



CRC SCENE

CRC wins Charity Board of the Year

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Killester Hub Official Opening

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Welcoming our New Staff

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CEO WELCOME

We have had a very busy first half of the year and as we get an opportunity to enjoy the summer time, we can look back at some of our highlights this year so far.

This newsletter once again shows us a snapshot of some of the amazing work that we are engaging in across our services in every division and location.

In keeping with our strategic plan and ensuring the optimum management structure for the CRC, I was delighted to welcome Alison McCallion as Head of Operations and Catherine Stuart to the role of Head of Adult Services. I am so delighted to see our own talent emerge from open competitions as it is a focus of mine to develop and strengthen the management and leadership talent at all levels in the CRC.

Alison will lead on managing the day to day operations and will, in particular, focus on working with the management team on the integration of our different services to get the best outcomes for our children and adults.

It was great to see the official launch of the Ability program in May and to successfully deliver on the first year of the program.

The publication of our 2018 annual report is here and I hope you all get a chance to read it. Thank you all for your contributions to the report and in helping us reflect the work we are doing in a meaningful way.

I am delighted to support the Speech and Language Therapy department in their communication access initiative, I encourage all departments to engage with it and I look forward to the secret assessor visiting the CEO office some time soon!

We are putting the final stages on the staff engagement plan and will be reaching out in September to establish the first phase of the staff engagement group, we are also developing our website and look forward to engaging with you in terms of content and relevance.

Finally we should all be really proud to celebrate the CRC Board winning the Charity Board of the Year award. This is such a good news story for the CRC and a reflection of the progress we have made in governance and accountability over the past 5 years. Thank you all for your support to me and the Board in making this happen.

I hope you all get a chance to enjoy a break this summer and re-charge, rest & reflect on a great year so far and a busy time ahead.

-Stephanie Manahan
CEO of CRC

CRC WINS CHARITY BOARD OF THE YEAR

THE BOARD AND SENIOR MANAGEMENT TEAM OF THE CRC ARE DELIGHTED TO WIN THE AWARD FOR CHARITY BOARD OF THE YEAR AT THE CHARITY EXCELLENCE AWARDS 2019.

This award recognises a commitment to pursuing the highest levels of governance across the CRC.

The CRC Board, under the stewardship of the Chairperson, Carol Ann Casey, and formerly Kieran J Timmins, Chairperson 2014 to 2018, have been instrumental in establishing a comprehensive governance framework supported by the CEO Stephanie Manahan.

Thanks to our staff, supporters, volunteers & donors for working with us as we strive for the highest levels of governance for the CRC. Thanks to the children, families and adults who use our services and who have inspired us to go the extra mile.



NATIONAL CARERS' WEEK

CRC was delighted to be partners again in 2019 with Care Alliance Ireland for the 13th National Carers' Week which took place on the 10th -16th June.

The week brought together 12 partner organisations to provide a week of celebration and recognition to family carers across the country.

The aim is to acknowledge the care provided by 370,000 family carers who provide supports to children and adults with disabilities in their own homes.



CRC CLONTARF CARERS' WEEK

CRC Clontarf celebrated Carers' week with an opening of Carers' Week on the 10th June in the Canteen with a two piece musical performance by members of Tara Hill Band and a coffee morning organised by a parent in the Parents' Forum.

Cakes and scones were kindly donated by local businesses.

The week of events continued daily with sports stands, beauty treatments, yoga and mindfulness art. Of special interest was a talk on the basics of First Aid.

A Self-Care & Resilience workshop was delivered by a psychologist with tips for all of us on self-care & minding ourselves.

This week was essentially about celebrating carers and guardians and recognizing the unseen work they are dedicated to.

A big thank you to all the volunteers from clinical services and to Maria who ensured that Carers' Week was a success.



CRC CLONDALKIN CARERS' DAY

The event was well attended by carers (Parents and Grandparents) of children attending Scoil Mochua and outpatients.

CRC Clondalkin celebrated Carers' Day on the 14th of June 2019. The organisation of the event was a collaboration between the CRC Clondalkin Clinical Team, Scoil Mochua and the Parents Association. The day commenced with a Laughter Yoga Session, followed by a coffee morning hosted by the SLT Dept, with an amazing array of homemade cakes produced from the Nursing Department. The Physiotherapy Department organised an inclusive sports event where parents and carers could experience sport through the eyes of a child with a disability. A teacher from Scoil Mochua facilitated a Zumba Class in the garden. After all the activity, everybody was ready for lunch and a sit down, and the day ended with a BBQ where everybody had a chance to eat,

mingle and relax. Overall, it was a very positive day, filled with laughter, fun, good company and good food. We look forward to planning the celebrations for 2020!



CRC WATERFORD CARERS' DAY

As part of Carers' week CRC Waterford ran a day for carers on the 13th June.

The events organised were a Yoga/Pilates class with Nicola Kehoe physiotherapist and a cookery demonstration by our dietitian Mairead O'Sullivan. These were followed by coffee and although numbers were small it was very much enjoyed by those who attended with good positive feedback from all involved, both service users and staff.



NATIONAL VOLUNTEERING WEEK

As part of the National Volunteering Week CRC organised an Appreciation Lunch in Moloughney's Restaurant in Clontarf for our volunteers from all CRC locations.

