to give you the opportunity to speak out and speak up on things that you are doing and issues that matter to you. This is your magazine and this is your service.

Congratulations to all of those people who have contributed to this edition of **Speak Out**. We will publish this magazine 4 times per year so please write articles and take photos of all the interesting things that you do in your centre and in your community.

Louise McCormack
Adult Services Manager, CRC

I am delighted to welcome and launch this fantastic new magazine.



It is full of incredible articles and wonderful stories written by the people who attend the adult services of the CRC. The adult services are a central part of the CRC and we are very proud of the services, the people who use them and the staff who run them. I wish this magazine the best of luck and hope you enjoy it as much as I do.

Stephanie Manahan
CEO, CRC

NEW DIRECTIONS



NEW DIRECTIONS... WHAT IS IT ALL ABOUT?

In 2012 the HSE wrote a book of rules for service providers like the CRC. They call this New Directions Policy. It is called New Directions because it moves service in a new direction!

New Directions talks about what people do in their day service and what supports their services should give them to help them to live the sort of life that they want for themselves.

New Directions says that services should be

- Of good quality
- Person centred
- Support people to be a part of the place where they live.
- Support people to be equal to everyone else
- Support people to have a voice and have a say in how the service is run.

New Directions also says that people should choose the life that they want to live and get the support that they need to do that.

The way we find out what supports people want and need is through their Person Centred Plan. Sometimes we call these PCPs for short!

Everyone has a Key Worker who will help them with their Person Centred Plan.

In the plan, people will let us know what is important to them and what supports they need from us. For example it could be a job, or a course or a hobby or a wish to find more friends or go on a holiday. Because everyone is different, this means that goals will be different and needs will be different and this is called being person centred.

In Speak Out people will tell us about their PCPs.



SERVICE USER COUNCIL

Because people who use our services have a right to have a say in how services are run, we have set up a Service User Council.

Everyone had a vote and 12 people were chosen by you to represent them. The council will talk to decision makers about how you feel about different issues and these will be taken into account.

Congratulations to the members of the council and we wish them the best of luck with their work!

MY PERSON CENTRED PLAN (PCP) EXPERIENCE

Hello my name is Joe. This is not my real name because I am a private person. I also don't want to embarrass anyone in my story. I have been in the CRC for a long time. Actually I have been in the CRC for far too long! This is mostly my own fault because I can be nervous of doing new things. But I'm working on this.

My family are great though. My dad used to say that stubborn is my middle name.

Then a few years ago someone came along here in the CRC and to be honest I thought she was a right pain in the ass. She knows this, so its ok to say. Looking back I know now that this person challenged us (her word) all in so many ways for our own good. She closed down the old centre, and she shook us all up and she asked us to think for ourselves. I thought why is she coming along and shaking things up? Why is she asking me to do new things and to think for myself. Leave

me alone, can't you see I am special? Then she asked me would I like to have a Personal Plan for myself. I thought ah here, no way so I said no – to be honest I was a bit narky with her. She said fine but I will come back. I said fine but I thought that's the end of her with her Personal Plan. She will never come back to me. Oh boy was that a BIG mistake!

Over the years, we had loads of chats and I got to know her and see where she was coming from. She treated me like an adult even when I was acting like a child. When I said no I can't, she said why not? When I said poor little old me she said whats poor about you?. I took a look at myself and thought to myself, stop being so lazy and stop saying no and start saying yes.

My friend was getting a job and going to computer classes. But I was stubborn so I said well its ok for him but not for me. Then one day I thought well I will give it a go with the PCP. What have I got to lose? Boyz was it scary at first.

I thought they will be asking me loads of personal questions. They didn't. I thought they will be judging me. They weren't. I thought they will be asking me to step out of my comfort zone. THEY DID!

Now my life has changed for the better in so many ways. Things are not perfect but that's ok. That's nothing to do with my disability.

I do have loads of good friends though and I am glad I had the guts to make that step and that I had people there to support me.

I still pop up sometimes to see this person and every so often we go to the coffee shop for a latte after work. We both laugh when we look back on those days when she wouldn't give up and I wouldn't give in.

ACTIVE CITIZENSHIP AND SELF ADVOCACY!

