

**ISSUE 3**  
DECEMBER 2016

# Discovery

The Magazine for CRC Adult Services



## SUPPORTING:

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PERSON CENTREDNESS

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ACTIVE CITIZENSHIP

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COMMUNITY

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INDEPENDENCE

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TRAINING & EDUCATION

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LEISURE

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# INTRODUCTION

Dear Readers

Thank you for taking the time to read our magazine. You may have noticed that the magazine name has changed to Discovery, the Discovery magazine contains stories written in the most part by the adults that attend Adult Services. The magazine shares their stories of discovery; where they find their strengths, talents, realise their potential and work hard at independence.

Our role in Adult Services is to provide a service that positively contributes to the lives of the adults we support. We aim to provide an individualised service with choice, which supports the whole person, while including areas such as health and wellbeing.

As you can see from the varied stories, the CRC Adult Services means different things to different people. For some the CRC is a place to socialise, meet up with friends, a place to belong. For others the CRC is a stepping stone on to further education, such as the National Learning Network, Killester College, Larkin College or Colaiste Ide. The CRC is a support to Adults as they work on their individual life goals, for example travelling independently on public transport, successfully completing a Junior Certificate subject, progressing to Mainstream College, developing new and unique talents and hobbies. The CRC is a support to adults who want to experience different things, to get out and about in their local communities, to interact with new people and learn practical life skills for example, ordering a coffee or lunch and managing their money.

Many of you may be aware that Adult Services have an Adult Services Council, which includes 11 representatives, of adults who attend the service. The Council is growing from strength to strength and they have recently completed their Human Rights training. They have included their newly written mission statement in the magazine, for your information. They meet on a monthly basis to review issues relevant to the adults in the service and we will be hearing more from them over the coming months.

Finally to all CRC staff, the Adult Council and the adults they represent would like to wish you all a very Happy Christmas and thank each and every one of you for your openness and support over the last year.

Happy Christmas to you all.

Alison McCallion  
*Head of Adult Services*



# NEW DIRECTIONS

## LATEST NEWS FROM THE ADULT SERVICES COUNCIL

The Adult Services Council is working well and currently engaged in training on the United Nations Convention on the Rights of Persons with Disabilities.



This is about Human Rights for all. I want to stress that the Adult Services Council is for all and not just for the council members.

### OUR MISSION STATEMENT

WE ARE A GROUP DRIVEN BY TRANSPARENCY TO:

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Share information and inform

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Represent adults voices and individual issues

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Encourage adults to take control of their life choices

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Participate and be involved in CRC Adult Services and its future development

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Participate constructively as part of the CRC team by engaging, lobbying and exploring new possibilities

Each CRC Adult Service has representatives on the Council and we would love to hear from you.

## TRANSITION PROGRAMME - A GLIMPSE INTO THE DAILY ACTIVITIES OF BRONWEN

My name is Bronwen O' Reilly, I have been in the Transition Programme since July 2015.



*(Article written with support from key worker)*

During this time I have been involved in various activities that have helped me become more involved in my local community and the CRC. One of the activities I do is a Drama class on a Tuesday in St Brigids Resource Centre in Killester, I really enjoy these classes as I get to meet a variety of people with a mix of personalities, this class helps to build my confidence as I am always encouraged to have great fun and to show my acting skills.

Another activity I have recently started is swimming classes on a Wednesday in the CRC. I thoroughly enjoy these as it gives me a chance to completely relax in the water and I get to meet other learners from the CRC. This was one of my goals in my PCP and it has been achieved due to the support and commitment of the people around me.

I have recently joined my local library in Raheny. Once a week myself and my Key Worker take a bus to the library where I get to choose a book that I enjoy, it gives me an opportunity to meet different people within my community.

What I enjoy most about my time in the CRC is that I am been involved in my local community and I get a chance to meet different people and experience different things in a supportive environment.

## FIRHOUSE LOCAL CENTRE – GLADYS O'NEILL

I became disabled three years ago and my world was becoming completely closed off.