Volunteers continue to remain an integral part of what we do and as such it is vital that the relationship we have with our volunteers remains strong and is mutually beneficial to both the volunteer and the CRC. Volunteering is at the heart of community based partnership and our volunteers live this quality on a day to day basis.

We are delighted to be celebrating the service of longstanding and recently joined volunteers and taking the opportunity to recognise and thank them for their respectful involvement with the CRC. It is essential that we continue to recognise and thank our volunteers in order to maintain the tradition of volunteering in the CRC.



CRC SUMMER PROJECT 2019

Fun times at the CRC!

It's July and the annual CRC Summer project is up and running! The Summer Project is a four-week Summer Camp for the pupils of the CRC School Clontarf and Scoil Mochua. The project is jam-packed with fun and creative activities such as CRC sports, dancing, boccia competitions, and crafts, cake decoration & sock puppet making. Our coordinator John White put together an interesting & varied timetable of activities. The 2019 programme included performances from the Garda Band in the sunshine with ice-cream cones for everyone. Also, very popular was Anna Banana who had everyone in stitches. The Summer Project would not be complete without days out and this year we had trips to new City Farm in St Anne's. We went to the movies, we went bowling, had a trip to Blachardstown Town Centre and a FAI Camp in CRC Clondalkin. On these days, and with great charm, John got everyone organised and moving in the right direction, all at the same time!

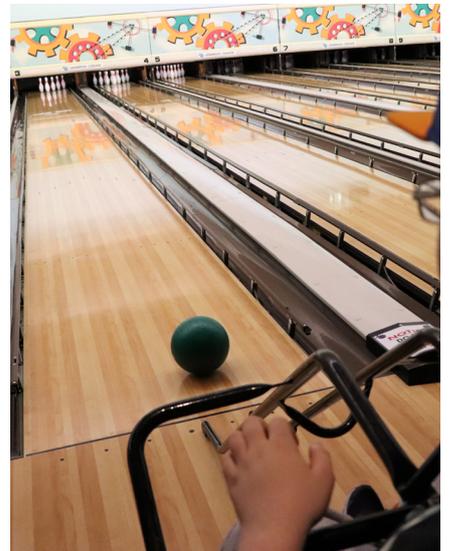
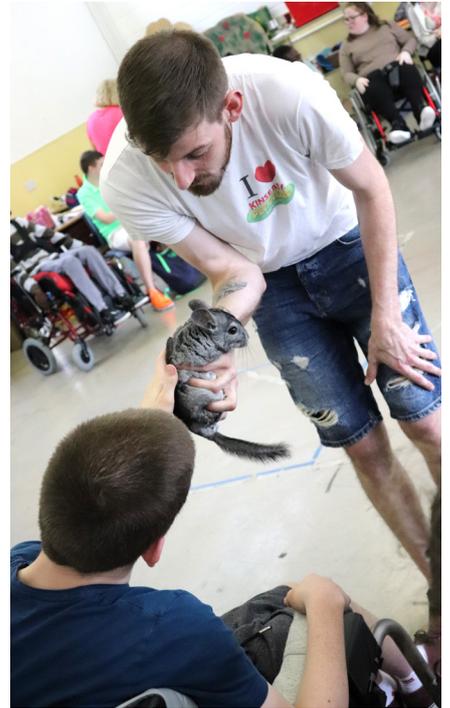
Our volunteers are an essential part of the success of the Summer Project. The volunteers are a key to encouraging the children's participation. Speech and Language therapy were on hand to support the volunteers with the children's communication needs.

The project would not be possible without our team of dedicated Health Care Assistants and Nurses led by Roseanna Hollinshead, Clinical Nurse Manager. All involved in the Summer Project are keenly aware that the Project provides a welcome break for parents and a fun, safe environment for the children. Maureen from transport was welcomed onto the project and did an excellent job coordinating the buses, drivers & bus escorts. Staff from many departments are involved in the Summer Project; Nursing, Transport, Catering, Human Resources, Accounts, Maintenance, Medical Office, Speech and language therapy and both Schools. The staff involved emphasised keeping a positive focus. This positive attitude enabled all those involved with the Project to work together to provide a fun and safe experience for the children.

- Aoife, Penny & Amanda
CRC Social Work Dept







KILLESTER HUB OFFICIAL OPENING

ON THE 22ND OF MARCH 2019 STAFF AND ADULTS HAD THE PLEASURE TO OFFICIALLY OPEN THE KILLESTER HUB. IT WAS A LOVELY DAY FULL OF SPEECHES AND WELL WISHES FROM SEVERAL PEOPLE WHO ARE CONNECTED TO THE HUB.

Our greatest thanks to Miriam O'Callaghan for her time and words to our adults, as well as our staff and supporters.

"It was great to be there and cut the ribbon on such a wonderful new hub - congrats to all involved."

- Miriam O'Callaghan
RTÉ Presenter

"I would like to thank the adults who have embraced the new location and made the new setting their own. And to the wonderful staff team, who continue the hard work in developing the Hub."