My name is Wayne Curley, I live in a home with three other Service Users in Rush in County Dublin. Praxis are the organisation that cater for our needs, they promote independent living in the community. I also attend the CRC Coolock Local Centre 2 days a week. I enjoy being active in my local community and would like to highlight some of my activities and access obstacles.

For many years I had used the services of a particular bank. This bank was not wheelchair friendly and the security guard lifted my chair in and out of the bank as there was one big step, However this was stopped for insurance reasons and as a result my banking transactions were carried outside the bank in the open, which was awful as the public were walking by and the weather was not always pleasant. I also felt nervous in case I was robbed. I found the situation unfair, annoying and daunting. It was an invasion of my human rights.

The cashiers were very helpful and they themselves requested to their manager that a ramp would be fitted. The manager came out to me one day and said the bank was on a corner and this would prevent a ramp being installed. This made me feel very cross and the staff in Praxis and I voiced our opinion. We looked and were in the process of purchasing a portable ramp but the bank closed down.

I moved to an accessible bank but in this day and age I find it un-acceptable the way the matter was managed and I should have had the same rights as any other able bodied customer.

I also contribute to my community by fundraising for Concern/Trocaire. I became interested in this charity when I received an emergency relief disaster letter appealing for financial help. I sent them what I could at the time and as a result I decided this was something I wanted to work on in the future. I purchased solar lights for children in Africa, to allow them to study in the

evening, I've also purchased goats, chickens and fruit trees too. When fundraising, I find people in general are very kind especially when an emergency occurs. Fundraising gives me a goal to work towards and I have made people aware of the various disasters in the world.

One of my goals last year was to go to Wales, which I achieved and had a wonderful trip. I also enjoy writing poetry and had a poem published in my local college through my literacy class in Coolock Local Centre. The poem is called Love.



LOVE

I saw her across a crowded room
 She was beautiful she carried herself well
 When she moved she got my full attention
 She lit up the room with her beautiful complexion
 Her brown eyes and her tanned skin
 The way she looked at me filled me with joy.

I waited patiently for the moment to walk over and introduce myself
 When the moment came I wasted no time
 I walked over and introduced myself
 It was extra ordinary because I felt an overwhelming presence
 I could see the sparkle in her eyes
 She looked like a girl who is full of passion
 I imagined us together.

She blushed and my face went red,
 I knew she was the one
 We talked about our own interests briefly
 Her likes and dislikes, she liked travelling, I liked travelling too
 I cherished every moment with her, we exchanged numbers
 I desire for her to be mine, I felt she touched me deep inside
 We only met but I feel I know her a lifetime
 She touched my soul.

Wayne Curley.

INDEPENDENT TRAVEL

My advice
 is to ring Dublin
 Bus if you want
 to become more
 independent.



Before last month I was nervous travelling on the bus. I was able to travel independently from my home to the CRC but when I got a work experience placement in the Crèche in Beaumont Hospital I was worried about getting lost going there on the bus.

I decided to contact Roger in Dublin Bus as he works on the Travel Assistance Scheme. I rang him and I explained that I wanted to travel more independently.

Roger came out to the CRC to meet with me and we made plans to begin working together. He met with my family and we practiced different bus routes. I then met with Roger by myself. I feel very confident and happier about travelling alone on the bus. I was excited to start my work experience in Beaumont, working in the Crèche as I could now travel independently. My advice is to ring Dublin Bus if you want to become more independent.

By Georgina Geoghegan

JOB SHADOW INITIATIVE

I have been taking part in the job shadow day for the past four years. This year I worked in the Department of Social Protection in D'Olier House.

At the start of the day I met with the staff from the department and we had tea and scones. I thought this was a good idea so we could all get to know each other. Other service users from the Life Skills programme were also on their work experience here but would be working with other staff members in different departments.

A staff member explained to us what would happen on our day and who we would be working with. I helped out in the administration and the post room section. The staff gave me an idea of what normally happens in the office. I was shown how to file paperwork and get letters ready for posting. There was lots of paper shredding to be done so I helped with this.



It was great to meet new people and they really made me feel welcome in the office. In the second part of the day I got to use their computer and I sent some emails to the staff in the CRC. I really liked working in an office and meeting new people. It would be great to get more work like this and I would definitely like to work in an office.