I had very little contact with the outside world and was living in my own little bubble. I had never heard of the CRC in Firhouse and when I was asked, I was not sure but decided to give it a go. I'm so glad I did. The staff are all very kind and caring and the people who attend there were so friendly and welcomed me and made me feel comfortable from the start.

I have been attending twice a week for over a month and so far it has been a very positive experience. I attend Wednesday and Thursdays. I am learning to paint on Wednesday mornings and in the afternoon there is a music session. Thursday is Yoga class and a lovely lady comes in to do your hair if you want.

I think I have found a place where I feel like myself again and I think it is fair to say the CRC is a lifeline that I am so grateful for.

# NEW DIRECTIONS

## REHABILITATIVE TRAINING CENTRE – RELOCATION OF WOODWORK CLASS

R.T.C. Woodwork class relocated to Ardscoil La Salle in Raheny has been a great success, the learners, the support staff and myself as woodwork instructor have all experienced many advantages in this move and we would like to thank you for facilitating this for us. This is a move into the Community away from a segregated setting and the woodwork group are linking into Community based resources in line with “New Directions”.

### PLEASE SEE SOME OF THE ADVANTAGES OUTLINED BELOW.

- Excellent classroom environment with plenty of space for learners.
- Excellent tools that are well maintained and easy to use.
- Extremely helpful staff, particularly the Principal and school woodwork teacher.
- The environment facilitates the learners to produce better woodworking projects and collections of works for their QQI Certification.
- Stable woodwork benches and vices for all learners enabling learners to be more accurate and safe.
- The room facilitates wheelchair users very easily and improves their experiences.

All in all we believe the learners are very happy with the move and they have informed me on many occasions of the benefits of the extra space and great woodworking facilities. We have also had many positive interactions with the other C.R.C. group in the building and do not feel isolated in any way.

### COMMENTS FROM THE LEARNERS AND SUPPORT STAFF ABOUT THE MOVE TO THE NEW WOODWORKING FACILITIES.

**LEE FITZSIMMONS** - “It is easier to cut things; the woodwork desks hold stuff better so we can work on them.”

**RYAN DALTON** - “I was wishing for this, it is easier to clean up here, woodwork needs this room.”

**CATHAL O MALLEY** - “It’s good crack here, I don’t have to wait for tools, they are all here.”

**MICHAEL BROWNE** - “I like the atmosphere; I find the facilities here unique.”

**DEANTE TROY** - “I tried woodwork on my trial week, there is more room to move around here, the other room seemed too small.”

**DAVID GIBLIN** - “There is more space to move around, there are more tools, the old room was a bit confined.”

Thanking you for your continued support. If you have any questions please contact me.

Patrick (Woodwork Teacher)

## REHABILITATIVE TRAINING CENTRE – VISIT TO GOOGLE BY CATHAL O MALLEY



### Myself and few friends from Rehabilitative Training Unit wanted to visit Google Ireland.

We met Kuba Kocinski in the main reception of Google DOCS building. Kuba introduced us to his colleagues Jean, Sara and Loraine. We all needed to check in and printed out our badges. We took some photos and then we took a lift to the 11th floor which they called “Ocean 11”.

I was very excited, we could see all over Dublin from that height, there was a Bus Garage, Shelbourne Park, Aviva

Stadium and the most important for me a train station and all the train tracks. Trains are the love of my life and I was happy to see them from the window.

Then Kuba took us to the 9th floor which they called “9th Cloud” as it is between the clouds. It is their training room. We had a Quiz about Google and I won a notebook and a pen. Then we went for lunch to the Google Canteen, we had to pass through their offices to get to the canteen.

I could stay all day and look at the views of Dublin. It would be nice to have a work experience placement there in the near future.