- Willem le Roux
Life Skills Coordinator

"Many thanks for your hospitality. It was great to be there and enjoy the event. I was really impressed that everyone was involved in preparing the videos and speeches and in hosting the event. Well done to everyone concerned. The adults seem to have a great time at the Hub and in associated activities. They have met everyone who is anyone, Miriam, Robbie, Shane Long, Mick McCarthy, Joe Schmidt."

We are delighted to be associated with the Killester Hub. The whole experience comes across as really positive and constructive for the people involved in it."

- Eddie Banville
The Care Trust

"Just a word of thanks for inviting us to the formal opening of the Killester Hub, earlier today.

Eddie and I were very impressed with the facilities and the holistic benefits that accrue to the adults. It's nice also to see, first hand, how funds from The Care Trust can play a part in delivering such beneficial outcomes."

- Senan Mullins
The Care Trust

"What a super morning we had with Miriam O' Callaghan officially opening our new Killester Hub for Adult Learners. We are delighted to see our Hub take off and be a place of independent learning for our adults, right in the heart of their community"

- Michelle Merrigan
Communications Manager, CRC





"Well done everyone thank you all for all your support. It was a fantastic day and a pleasure to meet Mirriam."

- Connie Richardson
Killister Hub User

"I wish you all the success and I will pop in to say hello."

- Annie Byrne
Disability Advocate

"It was a good day and thank you for coming every one."

- Carol Herdman
Killister Hub User

IRISH HEALTHCARE CENTRE AWARDS 2019

CRC have been shortlisted in three categories in the Irish Healthcare Centre Awards 2019 which will be held this September.

We are delighted and congratulations to everyone who has made these nominations possible.

Day Care Centre of the Year:

CRC Firhouse Day Centre

General Healthcare Centre of the year:

CRC Clontarf

Healthcare Fundraising Initiative of the year:

CRC Winter Gala Ball



ERASMUS GRANT

We are delighted to receive a grant from Leargas for the second part of the Erasmus + Project that started last year.

The 'Rights to Decide Two' is a structured dialogue programme that is building on the first phase of the programme. This programme gives an overview of Human rights, Advocacy, Safeguarding Rights, policy and how it affects people with disabilities. This programme will give young people an opportunity to engage in a dialogue around rights and their ability to effect change locally. This programme will run for one year. The Fundraising Department in collaboration with the Training and Development (T&D) Centre submitted a successful grant application and T&D were awarded a grant of €49,710 to facilitate this programme. Well done to Cian in Fundraising

and the team in Training and Development: Noel, Elizabeth, Catherine, Willem and everyone involved who contributed their knowledge and put so much time and effort into the submission of the grant application.



HOSPITAL SATURDAY FUND

€3,000 donation from the Hospital Saturday Fund

We are hugely thankful for the very generous donation of €3,000 from the Hospital Saturday Fund (THSF) which will be used toward the exciting project of developing a new Sensory Room in CRC School Clontarf.

The Hospital Saturday Fund are supporting the CRC for the third year in succession and were represented by Margret Rogers, Board Member THSF when she visited CRC in June to present the donation to CRC Head of Philanthropy Ziva Newman and Cian Dikker, CRC Trusts, Grants and Foundations Executive.



ECCLESIASTICAL MOVEMENT FOR GOOD AWARDS

In June CRC were selected to receive an Ecclesiastical Movement for Good Award of €1,120 and this was due to the wonderful response from CRC Staff who took the time to nominate CRC.

The award will be used to create a mosaic mural in the Killester Hub Courtyard. **Thank you** again to each and every one of you who voted for us online. We wouldn't have been successful without your help!



CRC ART EXHIBITION

In February 2019 The CRC Parents and Friends Association held its Annual Exhibition of Paintings.

This year there was a total of 135 artists exhibiting 435 works of art. We had many artists who have regularly exhibited over the years and 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 painting 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: Clontarf and Coolock, the CRC Summer Project and 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 their time every year to organise this wonderful and popular event. We welcome entries from CRC Staff and departments so if you are interested in exhibiting in 2020 contact Veron for further information.



AUGMENTATIVE AND ALTERNATIVE COMMUNICATION COURSE

In April 2019 the Speech and Language Therapy Department in CRC in collaboration with the Department of Clinical Speech and Language Studies Trinity College Dublin, held a three-day course for Speech and Language Therapists in Augmentative and Alternative Communication (AAC).

The course aim was to provide therapists with theoretical and practical principles to assess for, develop, and implement augmentative and alternative communication across a range of client groups.

Presentations from colleagues from ATSS and OT assisted in providing participants with a broad framework within which to work with clients who benefit from Augmentative and Alternative Communication systems.

There was lively discussion and participation during the course with lots of chat and ideas for future courses.



LÁMH SIBLING GROUP

The Lámh sibling group has been an annual event in the Speech and Language Therapy Department for a number of years.

The group is offered to siblings, aged 5 to 11 years, of children in CRC service who use Lámh as part of their communication. They learn about Lámh and learn some signs they can use with their sibling. The group runs for 4 weeks and each session is 1 hour. Each week the children choose signs to use at home. The focus is on learning signs within a fun environment and gives the children the opportunity to meet other siblings



TRANSITION YEAR PROGRAMME

In 2018 a transition year programme was piloted, initially developed by team members from SLT, OT, PT and HR departments.

