



# CRC SCENE

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Making a Difference conference

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Conor Dillon's Valentine Rose

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Parent & Toddler Group  
Book Launch

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Send us your stories [communications@crc.ie](mailto:communications@crc.ie)

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## CHAIRPERSON WELCOME

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**I am delighted to be appointed Chairperson of the CRC with effect from 31 March 2018.**

Having served as Vice Chairperson since 2014, I have witnessed the transformation of the CRC over the last four years. I have had the pleasure of working with the previous Board in drafting the Strategic Plan 2017-2021 and look forward to progressing this ambitious plan with you and the new Board. Our Board is, and will be, a different Board to that appointed in early 2014, which is a testament to the good work achieved to date and where we are in continuing the CRC's legacy. The Strategic Plan cannot be achieved without all staff contributing towards the success for the organisation. In line with our Mission, Vision and Values I look forward to working together to make a positive difference to the lives of our clients.

Thank you for your valued contribution to the CRC and best wishes for continuing success in your respective roles.

Carol Ann Casey  
*Chairperson of CRC*



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## CEO WELCOME

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Spring has hopefully sprung and I am delighted to be writing this welcome after a long winter that saw Storm Ophelia and Storm Emma challenge the entire country and our vital services.

I would like to thank you all for your dedication and commitment to our services during this time which thankfully saw minimal disruption to our clients and their families.

We are nearing the completion of the work on the Clontarf site, and while it has been challenging at times it has been overwhelmingly welcomed. The environment is so much brighter and welcoming and certainly more reflective of the modern and dynamic services we provide and the work that we do. Additionally the wider community has welcomed our pool reopening with great enthusiasm and our family room is an absolute delight.

I am really pleased to announce that the final checks, snags and approvals mean that the new Killester Hub is now ready and we are busy making plans for a community event to mark this important development for our services.

These are some of the developments that are part of our Strategic Plan 'Towards 2021' and I look forward to updating you on the progress of that Plan and having a lively Q&A at our Townhall meeting on Tuesday April 17th.

Enjoy this jam packed edition of our newsletter.

Stephanie Manahan  
*CEO of CRC*



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# IRELAND RATIFIES UNITED NATIONS CONVENTION ON THE RIGHTS OF PERSONS WITH A DISABILITY

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On March 7th 2018 Finian McGrath tabled a Motion in the Dail to Ratify the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). This comes 11 years after Ireland first signed up to it.

Throughout 2017 Adult Services and Communications redoubled their efforts to campaign for the Ratification of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) including three high profile protests at Leinster House which gained National media coverage.

Our Service User Council recently met with Minister for Disabilities, Finian McGrath and raised questions with him about cultural changes needed to promote equal rights for people with disability, funding needed for transport, education, employment, accessibility, difficulties experienced in accessing community services and the issue of young people in nursing homes who would like the choice to live in the community.

Although Ireland has ratified a number of international human rights treaties, under Irish law, an individual can only engage the protections afforded under human rights law

that has been incorporated into national law. Ratification will not make disability rights legally binding, but it will mean that the Convention can be used in the courts to show the international standards that the state should be implementing.

The Government is now obliged to set up an independent committee, including persons with disabilities, to monitor whether they are complying with the rights set out in the Convention. The Government will also have to answer to a UN Committee if they are not implementing the Convention, and people whose rights are not being respected can complain personally to the UN Committee, which has been very forthright in condemning countries that are not respecting disability rights. But maybe most important is that ratification means the Government is acknowledging that people with a disability need and are entitled to rights and not just charity.

Throughout 2018 we will continue to campaign for implementation of this important Convention.

We will be in touch about how you can also get involved in maintaining the rights of individuals that we know and work with daily.



# CLINICAL SERVICES

## SPEECH & LANGUAGE SWALLOW AWARENESS DAY

Many thanks to the Speech & Language Department for a great morning of campaigning to highlight how a swallowing difficulty can affect people's lives. It was enlightening to visit the cake tasting tables to experience a modified version of cake and decide which consistency category each falls under.