## REHABILITATIVE TRAINING CENTRE – DRAMA GROUP – SEAN O’CASEY THEATRE

**Drama is one of my favourite subjects. We study and practice it every Wednesday in RTC.**

In the morning we study in the RTC classrooms. In the afternoons we rehearse in the school gym. Every year we put on a professional standard production in a theatre. We also attend plays and visit places of theatrical interest.

The morning class consists of researching the project we are working on and writing our play. We use the internet to study Drama on YouTube, Wikipedia and many sites dealing with performance and storytelling. We also research lighting and sound design as well as costume. All of this we record in our QQI level 3 logbooks.

Our plays are typically our way of staging famous stories. Most recent productions were Oisín and Dracula which we wrote in everyday language. Our drama teacher showed us plays that RTC did in the last few years for the Trinity College Players Shakespeare Festival. Macbeth, Romeo and Juliet and Hamlet were all told in language everyone can understand.

This term we are studying different

types of theatre from around the world. We will be putting on a play featuring theatre from Europe, The United States, New Zealand, Japan and Hong Kong. Last week we went to the Abbey Theatre’s costume warehouse in Finglas to look at costumes from around the world. It was brilliant. The staff were nice and friendly.

**The play has got a working title of Around the World and will be staged after Easter in the Sean O’Casey theatre in East Wall.**

We’ve already been on stage in the Sean O’Casey this June when we staged Oisín. It was really exciting and so much fun. It’s a 150 seat theatre with a really cool lighting system. We got to dress up and do sword fighting with light-sabers. We were very well prepared so there were very little nerves. The audience were very impressed.

Our rehearsals in the School Gym are great fun and we have lots of space to practice our big set piece scenes. Apart from the light-saber fights we created a forest, a Viking style long boat and we had a big wedding scene at the end. I can’t wait to get back on stage.



## REHABILITATIVE TRAINING CENTRE – INDEPENDENT TRAVEL

**Kate Coyle joined the RTC in September 2016. Kate lives in Dublin 7 and one of the first things she did when she joined the CRC was Independent Travel Training.**

Kate now travels to and from the Centre getting two buses each day. Kate said this was “very nice as I can travel now on my own”. Kate said Rodger from Dublin Bus was “very friendly and helped me a lot”. Before joining the CRC, Kate got a bus outside her house to her school.

Kate particularly enjoys Drama class and

Food Choice and Health. Kate said “I enjoy cooking as we get to cook new things like pasta and muffins”. Kate also said she enjoys wearing the white coat for cookery as it makes the class more fun.

Kate recently visited Malahide Castle which she really enjoyed and had something to eat afterwards in Avoca.

**Kate is enjoying her time in RTC and she has met lots of people and made many friends among the other trainees.**



# EDUCATION & EMPLOYMENT ACHIEVEMENTS

## AMANDA FARRELL – REHABILITATIVE TRAINING CENTRE

I was asked by my Key Worker to take part in a study for Person Centred Planning by the National New Directions Implementation Group. I was one of ten people selected from the whole country.



I was interviewed by a lady called Teresa and I felt a little nervous before the interview. The interview lasted two hours and I was asked lots of questions. My keyworker and training manager were also present at the interview.

Teresa asked me questions about my life and experience and I told her I left St. Mary's in Cabra in 2013. This is a school for deaf girls. I then came to the CRC. My dream was to go to college and I achieved this as I'm attending Killester College and studying Business Studies (Level 5).

Teresa asked me questions on supports I receive from Killester College such as interpreter and note taker. I told Teresa I had both of these supports. I told Teresa that I can travel on my own from Killester College to the CRC. I also travel by train from the Naul to the Deaf Village Cabra and do my work

experience every Friday. I love working there and its great experience for my future job.

Teresa also asked me questions about my family such as my mother and auntie. I told Teresa I get lots of support from my family and friends.

Teresa also asked if I had challenges communicating with people. I told Teresa I can communicate with people very well but I need an interpreter in class as sometimes Tutors may speak too fast. I also think people should use short words not long words when communicating with deaf people. Deaf people use sign language when communicating with other deaf people.