By Meave Kelly

PERSON CENTRED PLANNING (PCP)

The Transition Programme gives me the chance to work on my individual goals. One of my goals is to use public transport on my own. The fulfilment of this goal means to me more independence and social interaction with my friends.

In the programme I discuss my needs and dreams and I came up with a PCP around what I want to do for myself and with the help of my key worker and family I am working towards this.

Every Monday we go out and use public transport. This gives me the chance to practice and to build up my confidence which helps me to progress. I already feel much more confident getting on and off the train. Whenever we get the chance we also do bus training. This gives me the opportunity to practice getting on and off the bus and where I position myself on the bus.

Another goal I want to achieve is to improve my literacy skills. With the help from Transition Programme I attend a weekly literacy class in KLEAR in Kilbarrack.

I love to go to KLEAR because I get to improve my literacy skills and I also practise using the Dart and I get the chance to interact and meet with other people. I also attend a weekly literacy class and numeracy class in the Transition Programme.



MY NAME IS
LOUISE CASHELL
AND I ATTEND
THE TRANSITION
PROGRAMME IN
CRC.

CITY OF DUBLIN EDUCATION TRAINING BOARD (CDET) FUNDED

EMPLOYABILITY SKILLS PROGRAMME

WORK EXPERIENCE PLACEMENTS

DUBLIN AIRPORT: CONOR NOLAN



I did a six week work placement in Dublin Airport. I worked with a company called OCS. OCS means Operation Control Service. They deal with people that have a physical disability and also help elderly on and off planes arriving and departing Dublin Airport. They also deal with USA preclearance such as checking custom forms, oversized luggage and scanning boarding cards.

I really loved working with the people in there and would love to get a part-time job in the airport in the future.

As a result of Conor's Work Experience, he's been offered a part-time job by OCS and is due to start training mid October.

PET GROOMING: CARLA O'BRIEN

I choose pet grooming for my work experience. It's a very unusual placement. I thought of it because I like looking after animals. This could be good for other people if they like animals too. You have to look after puppies, which it is nice if you like puppies.

You work in an area like a hall and there are two halls, one area is for big dogs and the other one is for small dogs.

When its break time they let the dogs run out of the kennel and run around and go mad. I was looking after 7-10 dogs and that was only in one area. About the same amount of dogs were in the other hall. Then when they get tired you put them back in the kennel and feed the dogs and let all the dogs have a rest. You can also teach them tricks and play around with the dogs. You can lift them up but you're not allowed lift

them up for long because other dogs get jealous!

I really liked this work experience placement. It might be a bit hard for some people at the start but you will get used to it and you will start to like it there and enjoy looking after the dogs. They are so cute and sweet.

CHILDCARE: EMMA O'REILLY

In my work experience I was at a crèche called Kids First in Kilbarrack Shopping Centre for two weeks. It was great. I learned a lot and got good reports from it when I was finished. I would like to work as an assistant in childcare. It shows me how to mind a child.

I got a lot of experience out of childcare, it shows me how to mind children safely and I really enjoyed it. I enjoyed

looking after the children and cleaning up and playing with them in the play ground. I was sad to leave on my last day and saying goodbye to everyone. The job was hard at first but the teachers showed me what to do and by the time I was finished I had gotten better at it. Working in childcare wasn't so easy but I still enjoyed every single minute of it.

My childcare placement made me realise that I want to work in a crèche but first I'll be applying to a childcare course in Coláiste Íde to learn more and to understand how to work with even smaller children.

SAILING FOR REHABILITATION TRAINING CENTRE (RTC) LEARNERS

The learners from RTC went on their annual sailing evening in June. Sutton Dinghy Club kindly hosts a taste of sailing for the learners in RTC each summer, this is the fourth year the centre has enjoyed a sailing evening.

The club is situated on Sutton Creek on the southern side of Howth head. The club facilitates this event with the support of its junior and senior members. The club also hire in wheelchair accessible boats from Disability Ireland to accommodate our wheelchair users to participate in the activities.

The weather was warm and sunny when we arrived. We were greeted by the dinghy club members and given a briefing on the plan for the evening.

To ensure the learners had a safe and pleasant evening the team at the club assess and allocate jobs and activities for the learners appropriately. The learners pushed out their boundaries in new directions to enjoy the thrills and spills of sailing in a dinghy. The learners also got to experience power boating in the clubs power boats.

