

Discovery

The Magazine for CRC Adult Services



SUPPORTING:

- PERSON CENTEREDNESS
- ACTIVE CITIZENSHIP
- COMMUNITY
- INDEPENDENCE
- TRAINING & EDUCATION
- LEISURE



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INTRODUCTION

Welcome to our 6th edition of the Discovery magazine, the articles are written by the adults that attend the services in Firhouse, Hartstown, Clontarf, Coolock, Raheny, Finglas and Killester. The articles give us an insight into what is important in the lives of the adults that attend the CRC.

2018 was a very exciting year for Adult Services, the Transition Programme celebrated 10 years in operation, Hartstown Local Centre and Rehabilitation Training Centre celebrated 20 years. We opened our first Hub in the heart of Killester which is nearly at capacity due to demand. It's wonderful to see the services go from strength to strength.

In June, the HSE Interim Standards Self-Assessment tool and Quality Improvement Plan was launched. I want to thank the managers, staff and the adults for their hard work and the feedback they gave, this feedback will assist in developing an action plan to enhance our service.

The Human Rights Committee was established which is focusing on the Right to Housing, Changing Places campaign, Irish Sign Language Act 2017, Deprivation of Liberty and Optional Protocol. I want to take this opportunity to thank Rachel Glennane for all her work in 2017 and 2018 in progressing Human Rights and supporting everyone in Adult Services.

This year we were all thrilled to see the ratification of the UNCRPD. I really believe our three protests held outside Leinster House in 2017, our lobbying of TDs and our discussions with Minister McGrath helped to bring about its ratification. We will continue our work to influence National Policy to bring about change in 2019, by promoting self-advocacy, focusing on ability, inclusion and rights. With your help we can advocate for a world designed where all its citizens feel equal, valued and have proper access to facilities like transport, premises and toilets!! We are stronger with your support.

There was great excitement in 2018 as our project was chosen for Pobal Ability funding. We will receive €695,000 over the next three years, to roll out a programme focusing on developing pathways to further education and employment for CRC students between the ages of 16 to 29. The project will provide a Career Guidance Counsellor and Human Rights Project Officer for our senior students in both CRC Schools. The CRC has partnered with the City of Dublin Education and Training Board, Colaiste Ide in Finglas, a College of Further Education, where students will be supported to access Level 4 & 5 QQI Programmes.

2019 will be a busy year for everyone and we will continue our work in securing an appropriate location for the Coolock Local Centre. We also hope to open another local Hub to support a small number of adults in accessing the community. I hope you enjoy the read and best wishes for 2019.

Alison McCallion
Head of Adult Services

WORK EXPERIENCE & JOB SHADOWING

TRANSITION PROGRAMME – ODEON CINEMA – CHLOE TACKABERRY



I started in the Transition Program in August 2017. I take part in different activities in this programme. One of the programmes I take part in is Work Experience;

I do my work experience in the Odeon cinema in Coolock. I get the bus from the CRC to Coolock every Wednesday with my key worker. My role here is to check everyone's tickets as they are going into the cinema. I really enjoy this part of the job as I get to meet all the people going into the cinema. I get to wear different t-shirts or hats to help promote the different films that are coming out. Overall I really enjoy my work experience, everyone is so helpful to me and I like the independence it gives me!!!

CDETБ – BUTLERS FACTORY - NEIL LAWLESS



I am doing my work experience in Butlers Chocolate Factory. I work every Friday from 11am to 3pm. I get the 17a to work. I've been doing it for 12 weeks now.

My jobs involve putting the chocolate in the boxes and helping out on the tours of the chocolate factory. I work in a storage room packing chocolate. The chocolate smells so nice. It can be very hard not to take the chocolate and eat it!

I like doing work experience there. The staff members are all very nice and helpful. We get five tours a day. We get a good crowd of people, such as school tours, tourists and families. It is a great place to work and I hope that this experience will lead to employment.

TRANSITION PROGRAMME – FEEDBACK FROM IRISH LIFE – CONOR DILLON



Conor came in from CRC to do some work experience on Reception with us. He is an amazing young man who really threw himself into the role.

He was a very quick student who took to his tasks like a fish to water. He handled the visitors and the calls to the reception desk very professionally. He was very personable with everyone he encountered. He is very articulate and observant and has a fantastic sense of humour, and well suited to the role of meeting and greeting staff and visitors alike. Maria Baston, Irish Life, Reception

WORK EXPERIENCE & JOB SHADOWING

TRANSITION PROGRAMME – JOB SHADOWING AT IRISH LIFE



In July my mam Joan invited the Transition Programme to visit Irish Life where she has worked for a long time.

Our day started with teas and coffees and an introduction to Irish Life and the people who work there. Staff from the different sectors came to meet and greet us. The plan for the day was a fun filled morning with work shadowing in the afternoon.

We began with a fitness class on the roof of the building in Dublin city centre which was great fun, then we took part in a quiz and the Irish Life Choir also sang especially for us.

After lunch we started the work shadowing. We all went to different departments including I.T, Media, Postal Room and Reception. I worked with the Media team which was really interesting. After a hard afternoon of working we were presented with certificates and goodie bags, everybody had a great day.

TRANSITION PROGRAMME – CH09 SHARED LEARNING EVENT – CONOR DILLON



Hello my name is Conor Dillon and on the 13th September I was honoured to be asked to take part in the CH09 Shared Learning Event conference held in the City North Hotel in Gormanston, to talk about my experience in the Transition Programme in the CRC in Clontarf.

It was a great day to dress up in a suit, and it made me feel I was part of something important and it gave me so much confidence.

Before the event started we had coffee and scones which were lovely, and it gave us a chance to chat to other staff and Adults from other Service Providers, it also gave me a chance to hear about their experiences too.