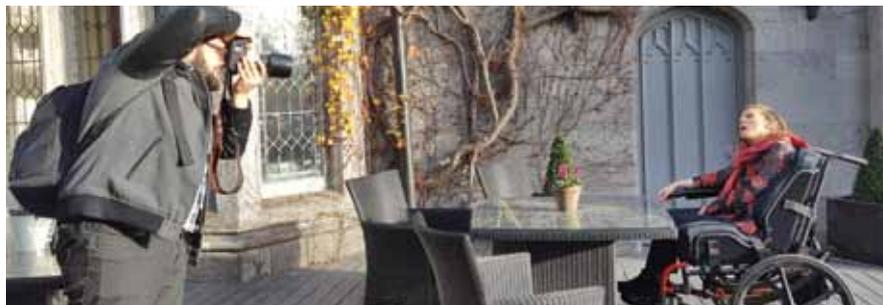
## WORLD AAC AWARENESS DAY

Well done to the SLT Dept again for their great video for World AAC Awareness Day. The goal is to raise awareness of augmentative and alternative communication (AAC) and to inform the public about the many different ways in which people communicate using communication devices. Their video was a hit online and so far has had over 2,400 views and been shared 29 times!



# ADULT SERVICES

## CLONTARF LOCAL CENTRE – “STRIKE A POSE” – EMMA MCCARTHY



I currently attend CRC Adult Services in Clontarf Local Centre on Wednesdays, Thursdays and in Coolock Local Centre on Mondays.

During the Discovery process of New Directions with my Key Worker, I expressed that it was my dream to have my pictures in newspapers or magazines. After carrying out some research with my key worker, we found a photographer, Aziel Borges, to take my pictures.

In preparation for the modelling shoot, myself and my keyworker went on trips to Dublin City Centre to select

my make-up. I visited Arnotts and Debenhams where I received quotes for various products including MAC, Chanel, Lancôme, NYX, Estee Lauder, Clinique, and Benefit. I also sampled some perfume. After reflecting on the price of each product, I decided to visit a few beauty salons in the Clontarf community. I really enjoyed this experience and decided to book an appointment to have my make-up done prior to the photoshoot. When asked how I would like my makeup, I knew exactly what I wanted, stating “not too dark and not too pale”. I had checked on Google for ideas of colours and styles then selected my favourite shades.

On the morning of photoshoot, I went to the salon to have my makeup done and I made my choices regarding lipstick, eyeliner, foundation, mascara and eyelashes.

Later in the day, I met the photographer Aziel. I was given the options of Saint Anne's Park or Clontarf Castle as possible locations for the shoot. I chose Clontarf Castle. Aziel took 300 pictures of me in different locations in Clontarf Castle and the surrounding areas. It was such a wonderful experience for me. I really enjoyed the day. Maybe modelling will be something that I will continue to do.

## COOLOCK LOCAL CENTRE – HUMAN RIGHTS TRAINING – WAYNE CURLEY



Wayne completed a Human Rights training course in October and November which was held by Inclusion Ireland.

Wayne really enjoyed and felt he benefited a lot from the course. It was a great achievement and he was presented with the certificate by the Chief Commissioner of The Irish Human Rights and Equality Commission.



THE CRC

# Winter Gala Ball

❄ 16.11.2018 ❄

Grand Hotel Malahide

**BLACK-TIE  
EVENT**

**TICKETS €95**

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



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



**Email** [fundraising@crc.ie](mailto:fundraising@crc.ie)

**Facebook** [facebook.com/centralremedialclinic](https://facebook.com/centralremedialclinic)

**Twitter** @centralremedial

CHY: 4998

# MAKING A DIFFERENCE CONFERENCE

The CRC was delighted to host their 'Making a Difference' conference on Evidence Based Management of children with Cerebral Palsy and Neuromuscular Disorders. There were great insights into CRC and International expertise in the area of Cerebral Palsy including speakers from Irish children's hospitals, Canada, England, Scotland, Wales and Sweden.

The conference was thought provoking and informative with presentations from a wide range of professionals, including leading national and international speakers in the areas of Paediatric Orthopaedics, Spasticity Management, Neonatal Care and Outcomes, Eating, Drinking and Swallowing Difficulties and Augmentative and Alternative Communication to name but a few. A huge thanks is owed to our own CRC staff who presented with expertise to a very attentive audience. Feedback so far has been excellent. A huge amount of planning over the last 18 months went into the conference and we are indebted to Niamh Kavanagh, Lisa McCormack and Carla Banks for all their hard work.