This was followed by a BBQ which we all enjoyed. The evening was compliments of Sutton Dinghy Club. To date the club have hosted sessions for RTC, Clontarf Local Centre and Transition Programme within the Adult Services department of the CRC.

Feedback from learner's experience

Amanda Farrell wheelchair user said she was amazed she could be safely transferred on to a boat and sailed down the creek in the company of a club member. Great experience. She would like to go again.

Stephanie Geoghegan wheelchair user was hoisted carefully into an accessible boat at first I was petrified thinking I couldn't do it then one of the clubs juniors reassured me and then we went for a great sail.

Conor Sheridan I had a great time on the speed boat can we do it again?

Conor Hughes said if my ma and da could see me now they wouldn't believe I can sail a boat.

SAILING

During May, an outing was organised to Sutton Dinghy Club for the Tuesday group attending Clontarf Local Centre.

I was looking forward to the day, although I didn't really know what to expect. I've never been sailing before, and I wasn't sure how it would work. But I was up for the challenge.

When we arrived at the dinghy club, the sun was shining, and I felt like I was on holidays. There were two types of boats available to us, one was a power boat, and the other was a specially adapted sailing boat for wheelchair users. I watched some of the others getting into the boats, and going sailing before I decided to have a go.

We all put on a buoyancy aid before getting into the boat. When it was my turn to go sailing, I was helped into the boat by staff who used the hoist. Once I was in the boat I felt very safe. The boat was steered by a member of the club. Off we went around Sutton Creek. I could see across to Dublin Bay, and it looked fantastic. I was really enjoying myself and taking it all in. I put my hand into the water to test it. It was cold!!!!!!!

The B.B.Q came next, beautiful burgers made by the volunteers from the club, a perfect way to end the day. I really enjoyed my first time sailing, and I would do it again tomorrow if I had a chance.

Thanks again to everyone involved.

By Nicola King



HARTSTOWN LOCAL CENTRE



This year we decided to perform Mrs. Brown's boys and the play was to be centred on Rory's wedding in Ibiza.

HARTSTOWN LOCAL CENTRE - ANNUAL PLAY

The Annual Play is held on one of our social nights. Staff and service users get together to create and hopefully produce a masterpiece.

Service users were involved initially with deciding which play to perform and which characters they would like to be. This year we decided to perform Mrs. Brown's Boys and the play was to be centred on Rory's wedding in Ibiza.

The actors worked with staff during the day to rehearse their lines with their props. This was quite time consuming but very! very! Very! enjoyable. The Actors then brought their scripts home to rehearse and some of the actor's even rehearsed in front of a mirror.

"No names mentioned you all know who you are".

On the day of the play the staff generously gave up their time to set up the stage, props, tables, food and entertainment.

When the curtain was called, lights went down and there was a shout of "quiet" from the audience (in a Dublin accent) lol

All eyes were now focused on the stage, the actors performed the play which was hilarious and the audience laugh out loud from beginning to end.

A very big thank you to all our actors and staff who contributed to making our 2014 Play a great success. That's nice.

CAST MEMBERS

Fran Hanley	Rory
Paul Flynn	Deano
Martina Fitzpatrick	Mrs. Brown
Catherine Cooper	Cathy
Alan Melvin	Dermo
Katy Gilligan	Grandad
Therese Keogh	Sharon
Agnes Martin	Winnie
Jack O' Sullivan	Fr. Quinn
Darren Crea	Buster

SPORTS LEAGUE

The Sports League is a sporting activity which takes place over the year. It has been running for twelve years. The people that attend the Centre compete in events which include, pool, darts, bowls, boccia, rings, air hockey, table tennis, dominoes, bowling on the wii and draughts. The events and games are fun and enjoyable and it keeps us active. It's great to see people with disabilities getting involved in sporting games, as it shows that just because we have a disability we can still be active and participate in sporting events.

Even though there are winners and losers in the games we still shake hands and compliment each other on the achievement of taking part.

At the end of the event we receive some trophies, medals and certificates to show our achievement. This gives everyone a great sense of achievement and self worth among their peers.

This event gives everybody a chance to show what they can do and what they can achieve even though they have limitations due to their disabilities.