My PCP helped me achieve my goals, when I finish College I want to work in a job that involves business and computers.

## MARK BURKE – CDETB PROGRESSING TO MAINSTREAM EDUCATION



**Mark Burke started his training with the CRC in the Rehabilitative Training Centre, during his time in RTC, Mark achieved a number of QQI Level 2 & 3 Component Awards.**

Mark then progressed on the CDETB Employability Skills Programme where he achieved a QQI Level 3 Major Award in Employability Skills. Mark also achieved an extra Component Award in Planting and Potting by Hand while on the CDETB programme.

When Mark started on the CDETB programme he explained he had a keen interest in sports and the gym. His dream job was to become a fitness trainer.

Working on his progression plan Mark had identified that he would like to progress on to a fitness or sports course to help him reach his goal of becoming a fitness trainer. Mark researched a number of courses and finally settled with Cloiste Ide's Level 4 Sports Course. Mark was very excited at the prospect of entering mainstream education and progress on to a course he felt could really make his dream job a reality.

Mark has informed me he is really enjoying his course and making new friends and loves his physical class with his gym teacher. Mark is now doing subjects like Communications, Application of Number, IT Skills, Human Biology, Career Planning, and Health Related Fitness.

It is great to see a student progress on to a mainstream college in the community with a long standing reputation such as Colaiste Ide.

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## CONNIE RICHARDSON – LIFESTYLES PROGRAMME

In September 2014 I started studying for my Junior Cert English exam. Before getting to this stage I was supported by my family, keyworker and managers in the Training Centre who also linked me in with a support worker from Spina Bifida Hydrocephalus Ireland.

Studying for my Junior Cert involved media studies, writing stories and learning how to answer questions from a piece of comprehension. We were encouraged to read too, the book I most enjoyed most was "Mr. Whippy" by Cecila Ahern. We also learned about poetry and how the poet can express

their feelings through poems.

The big exam day arrived in June 2016, I was very nervous but answered all the questions as best I could. After the exam I was very tired but very proud of myself for completing the exam, I could relax now until the 2nd week of September when the results were out.

I was nervous again collecting my results and so delighted to achieve a C Grade along with a Certificate. It was great to actually take part in the Junior Cert, I enjoyed the journey and now have another achievement for my CV.



## WAYNE CURLEY – COOLOCK LOCAL CENTRE

Wayne Curley recently embarked on an exciting new educational challenge with Dublin City University (DCU). Wayne successfully attained a place on the DCU Professional Development Module: Improvement Services with Cooperative Learning (Level 8 NFQ).

The course involves a cooperative approach with participation from a family member Wayne's sister, a staff member and Wayne. Formal assessment on the module will be through continuous assessment.

The project is about creating meaningful educational opportunities for people with disabilities, carers and service providers. Learning together in a third level setting with assessment that focuses on effecting service change, which is interesting and challenging.

Wayne has chosen to investigate the whole area of transport for his project and how this impacts people with disabilities.

Best of luck to Wayne and his team!



## CIARAN SHIELS - CDET B - FIRST STEPS PROGRAM

I have always loved working with my hands and being outdoors. It's no surprise then that my favourite module, when I was a student on the Employability Skills Programme, was called "Planting & Potting by Hand". With this module, we got to go down to our polly tunnel down in St Annes Park and put the horticulture theory into practise.

I got my work experience placement in Farmleigh House in Phoenix Park for six weeks. I really loved working there and I got to learn loads of new skills whilst working in a supportive team. The walled gardens and the Clock Tower in Farmleigh are just beautiful and well worth a visit if you are ever in the Park.

During my end of course progression

meeting, I was encouraged to apply for the First Steps Program through my local Intreo office. This is a brand new program and it's designed for young people aged between 18 and 24. The CDET B team supported me with the registration and interview steps and thankfully I was successful in getting a gardening/maintenance internship with the National Council for the Blind of Ireland (NCBI).