# FUNDRAISING

## CONOR DILLON'S VALENTINE ROSE

Conor attends the Transition Programme in CRC Clontarf. As part of his work placement with the CRC Fundraising Department, Conor's project was to organise a real fundraising event. Conor was guided and supported by Veron, Ziva, his key worker Elizabeth and Noel Carroll.

Conor set up a stall in the canteen the week before Valentine's Day where our staff and clients bought roses for €5 which were delivered on Valentine's Day a week later.

Each rose was beautifully wrapped and it came with a choice of hand decorated cards, courtesy of all the adults at the Transition Programme. The day was great fun and there was a great buzz around the canteen that morning.



Conor then turned to his supporters on the Transition Programme to help him deliver the roses all over CRC Clontarf. Needless to say it was a day that the whole of CRC Clontarf smelled beautifully and our staff and clients were greatly entertained.

Conor's event raised €745.00 and the proceeds were used to purchase 16 new football kits for the adults in Training & Development.

Thank you to everyone who supported Conor's event.

## IRISH HEALTHCARE CENTRE AWARDS



The CRC Fundraising Department was shortlisted for the Irish Healthcare Centre Awards for the Wheelchair Swing project in the Fundraising Initiative category.

Although we did not win we are delighted that our hard work is being acknowledged by our peers and it gives us encouragement to do more great things for CRC clients, families and staff.

If you have any ideas or suggestions for a fundraising project, we'd love to hear from you!

[znewman@crc.ie](mailto:znewman@crc.ie) or [velliott@crc.ie](mailto:velliott@crc.ie)

## ANNUAL ART EXHIBITION BY CRC PARENTS AND FRIENDS ASSOCIATION

In February CRC Parents and Friends Association held its Annual Exhibition Of Paintings.

This year there was a total of 111 artists exhibiting 413 works of art. We had many artists who have regularly exhibited over the years and also artists exhibiting for the first time.

The submitted works covered many types of mediums from oils on canvas to mixed medium, watercolour, acrylic and pastel. There was an extensive range of paintings to choose from, beautiful landscapes, portraits and still life paintings, just about something for everyone.

The exhibition held in CRC Clontarf, is due to celebrate its 40th anniversary next year and is an event which is acknowledged by many artists as being one of the most popular art exhibitions at which to exhibit.

Thanks to the many sponsors and artists who support the Art Exhibition. Every year funds raised from the event contribute to two CRC Local Centres, the CRC Summer Project and also Clontarf School events held throughout the year including the CRC School Students' Graduation.

The exhibition could not be run without the continued support of parents and friends who generously give of their time every year to organise this wonderful and popular event.

## SCHOOLS ACHIEVE AN 'A' GRADE FOR CRC



Two wonderful schools in Dublin and Waterford fundraised for CRC during the last week of Christmas Term 2017.

### NEWTOWN SCHOOL WATERFORD

In early December one of the students in Newtown School, whose mother is a staff member in CRC Waterford, suggested that 2nd form students hold a Movie Day and Non-Uniform Day to benefit CRC Waterford.

In January 2018 CRC staff members, Ziva Newman, Tanya Brady and Veron Elliott visited Newtown School to meet the students and say "thank you" in person for their generous donation of €300.

Tanya, Ziva and Veron each gave a presentation to the students explaining about the work of the CRC and then participated in a lively question and answer session with the students about the CRC and the services which are provided.

We are very grateful to all the wonderful students in Newtown School who made us feel very welcome and who were



genuinely interested in knowing more about the work and clients of the CRC. Being the chosen Christmas charity of the Newtown School means the world to us and funds raised will go to support CRC General Services.

### ST MICHAEL'S SECONDARY SCHOOL DUBLIN

A big "Thank You" to Nicole, Kayleigh and Ciara, students in St. Michael's Secondary School, Finglas for their interest in supporting CRC and organising a Fun Movie Morning in their school. Kayleigh attends CRC for services and along with her sister Nicole and friend Ciara the girls organised a movie screening of "Home Alone" on the last day of school term in December. The girls decided to entertain their fellow students and at the same time raise money for charity. CRC was one of two chosen charities to benefit from the Fundraising Event and in January this year the girls presented a cheque to CRC Fundraising Department for just over €300.