Due to the great response and requests for CRC work experience placements the TY pilot initiative was rolled out again in 2019. A total of eight 4th year students attended and got a taste of working life across a number of clinical departments. The programme was run over 3 days between the 13-15th April 2019 and the student feedback was very positive. The TY programme is open to applications from local schools and CRC staff family & friends, so please spread the word for the next TY Programme in Spring 2020!



FUN AND GAMES IN SPEECH THERAPY

A games group was run in the speech and language therapy department for children between 8-14 years.

The group focused on social skills such as turn taking, learning how to start and maintain conversations, how to follow the rules of a game and how to ask and respond to questions. All of these goals were targeted by having fun and playing games with peers.



CRC ABILITY PROGRAMME LAUNCH AND GRADUATION

The CRC Ability Programme was officially launched on Thursday 30th May 2019 in Coláiste Ide College of Further Education in Finglas.

The launch was to celebrate one strand of the CRC's two strand Ability Programme, which was co-financed by the Irish Government and the European Social Fund (ESF) as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.

Based in Coláiste Ide College of Further Education in Finglas, this strand of the project aims to develop pathways through mainstream education for young adults with disabilities between the ages of 18 - 29 years. Using a range of Person-Centered Supports, the programme will support 50 students over a three year period, and equip them with the necessary skills and appropriate qualifications in order to progress on to employment or further education.

The launch on 30th May marked the end of a very successful first academic year of the CRC Ability Programme in Colaiste Ide. A total of 21 students of the programme successfully completed their first year of studies in mainstream education at QQI Levels 4 & 5, all of whom attended the launch party. The Minister of State, Damien English, was the guest of honour, and he officially launched the programme with a very heartfelt and inspiring speech, in which he commended all of the students on their achievements to date. Two of the students, Ciara Forde and Seán Heeley, also made speeches and spoke of their experience on the programme. Ciara started on a taster QQI Level 4 programme in January 2019, and is now going on to study QQI Level 5 Travel and Tourism in September 2019, as her dream is to work in Dublin Airport. Seán spoke of how his confidence and communication skills have grown since starting the QQI Level 5 Catering Programme, and how he now feels more self-confident in

pursuing a career in hotel catering. Stephanie Manahan was also present and congratulated all of the students and the Ability Programme staff team, with a special mention to Sinead Drew (Ability Programme Manager) and Alison McCallion in particular, for the hard work and dedication they put in to setting up the programme. The Principal of Colaiste Ide, Jean FitzGerald, the CEO of CDETBC Carol Hanney, and all of the Colaiste Ide teaching staff were there on the day to celebrate the partnership between the CRC and Colaiste Ide and the success of the programme to date.

The Ability Programme students also graduated with their fellow classmates from Colaiste Ide later that morning, with 17 Ability Programme students graduating from QQI Level 4 mainstream courses in Catering, Social Care, Retail, ICT & Securities, Horticulture and Sports, and 4 graduating from a mainstream QQI Level 5 Catering course. It was a very proud moment for all of the students, their families and the Ability Programme team, in particular when the following four Ability Programme students were awarded with Student Achiever of the Year in their class category:

Patrick Downes (QQI Level 4 Horticulture),
Cristina Fanye (QQI Level 4 Catering),
Cormac O'Brien (QQI Level 4 Retail)
Seán Heeley (QQI Level 5 Catering)

A great day was had by all, with even more success and achievement to come for the CRC Ability Programme students in the next academic year.

A launch for the second strand of the CRC Ability Programme (which is aimed at young adults between 16 -19 years old in CRC School Clontarf and CRC Scoil Mochua) is planned for later in the year.





COMMUNICATION ACCESS AWARD

Congratulations to the Catering Department in CRC Clontarf.

The Catering Dept. is the first department to be awarded the Communication Access Award by the Speech and Language Therapy department with the assistance of adult service users.

This award reflects the open, respectful and accommodating attitude of those who work in the Catering department in CRC Clontarf to anyone with a communication difficulty.

It was awarded to the Catering department following Communication Access training provided by the Speech and Language Therapy department and adult service users who experience communication challenges.

Following the training, a surprise assessment was carried out by one of our adult service users which the catering team passed with flying colours!



NATIONAL WELLNESS CONFERENCE

On 13th June 2019 CRC attended a national Wellness Conference organised by IBEC.

The aim of any wellness programme is to get an organisation to take steps, often simple ones, to make the workplace a better place to work for all staff. The consequences of this is that staff are healthier, happier more involved and ultimately feel more valued. There is strong evidence to show how having a healthy workforce can reduce sickness leave, lower staff turnover, lower stress and boost productivity.

This can only be good for the CRC staff and clients. At the conference, many employers who had embarked on the journey of attaining the IBEC 'KeepWell' mark for their organisation spoke of very simple but effective measures they took to improve the working lives of their staff.

"We know we need to get healthier as a nation, so the work environment, a place where we spend so much of our time, is an obvious place to start."

- Danny McCoy
ibec CEO

As Head of Human Resources I am very positive that CRC can take steps to improve the wellness of all staff members.

-Gerry Fallon,
Head of Human Resources



GAIT LAB IN JOURNAL OF BIOMECHANICS

The Gait Lab recently published in the Journal of Biomechanics, an internationally recognised journal.