It's great working here in NCBI. Everyday there are lots of different jobs for me to do, so it is all very exciting. I am hoping that in the future I will be offered an employment contract in NCBI.

By the way I still love working with my hands and being outdoors!



# OUR VOLUNTEERS

## HAZEL & ME BY AARON HENNESSEY



**Hello I am 17 months on the CDETb programme and my main goal is to progress onto further education.**

I know that literacy is a barrier to me taking part in further education so I work one to one with our volunteer Hazel, who has been a huge support to me.

Hazel is very helpful, she is a great teacher and very good at her job. Hazel stay's back with me after classes are finished to help me understand what I learned in class, she will sit with me and go over what we learned until I understand. This helps me with my course work and improves my reading and writing.

Hazel is a very kind and nice person as she gives up her own time to help

me. I was very worried about my work and getting my modules completed but Hazel has helped me "big time".

**I now feel that with the help Hazel has given me I will reach my goals and this has improved my confidence.**

Hazel had been shortlisted to the final three in the Volunteer of the Year Awards, in the Health and Disability category. She has been invited to the Volunteer of the Year Gala in City Hall where she will receive a certificate on the night and we hope she wins the award as she's been a great help to me and the other trainees on our programme.

## LIAM & ME BY STEPHEN GLYNN



**My name is Stephen Glynn, I attend the Lifeskills Programme in the CRC three days a week.**

Each morning I meet with Liam, Liam is a volunteer on our programme and helps me with my Numeracy and Literacy skills. Liam worked in the CRC for 36 years and he's been a volunteer for 11 years. He also helps four other people

on the programme with their Numeracy & Literacy. Liam's support helps me achieve my goals and has given me more confidence with my reading and writing.

Liam says that helping us is very satisfying as it keeps his mind active. We are grateful to Liam as he is very kind, patient and we really enjoy working one to one with him.

## LIFESKILLS & LIFESTYLES – KNITTING & STITCHING GROUP



**Every Wednesday Mary volunteers as a knitting & stitching teacher in our training centre.**

Mary has many years of experience and is a great help and support to us with our knitting & stitching crafts.

Since Mary started volunteering over a year ago our group have completed many individual projects. Some examples are phone wallets, knitting bags, scarfs, hats, table mats and knitted patchwork blankets. One

member of our group works on the sewing machine and alters her own clothes so they fit better.

As a group we are delighted that Mary chose to volunteer with us, she understands all our individual needs and finds different techniques and ways for us to complete our crafts. We really enjoy our Wednesday group and are so proud of the crafts we've produced and would like to thank Mary for all the effort and support she puts into the group.

Wednesday Knitting & Stitching Group



# COMMUNITY

## CLONTARF LOCAL CENTRE: THURSDAY COMMUNITY GROUP



“What we enjoy most about the outings is being out in the fresh air, meeting and chatting with people, going to different places”

**For the last number of months, we, the community group, have been out and about, locally and a little further afield every week.**

We started off going to St. Anne's Park for a walk for an hour however, we now go to various places each week. Sometimes we use C.R.C. transport, other times we make our own way if transport is not available. We don't

always stay together as a group, sometimes we go off and do and see what we want to do as individuals.

We have gone for a coffee in our local coffee shop, we have gone bowling, browsed around shopping centres, a Jobs Fare, and into the city centre on the dart and bus.

What we enjoy most about the outings is being out in the fresh air, meeting and chatting with people, going to different

places, and then planning where we want to go next. We've all done new things and we've also been able to practice skills such as our mobility outside or ordering in a café which has increased our confidence.

Some of the challenges we have encountered so far have been time limitations, lack of transport availability and the inaccessibility of certain places. We look forward to new experiences and further opportunities to go out.

## LIFESKILLS PROGRAMME – SUMMER PROJECT

**Over Summer I was working at the summer project in CRC. I was working for two weeks.**

Over Summer I was working at the summer project in CRC. I was working for two weeks. I was helping the young adults and children. We did t-shirt making, gardening, bowling, board games, we went to the farm and had a disco on the last day. I supervised them doing activities and helping them to do their work.