These funds will support CRC General Services. Thank you to Nicole, Kayleigh and Ciara for their fantastic support and to everyone who supported the Fundraising Event. As always, your support means the world to us.

### TEAM CRC NEEDS YOU!

Calling all runners, joggers and walkers to support Team CRC in the 2018 Women's Mini Marathon on Sunday 3rd June 2018 @2pm

When you decide to join Team CRC and put on the blue t-shirt, you are doing something amazing. You're enabling over 100 CRC pupils between the ages 7-19 who have complex and multiple disabilities to enjoy sports, leisure, social activities and outings this summer. By fundraising for the CRC you will help us fund the Summer Project, a summer camp for the CRC pupils, and help our children have wonderful memories of their summer holidays.

We need YOU to help us get over the finish line so that our pupils and their families can benefit from the Summer Project.

Not only will your funds go towards a wonderful cause but we will give you all the support you need as you get ready for the Mini-Marathon. You'll also receive an invitation to Team CRC Mini Marathon meet-up to start and finish this challenge together and celebrate our fantastic accomplishment.

#### As an exclusive member of Team CRC you will receive:

- CRC Team t-shirt
- 2 Sponsorship cards (more available on request)
- An invitation to our pre Mini Marathon assembly to meet your fellow participants



To sign up contact Veron at 01-8542212 or [velliott@crc.ie](mailto:velliott@crc.ie) or [fundraising@crc.ie](mailto:fundraising@crc.ie)

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Facebook: [centralremedialclinic](https://www.facebook.com/centralremedialclinic)

# PARENT & TODDLER GROUP BOOK LAUNCH



**We were proud and humbled in February to launch a new booklet written by parents who attend a Parent & Toddler Group here in the CRC.**

The Group was started in 2000 as most parents felt that when they attended parent & baby groups in their local area their children were singled out as 'special' and 'different' to other children. Given most of these children had a serious diagnosis this increased their feelings of loneliness and alienation. The stories are very powerful and detail the surge of high and low emotions that come with being a new parent to a child that is born with conditions ranging from mild Cerebral Palsy to ultra-rare conditions that only affect a few people in the world.

We are grateful to Nina and Jack Fitzpatrick and CRC Social worker Deirdre Keegan who appeared on TV3 show Ireland AM to highlight the work of the group and their personal stories. The stories offer hope and inspiration to other parents who may have received a diagnosis when pregnant, or are awaiting a diagnosis, and tell of a Group that have navigated their way through a health system that can save lives, but is also broken in places. We are indebted to all the parents that shared their stories in an effort to help others.

# UPDATE ON SEVERAL CRC CAPITAL PROJECTS



## 1. CRC KILLESTER

It's always great to start with some good news, and what better than to tell you than the very exciting new hub in Killester has now been completed and handed over to CRC! This is a terrific new development for us and is the first time we have opened a new service in many years. We are currently furnishing the hub but the staff in Adult Services are throwing themselves enthusiastically into the task.

## 2. CRC SWIMMING POOL

The new equipment has been installed in the plant room for the main pool and the hydrotherapy pool, and we opened in February. This is great news for our school, our adults and the wider Dublin community who use the pool so often.

## 3. NEW GAS BOILERS IN CLONTARF

This project was probably one of the less obvious ones happening in Clontarf, but we have completed converting our old oil-burning boilers to brand new gas boilers. The gas boilers are installed and commissioned. This means going forward, CRC Clontarf will be greener and warmer. It also means that the folks in RTU won't have to worry about the recurrence of oil leaks, which resulted in them having to vacate their premises for most of 2016. So good news all round.

## 4. FLOOD AND DRAINAGE WORKS AT CLONTARF

As many of you are aware, the contractors have completed the first stage of their works, and have laid a temporary covering on the car park with temporary parking lines to facilitate users. The second phase at the rear of the site is due to be completed end of May. In the meantime, please keep with your current means of getting to work and thank you for your continued co-operation and patience. The CRC shuttle bus continues to work really well and there are plenty of spaces available in the Clontarf Rugby Club car park, while lots of hardy staff continue to cycle to work.

## 5. MASTERPLAN

The reception, dining area, boardroom, family room and activity room have now been completed.

The environment is so much brighter and welcoming and certainly more reflective of the modern and dynamic services we provide and the work that we do.

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

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