Karen Brady's research focused on guiding quality assurance procedures to help us better understand the clinical implications of centre of pressure location error and determine a suitable threshold, that could be used to guide daily practice among gait laboratories. The findings suggest that anything larger than an 8mm error should be considered with caution. This is a valuable finding that will help guide other gait analysis laboratories internationally.



Journal of Biomechanics
Volume 92, 19 July 2019, Pages 155-161



Short communication

The impact of centre of pressure error on predicted joint kinetics during cerebral palsy and typically developed gait: A clinical perspective ☆

Karen Brady , Damien Kiernan

Gait Laboratory, Central Remedial Clinic, Clontarf, Dublin 3, Ireland

HARTSTOWN LOCAL CENTRE WEEK AWAY

A group of adults from Hartstown went to the Muscular Dystrophy Ireland (MDI) home from home respite apartment in Chapelizod on the 24th to the 28th of June.

Three women went from Monday to Wednesday; Emer Brennan, Elizabeth McCullough and Karren Smith, and three men went from Wednesday to Friday; Darren Crea, Fran Meehan and Gary Winston. They all really enjoyed the holiday but felt it was too short. The ladies had a great time and thought the group that went worked very well together and planned out everything they were doing as a team.

The group headed out into town for the day on the Tuesday and had lunch out and got a lot of bargains in Guiney's. They ordered in take-aways at night and cooked their breakfasts themselves in the mornings. The group found the house very accessible for the wheelchairs and they had a lot of freedom to do what they wanted and move around in the house, and they felt they were all treated like adults by the excellent support staff.

The men had a meeting when they arrived and planned out what they would like to do for the few days. This involved ordering takeaways, going the West County for dinner and spending a day in Liffey Valley and going to see Xmen Dark Phoenix which was fantastic. The building was very

accessible, and it gave the group the freedom to be more independent and there were TVs in everyone's rooms. A great time was had by all, so much so that they want to go again! Huge thanks to the staff who provided support on the trip.

-Gary Winston, Darren Crea, Fran Meehan and Emer Brennan



FIRHOUSE LOCAL CENTRE TRIP TO CUISLE

June 2019 and the annual Firhouse trip to the IWA Cuisle holiday centre in Roscommon went well as always.

The local staff gave their usual warm welcome and a full activity programme for the week meant that everyone had a ball. Shopping in Athlone is always a must, and beautiful weather for a picnic made the day. A trip to Turoe Pet Farm was a new activity and everyone was very impressed with the quality and accessibility of the venue, plus the chance to hand-feed the animals was fun. The week was rounded off with a trip to the cinema in Roscommon town, where the staff couldn't have been more helpful. All in all, a sunny, warm week with good company and great food made for an enjoyable break away for everyone.



BOUNCE DISCO CLUB NIGHT

**IT'S FRIDAY 17TH MAY.....IT'S 7.30.....
IT'S.....BOUNCE DISCO.**

Hi, I'm Bronwen O'Reilly from Training and Development. If you know me you'll know how much I love music and dance. So when I heard about Bounce Disco I was so excited, it was just up my street.

It was the first time Bounce disco came to Dublin. Bounce is a club night which is totally accessible and suitable to people with disabilities or intellectual difficulties. It's the brainchild of the 'That's Life' arts and personal development programme through Arts and Disability (adiarts.ie).

The venue?..... The 'Button Factory' in Curved Street in Dublin's Temple Bar area and was hosted by Dublin Dance Festival. Some of my friends from Transition Programme, Dane Williams and Tamika Blake were going. I headed home

early that afternoon to get ready while Dan and Tamika went into town for pizza in the Bad Ass café with some of the staff.

I was dropped to the disco later for 7.30. I was met outside by my keyworker Maria. When I got inside... WOW! The place was rocking as a live DJ pumped out some really great music. I was in awe of all the people there as I made my way over to my friends. They were up dancing with the staff and some of the staff and adults of the Lifeskills programme were there as well.

There was even a live band playing halfway through the evening. 'Electric Dreams' played their songs sharing their messages of inclusion and community with a great video backdrop with the words on. It was a fantastic night and such a great social evening where people could meet up with old friends too.

All too soon the evening was over. It was hot in there and I was thirsty. But I can't wait for the next one. So just remember next time you see it advertised, take my advice.....be there.



THE SEAFIELD SINGERS

In early January The Seafield Singers presented the Fundraising Department with a cheque for €4,000, proceeds raised from an evening of choral music which was held Christmas week in St. John The Baptist Church, Seafield Road.

What a great start to the year and thanks to The Seafield Singers, a fantastic Community Group who chose CRC as their charity beneficiary for 2019.



AGRI EXHIBITION IN THE RDS

Our names are Niall Monks and Ryan Murray-Burke and we are part of the transition Programme.

We would like to share our experience at the Agri Exhibition at the RDS Ballsbridge. We met our keyworkers Lorraine and Karl in the CRC and we took the CRC transport to the venue. We posed outside for some photographs and headed in to the busy venue.

“As I live on a farm, I was very keen to visit this venue. Monks’ farm is a very busy working farm and there is nothing I like better than to assist my family during the busy daily activities of the farm’s life” expressed Niall. “I was keen to see any displays of farming machinery, especially tractors, and we were not disappointed”.