I really enjoyed my time working on the summer project, it was a great few weeks. I liked working with the other volunteers, we all got on well together. I hope to help out again next year.

Dean Coleman

## LIFESKILLS PROGRAMME – COMMUNITY PARTICIPATION



**I am on the Lifeskills programme in the CRC. During the week some of the things I do are karate, job preparation, and literacy.**

We do things in the community too. On Mondays we go to Line Dancing in Baldoyle Community Centre. We get the 29A and a group gets off to go to play badminton in the Baldoyle

Badminton Centre and we go to the last stop. It's great fun and good exercise and the other people are nice.

On Friday I go swimming in Ballymun pool. I like swimming, its good for you. The pool is good because it is big and I can practice for my club. People like it because there are slides and aqua aerobics too. I like these classes.

Joy Boland.

# LEISURE

## LIFESKILLS PROGRAMME – W5 MUSEUM VISIT – DARREN MCCARTY

### I went with the Lifeskills Programme on a trip to Belfast. We met in Connolly Station and got the train to Belfast.

When we got there the manager of the Belfast station was waiting to meet us. That was nice. We visited the W5 museum. The W5 Museum is a science and discovery museum. It explores the who, what, where, why and when.

There was a man that showed us some experiments with chemicals from the house. Some of his experiments were a tiny bit dangerous and made bottle tops explode up with lots of bubbles.

We went and did the hot air balloon game. The game had 3 big balloons. The object of the game was to get your balloon off the ground first. The balloons filled up by remote control. It was excellent.

There was also a robot that

impersonated voices of any actor or actress. We could control everything like its colour and voice. We saw outstanding exhibitions and experiments. We saw unusual things like a globe that floats on water. It was made of heavy stone and we could move it because it was in the water. There was a big climbing maze which some people went up. They said it was good and they really enjoyed it.

It was a fantastic day all round. If I got another chance I would go again.

## CDETБ – FILM PREMIER – SHAUNA O’CONNOR & EOIN DELANEY

### On Tuesday 15th November, myself and Eoin Delaney went to the premiere of the new Harry Potter spin-off movie Fantastic Beasts and Where to Find Them.

Written and produced by J.K. Rowling and directed by David Yates. It follows a soon-to-be-famed Magizoologist Newt Scamander as he travels to New York for a brief stopover with only a single suitcase. We would truly recommend this film to every fan of the Harry Potter series.



## LIFESTYLES PROGRAMME – TRIP TO BELFAST – NOEL VICKERS



We went on a trip to Belfast on the 4th Oct, with a group from the CRC. When we arrived in Belfast we all went off in different directions. Some of us went to see the Titanic Exhibition, some went sightseeing and others went to Victoria Square Shopping.

Belfast is one of my favourite places to visit, sometimes I go by myself but I like going with the CRC as we can spend time together as a group. We had a lovely lunch in a restaurant in the town

centre, when we were fed and watered we wandered around the city browsing in the shops. We then took a boat trip up the river Lagan, which was very interesting.

It’s great to be able to get out and about with my friends from the deaf group. I found the people of Belfast to be very happy and helpful towards us.

I really enjoyed the shopping the best, Belfast is a beautiful city and I look forward to returning soon.

## CLONTARF LOCAL CENTRE – CREATIVE WRITING GROUP



The creative writing group in Clontarf Local Centre, works under the pen name Fís An Scríbhneora and have recently published their new book An Scéal, titled Redrum.

The book consists of Redrum and Frankenlee which are fictional stories written by the group with the assistance of CDETБ teacher Aiden O’Reilly and Clontarf Local Centre staff. The book also documents Fís An Scríbhneora’s personal experiences in relation to

travelling, accessibility and hygiene.