By Paddy Keogh

FIRHOUSE LOCAL CENTRE

ANNUAL HOLIDAY TO CUISLE 2014



Following much anticipation, on Monday 16th June the Firhouse buses were boarded and a total of 23 people headed for an unusually sunny Cuisle Holiday Centre in Dunamon, Co. Roscommon.

A full week of activities had been planned and, following settling in and a good night's sleep, a bright and sunny Tuesday morning was perfect for a visit to Glendeer Pet Farm in Drum near Athlone. The peaceful setting and the interesting selection of animals was enjoyed by all, and the farm staff were very welcoming and helpful. After a delicious dinner that evening, all the residents of Cuisle joined together for a hotly-contested table quiz, presided over by our own quizmaster.

Wednesday was reserved for the traditional trip to the Golden Island Shopping Centre in Athlone, and afterwards all the bargain-hunters relaxed with a picnic lunch by the banks of the River Shannon. The day was rounded off with a music session after dinner, featuring the talents of the Firhouse staff who played and sang for the evening, while also keeping an eye on the ongoing World Cup football!

The following day was spent at the Derryglad Folk Museum in Curraghboy near Roscommon town, a fascinating glimpse into our past and how we lived – painstakingly put together by its owner and curator over many years. He was delighted to talk to everyone about his exhibits and made for interesting company during a picnic lunch. The evening entertainment for Thursday was provided by a local DJ, and more World Cup action on the big screen in the lounge area.

Having had an unprecedented full week of sunshine and dry weather, everyone loaded up after Friday breakfast and began the return trip to Dublin, with fresh memories of the warm Cuisle welcome, great food and a busy week to talk about back home.

CLONTARF LOCAL CENTRE

CLONTARF STORY TELLERS GROUP



The Story Tellers Group in the Clontarf Local Centre launched their first book entitled "An Sceal" on the 14th of February, 2012. This proved to be a huge success since the formation of the group.

The Story Tellers Group is made up of 12 service users from the Local Centre in Clontarf. They came together for the purpose of telling stories about their abilities and experiences, with their underlying motivation of sharing their ideas, life experiences and talents through their dynamic and interesting stories.

The group hopes to inspire others to explore and experiment with their hidden abilities.

The group's latest book, "An Sceal", entitled "Mischief", was launched on June 24th, 2014. It tells a fictional story conceived purely from the imagination of its authors, and also captures the experiences of individuals in the group in their ability in accessing public places in Dublin. In order to carry out this research, the group went on various trips to assess and record their findings on the barriers that restrict their access to public places, including their ability to access public transport in their community. This latest book also covers such topics as views on how 'we' live, places 'we' go and our personal experiences in the Local Centre in Clontarf.

COOLOCK LOCAL CENTRE

BOWLS IN ST. ANNES PARK, RAHENY



Our Friday group consisted initially of four service users but this has now grown to twenty two service users

Coolock Day Centre encourages and promotes outside activities and outings where at all possible.

In recent times we carried out a Service User Feedback Survey and again it showed how interested our Service Users were, in getting out and about in the community.

A staff member contacted the St Annes Bowls Group in Raheny and arranged a meeting with them and a group of our Service User in St Annes Park. They brought all the equipment that was required and showed the staff and service users how to play the game. They were very kind and let us borrow two sets of bowls until we purchased our own.

The bowls group came down every Friday for several weeks and gave great encouragement to our service users and played bowls with them as well as playing with other members of the community.

Our Friday group consisted initially of four service users but this has now grown to twenty two service users availing of Bowls over 4 days a week. Feedback from all groups show they are enjoying the activity and enjoy socialising in the community.

VOCATIONAL TRAINING PROGRAMME

CDET B Vocational Training Programme
FETAC Level 3 Major Award
Code: BL878

Do you have a disability?

Are you over 16 years of age?

Would you like to improve your education and career prospects?

THE CRC ARE CURRENTLY TAKING APPLICATIONS FOR THEIR VOCATIONAL TRAINING PROGRAMME

This exciting, innovative programme provides learners with the opportunity to achieve a FETAC Level 3 major Award in Employability Skills as well as the practical skills needed for the world of work.

FOR APPLICATION FORMS AND FURTHER DETAILS PLEASE CONTACT

Course Co-ordinator, Training & Development Centre,
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