Ryan Murray-Burke also shares a passion for farming work. “I enjoy hearing Niall’s news on his farm life and hopefully my plan is to visit Monks Farm for a short visit. Like Niall, I share a passion to see the farm machinery at work, especially tractors. When we arrived, we looked at all the stalls which gave farmers information to improve their farms. It was great to be around so many people who shared our interest in farm life”.

“The highlight of the day was getting



the chance to see a new state of the art tractor, and to allow virtual reality to show us work on a pig farm. We got lots for pictures and we would like to share some with you all. We had a great day” agreed Niall and Ryan.

CHAT IN MICROSOFT

On the 19th of June I went to a CHAT talk out in Microsoft.

This was my first time attending CHAT and I was excited because I love technology and was excited to see what was available for people with disabilities.

There were a number of guest speakers and I really enjoyed listening to everyone’s story especially Luke Higgins from Deloitte. Luke was speaking about promoting and achieving inclusive work practices and this made me really want to look for more work placement and eventually paid employment.

At the end of the day, we looked at a

sample letter to send to the Ministers to update them on the current assistive technology supports in Ireland and how we need more so people with disabilities are not left behind.

We had our lunch there afterwards and got to talk to other people from other organisations. I learned a lot about assistive technology, but I also found it complicated, so I would love to go to another event and learn some more!

- Michael Brown



STARS IN THEIR EYES

On the 30th May Coolock local centre held their very own 'Stars in their Eyes' in the Seán O'Casey theatre.

The drama group had been practicing hard for several months and each of their songs were rehearsed thoroughly. The enthusiasm from the adults, staff and drama teacher was infectious. Each adult performed their own rendition of a popular chart-topper song whilst everyone else enthusiastically danced and cheered them on. The show went on for about 45 minutes and was full of fun and impressive hidden talents! The show was that big a hit the adults are eager to show the whole of the CRC their talent in another 'Stars in their eyes' show in the canteen.



CHANGING PLACES

The team in CRC are running a campaign for changing places in the Blanchardstown Shopping Centre. As part of this process the adults visited all the toilets in the Blanchardstown Shopping Centre, and the newly installed Changing places in Dundrum.

Hartstown staff and clients met with the senior management of the Blanchardstown Shopping Centre and they are fully willing to work with us on. The adults then helped to make a video and posted to Facebook about what changing places is and using Dundrum as a positive example of this.

Hartstown local centre has established a focus group from local community groups and is in regular communication between them to support the case moving forward in line with other developments around the country.

Following on from this Karren Smyth and Jean Richardson attended an invitation on the briefing on the Community Participation Bill 2019 at Leinster House. This is where Senator John Dolan highlighted the need to change the laws in Ireland to be more in line with the UNCRPD.

Michelle Merrigan and Annie Byrne presented to the Local Community Development Committee of Fingal County Council, in an effort to increase the number of Changing Places in the area, and in buildings fit for retrofit.



ART IN THE PARK

My name is Nicole Clifford and I attend CRC Rehabilitative Training Centre. This year I did art classes with Alex.

On Mondays we went to the studio in St. Anne's Park to work on our art pieces. I have learned how to paint with watercolours and oil paint. I worked with clay as well.

My friends and I exhibited our work in The Red Stables Exhibition Hall in May. It was my Person-Centred Planning goal to exhibit my art. I am very proud and happy that so many people came to see my work. I will do art class next year as well.

- Nicole Clifford



SAILING FOR RTC LEARNERS

This is the fifth year the centre has enjoyed a sailing evening courtesy of Sutton Dinghy Club (SDC)

The learners from RTC went on their annual sailing evening on July 11th. The club is situated on Sutton Creek on the southern side of Howth Head. This event is facilitated with the support of junior and senior members of SDC. They hire in wheelchair accessible boats from Disability Ireland to accommodate our wheelchair users.

As well as sailing in dinghies, the learners also got to experience power boating in the club's power boats. Safety is paramount in SDC and Amanda O'Connell (RTC & SDC) assessed and allocated jobs and activities for the learners accordingly.

The evening was compliments of Sutton Dinghy Club. To date the club have hosted sessions for RTC, Clontarf Day Centre and Transition Programme.

Feedback from learner's experience:

"I got on the rib which went very fast. Then I got on the sailing boat with Oisin. The sailing boat was my favourite. After the sailing I went swimming in the sea. I usually swim in the pool on Fridays, but I loved swimming in the sea. The best part of the evening was the barbeque especially Pdraig doing an American accent as he flipped the burgers. I really had a great day sailing in Sutton and would love to go back."

- Kate Coyle



‘MAKING A MARK’ PROJECT

My name is Ifiok Umo. In June my friends from RT and I took part in a project with the National Gallery of Ireland called ‘Making a Mark’.

Caomhán Mac Con Iomaire came to CRC to talk to us about the exhibition and then we went to the gallery to see the exhibition called ‘Making a Mark’. The following week we had a monoprinting workshop with Caomhan and Alex in the art studio in the gallery. I enjoyed the workshop because it was interesting, and I have learned new skills. I would recommend it to my friends.