The launch of An Scéal which took place in the Central Remedial Clinic on Thursday 27th of October, was a massive success. Sales have continued at pace since its launch, with the group expecting An Scéal to sell out within the coming days. An Scéal (Redrum) is Fís An Scríbhneora’s third book to date, with the group aiming to build on their success in the coming years.

## LIFESTYLES PROGRAMME – COLM O'BRIEN



**My Hobby is collecting bikes, I have twelve bikes but my favourite one is called a Schwinn Cruiser.**

It is 10 years old now and is a very popular bike, particularly in the USA as they do not make these bikes anymore. The bike has no gears, the back brake is in the hub on the wheel and when you want to stop you push the pedal backwards and the bike will stop. I

bought the bike in a Dublin bike shop where I saw it hidden away behind other bikes, I was delighted to find it and knew I had to have it to add to my collection.

**I enjoy maintaining bikes and if anyone has any maintenance issues with bikes, get in touch as I'm willing to help.**

## HARTSTOWN LOCAL CENTRE – 1916 RISING CELEBRATION

**In Hartstown Local Centre we decided to celebrate the 100th anniversary of the 1916 rising with an Open Day.**

It was decided to hold an Open Day on the 27th of April which was a 100 years to the day when the Easter Rising took place. Unlike the rebels on the day we managed to command the building for the whole day.

In preparation for the Open Day, we held history classes in the centre and a number of the members researched different topics in relation to 1916. One of the members attended an 8 week course in the Draiocht Centre, Blanchardstown on Art Imagery and Culture of 1916. We also organised a number of visits to historical places associated with 1916.

We wanted to invite as many people as

we could to the celebration, so invites were sent out to all friends, family, community members, board members, CRC centres and staff.

On the day we had display stands which exhibited information on different aspects of the Rising. Pictures drawn by our Art groups were displayed which included portraits of the seven men that signed the proclamation.

The day was a great success, it commenced with a reading of "Phoblacht na hEireann" in gaeilge and then we had a slide show on our main topic, "Seven Men and Seven Women of the 1916 Rising". 1916 uniforms were also worn by a male and female members.

After the show people were free to ramble around and look at the display stands. Bookmarkers were handed out and there was a free newspaper for



everyone to take away.

This was followed by a delicious lunch and cake which was specially design for the day. The day ended with music by "The Dublin Twangmen" Christy Davey and Ciaran Kelly, they put a perfect ending to the day as the songs they played coincide with the events of the Rising.

## FIRHOUSE LOCAL CENTRE – ART THERAPY – TERRY CARLYLE

**Firhouse Local Centre is a great supporter of artistic endeavour, and in this resulted in a success story for Terry Carlyle.**

Terry was a keen cyclist for many years before he suffered a stroke which ended his outdoor lifestyle. As a result of the stroke, he finds it hard to concentrate for long periods which

makes it difficult for him to participate in activities. However, as a part of the art therapy classes in Firhouse, he was persuaded to try painting. In Terry's family, there are several talented artists including his wife, so with support from his family and the artistic staff in the centre Terry tried painting. At first he had to master painting with one good hand and his first efforts were basic exercises, he then progressed on to more difficult subjects. Terry is very

proud of his work and the effect of this success didn't end with a feeling of achievement. For the first time, he began to join in group activities in the centre, he attends yoga classes and has greater interaction with both staff and the adults who attend the centre. He still finds it hard to concentrate, but has become more involved in the life of the centre and his artistic abilities keep on improving.



# VOCATIONAL TRAINING PROGRAMME

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CDETБ Vocational Training Programme  
QQI Major Award in Employability Skills  
Code: QQI

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Do you have a disability?

Are you over 16 years of age?

Would you like to improve your education and career prospects?

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

Course Co-ordinator, Training & Development Centre,  
Central Remedial Clinic, Vernon Avenue, Clontarf, Dublin 3

Phone: 0872767235

Email: [ncarroll@crc.ie](mailto:ncarroll@crc.ie)