- Ifiok Umo



WATERCOLOUR WORKSHOP IN ST. ANNE’S PARK

My name is Philip Noonan and I did the watercolor workshop with Alex in St. Anne’s Park.

We started with a walk at the sea front and then through the park. We sat near the duck pond to do our sketches. Then we went to a studio in The Red Stables to paint it with watercolours. I liked the workshop because I could be out and about with my friends. I love doing art, it makes me happy.

- Philip Noonan



LAUGHING OUT LOUD

What could be better than supporting the Comedy Show and enjoying a stellar line up of some of Ireland’s best comedic talent?

Well, that’s what CRC staff did in February when they attended the annual fundraising comedy night in Whelan’s Music Venue. The organisers of the gig, Jonathan and Sarah, the parents of Poppy who attends Scoil Mochua, shared the proceeds with the CRC, which were donated towards the Summer Project.



DUBLIN CITY MARATHON

Meet Lynda, recently appointed as one of the new CRC School secretaries and who is taking on the Dublin Race Series.

Starting on July 21st with the South Dublin 10k, the Frank Duffy 10 mile on August 24th and the Dublin Half on September 21st and then, for good measure throwing in the Great North Run in Newcastle on September 8th (another half marathon).

This is all building up to the first (and only) marathon – Dublin City Marathon on October 27th in which Lynda is participating. To quote Lynda, “I’ve supported friends and running buddies for the past few years and always enjoyed the atmosphere on the day. I was so jealous of some of the girls last year it seemed like a good idea to give it a go myself.” With very little persuasion and no arm twisting, Lynda has volunteered to also use this opportunity of participating in her first marathon to raise funds for the CRC School Sensory Room Project and will set up a Go Fund Me page very soon. You can also call into the CRC School Office if you wish to sponsor Lynda and offer her support. We will keep you posted on Lynda’s progress.... best of luck Lynda.



WOMEN'S VHI MINI-MARATHON

Thank you to our wonderful Team CRC who walked, jogged and ran again for CRC in the VHI Mini-Marathon 2019 on a glorious June Bank Holiday weekend. You were just amazing!

Our 'CRC Dream Team' participants were full of energy and excitement as they met up before the start of the 10km run.

Introductions and chatter finished and eager to get going, the ladies headed off to the start line and disappeared into the crowds. What a day they had with personal best times achieved by our very own Anna in CRC Catering Department and Alex from RTC.

Team CRC was joined by a couple of mums whose children attend CRC services and Clontarf School. The team generously raised over €2,500 that will go towards the Summer Project.

After the race the CRC Dream Team then met up in The Alex Hotel to enjoy post-race celebrations and well-deserved refreshments.

Thank you Laura, Anna, Alex and Virginia!
Ladies, you were fantastic.



PYONGAN (NORTH KOREA) MARATHON 2019

On April the 7th this year Tommy Crampton completed the Pyongyang marathon in North Korea with a fellow Raheny Shamrocks club mate Colm Cassidy, two of only three Irish participating.

I had spent the last four years completing the Abbott World Marathon Majors; London, Berlin, New York, Chicago, Boston, finishing in Tokyo in March.

I embrace challenges so North Korea was always on my bucket list for a marathon. The only way in is through Koryo tours based in Beijing, the entry point into North Korea. It involved a lot of form filing, and signing a declaration stating if I did anything wrong or acted inappropriately or insulted anyone I would face severe consequences! After an Air Korea flight from Beijing we landed in Pyongan and had to surrender our passports on entry, which were only returned when leaving the country.

After a brief integration from Korean army officers (in great uniforms) we gained entry. We always had a Koryo tour escort with us, plus a government escort; we couldn't leave the tour group at any time. We were whisked away to the only tourist hotel, which ironically is on an island in the middle of a large river flowing through the city.

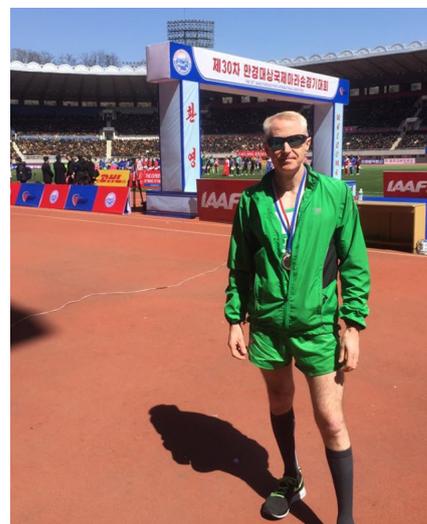
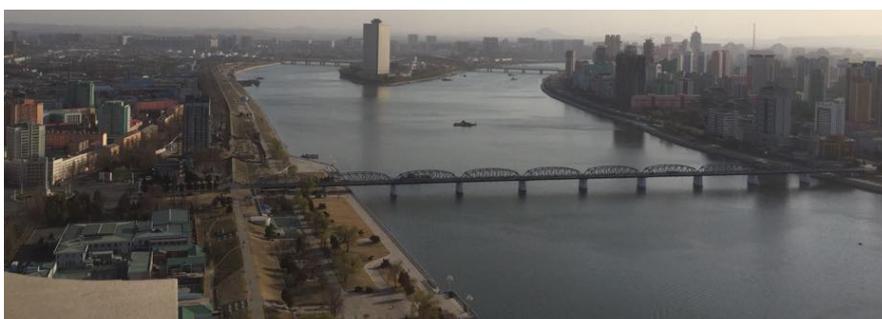
On arrival we were then taken on a city tour and a tour of the marathon route. The marathon started and finished in the National stadium with 40,000 Koreans cheering us on. The route took us through the city, out to remote country side and then returned. The city itself is modern and extremely clean, however not many people seem to live there with hardly any traffic as they're not allowed own cars! We had lots of lovely happy kids on route cheering us on however some of the crowd did look somewhat staged.

Finishing the race in the stadium was a special experience, however there was a four hour marathon cut off after the stadium gates closed for an official closing ceremony, with some runners being left to walk around the back of stadium.

The ceremony took place in front of a balcony of army chiefs, the Great Leader unfortunately did not make an appearance! My club mate and friend Colm came 3rd overall in the Non-national section and was up on the podium; Non-nationals are not allowed win, only Koreans.

A trip and experience that will stay with me for life. Anyone interested, Koryo tours offer walking / running tours of North Korea.

- Tommy Crampton
Coolock Local Centre Manager



CAMINO FUNDRAISING WALK

With great enthusiasm Deirdre Kilrane, teacher in CRC School, went all out with her fundraising efforts for the CRC School sensory room and wow, did she deliver!

Deirdre decided to walk the Camino in April and she was magnificently supported in reaching her fundraising goal by CRC staff, parents of the students in CRC School, family and friends and has raised to date just over €4,500, what an achievement. Before she did her epic Camino walk, Deirdre organised the school's mini Camino to St. Anne's park and back. Everyone had a great time.



BRONZE AT EUROPEAN CHAMPIONSHIPS

Ireland take home Bronze at the 2019 European Softball Co-Ed Championships which took place from the 16-21st July in Budapest, Hungary.

What an incredible journey it's been! Not many teams come home with a European bronze medal with a sense of disappointment which truly shows the belief and ambition within this team.

With wins over Belgium, Italy, Bulgaria and defending champions Germany, Ireland found themselves in a strong position early on needing just one win from the next 3 to secure their place in the gold medal match. Unfortunately,

a 1 run loss to the Netherlands ultimately denied Ireland a place in the elusive gold medal match following a defeat to Great Britain. Ireland defeated Czech Republic in the bronze medal match; a win a day earlier against the same opposition would have seen Ireland play for gold. Ireland have secured their position amongst Europe's elite with the top 3 teams qualifying for the 2020 World Cup. Éire Abú.

Congratulations to Karen Brady, from CRC GAIT Lab, and her softball team mates!



SPORTS & SOCIAL CLUB: SEA CAVE KAYAKING

The Sports and Social Club was off to Hook Head in Wexford for a sea cave kayaking experience.

Sea Cave Kayaking is a truly unique and exhilarating way to explore the beautiful coastline. The visually stunning natural area around the Hook Peninsula in County Wexford is steeped in jaw-dropping historical stories with a rich heritage and diverse wildlife.

After a tutorial in kayak manoeuvres, the group were out to sea. While easy at first, it became tough going once the group were further out and against the wind and tide.

The group tackled the sea conditions like Spartans and made it out and back excellently, except for one sports & social club member who was mucking about in his kayak and capsized, hahaha. Don't worry he was fine about it.

The coastline was packed with hidden gems such as golden sandy beaches, coves and an impressive variety of Sea Caves. After a pit-stop on a hidden beach for some hot chocolate and biscuits, it was time to head back to the mainland.

A fantastic time was had by all. If you are interested in activities such as this, consider joining the Sports & Social club. We run social events monthly.

Contact SportsandSocial@crc.ie



WELCOME TO THE CRC TEAM



Cian Dikker, Trust & Foundations Executive, Fundraising, Clontarf



Arantxa Talukdar, Fundraising Events Assistant, Fundraising, Clontarf



Meadhbh O'Hanlon
Senior Physiotherapist, MISCP, Clontarf



Richie Casey, Programme Co-ordinator/Trainer, CDETB, Raheny



Lana Mitchell, Liaison Officer, Pobal Ability Programme, Coláiste Ide



Elizabeth Gebru, Community Support Worker, Clontarf Local Centre



Harry McCabe,
Maintenance, Clontarf



Joanne Kehoe, CNM2,
Nursing, Clontarf



Ivan Whyte, Community Support Worker, Hartstown Local Centre



Mairead Murphy,
Senior Physiotherapist, Clontarf



Klelia Nikolopoulou, Senior Physiotherapist, Gait Lab, Clontarf



Carol O'Meara,
Senior Dietitian, Clontarf

WELCOME TO THE CRC TEAM



Frank Fitzgerald,
Driver, Clontarf



Graham Whelan,
Project Manager, Maintenance, Clontarf



Grainne Clune, Home Respite Worker,
Social Work, Clontarf



Natasha Gleeson, Community Support
Worker, RT, Clontarf



Lesley Kennedy,
Nursing Assistant, Clondalkin



Kerryn Pollard, Basic OT, Clontarf



Ruth Hanley,
Senior OT, ATSS Limerick



Fiona Taylor,
Senior SLT, Waterford

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 on 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 :)

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