I wasn't nervous. I was looking forward to my presentation and was proud to be representing my group The Transition Programme.

I talked about my work experience with the Fundraising Department in CRC and about my fundraising event that I organised back in February. I threw in a few one liners too! which made the audience laugh and made me more comfortable on the stage. I spoke about my position on the Advocacy Group being a member of the Human Rights Committee.

I really enjoyed the experience and thoroughly enjoyed the public speaking. It made me think about the future and how I would like to be involved in public speaking and representing disability organisations similar to the CRC.

MY JOB

CDETБ – WORKING IN SUPERVALU – DAVID GERAGHTY

I have been working part-time in SuperValu, Killester for the last 18 years. It started out as a chance for me to meet people in my local community.

When I first started I was bag packing for customers, and sometimes I would rotate the breads in the Bakery Section, collect the trolleys and the baskets.

In July 2017, I started the Employability Skills Programme with the CRC in Raheny. In the Retail Sales class on the course, I am learning about customer service, promotions of goods and loyalty cards and the different ways to use the “cash register” or “till” as it’s known in the trade....

Part of the CDETБ course is doing work experience, I decided I would like to do work experience in the place where I work and ask them for the opportunity of operating the till. I arranged a meeting with the staff manager, and my key trainer came with me for support. My work experience trainer also helped me arrange the placement. The manager in SuperValu agreed to facilitate my request.

In September 2018 I started my work experience there. I work on Mondays and Tuesdays on the till, and I still have my job on Friday’s as well. For the



DAVID GERAGHTY

first week, I shadowed another staff member on the till and she showed the different systems on the till. Then I started to serve customers on the till, with a staff member supervising me. If I got stuck, they were there to help me out. As I got more confident, they put me on the managers till, which is a big responsibility. Every day now I operate the till by myself, and the other staff are there on the tills beside me if I need any help.

I’m enjoying the experience. The regular customers that I know see me in a different role and they are very supportive and encouraging.

It’s a new challenge for me, and I am becoming more confident in using the till and serving customers. It’s a bit of a blow when I make mistakes, but the

other staff tell me not to worry and to move on from it. They say that we all makes mistakes.

At the start of my work experience, the marketing manager in SuperValu asked me if they could post a video of me on my work experience on the SuperValu Facebook page. I agreed, and I enjoyed making the video. We had a laugh over my little smile at the end of the video when I forgot to give the customer the receipt. To my surprise, the video went viral with over 7,800 likes in a few days! I was getting recognised in the local shops and one of the staff made a joke and asked me for my autograph.

My family are very happy for me and supportive. I’ve had a meeting with the manager in SuperValu Killester to talk about my progression, and I am hoping to stay and progress in the role of till operator.

TRANSITION PROGRAMME – WORKING IN BOOTS – JAMES LEAHY

I started employment in Boots in Phibsboro in August 2018. It is a cleaning job and my duties include sweeping and mopping the floors, emptying the bins and cleaning the counters.

One time I helped a customer pick out some perfume! I work 3 days a week- Tuesday, Thursday and Friday and I start at 8am until 10am. Boots is great because I can walk from my house. My favourite thing about working in Boots is all the new friends I have made. I really enjoy talking to them and catching up with them after the weekend. They have been a great help and are very kind to me. When I finish work during the week, I come back to the CRC on public transport to do some more classes. This job has really helped me to become more independent and I hope to get a full-time job soon.



JAMES LEAHY

ACHIEVING GOALS

CRC ADULT DRAMA GROUP PRESENT "THE BIG MUSICAL MASHUP" FOR CULTURE NIGHT IN THE HELIX



On the 21st of September, performers from our Transition/Lifeskills Programmes and Coolock/Clontarf Local Centres performed "The Big Musical Mashup" in the Helix Theatre in Dublin City University. The musical featured the hit songs from the Movies "Mama Mia" and "Grease".

The theatre seats 427 people and the show was a sell-out, the place was packed!!!! The show was also streamed live on the CRC Facebook page. The performances were amazing and the feedback from the show was excellent, it was a night to remember.

QUOTES FROM SOME OF THE PERFORMERS:

"Some of my family came to see us perform. They said they loved it and that it was amazing. I wasn't nervous being on the big stage, but I think a few other people were nervous...like the staff, so I had to calm them down a bit. It was fun and I had a good time. I like the costumes. They were bright and colourful and the music was cool"

Joy Boland

"It was an excellent night performing at the Helix in front of a large audience, my favourite part was performing with Kathy singing HOPELESSLY DEVOTED TO YOU"

Natalie Redmond

"I love singing and I was really overwhelmed with the presence of the large audience"

Paul Loughery

Expressed his favourite part was playing the Guardian angel in beauty school dropout.

David Smyth

CDETb – HEALTH & FITNESS – DEANTE TROY



DEANTE TROY

I go to the Markievicz Gym in town every Thursday as part of my Health and Fitness module on the CDETb programme. I like it. I want to get fit and healthy.

The gym is always very busy. It is full of people working out. I work-out in a big open room. Sometimes I use the pool as well as working-out in the gym.

I want to lose weight because I feel good when I do so. I want to get something good out of going to the gym. I want to exercise to be fit and to be active. When I exercise, I feel like I'm in the zone.

ACHIEVING GOALS

HARTSTOWN LOCAL CENTRE – INDEPENDENT TRAVEL TRAINING – KAREN SMITH



KAREN SMITH

I started independent travel training around three months ago using Dublin bus.



On the first day I travelled to Blanchardstown Shopping Centre with the support of my keyworker. I wanted to see if I could manage on public transport on my own. At the start I was very nervous as it was a new experience. As the weeks went on and I practiced more my confidence grew

stronger. I am hoping to continue the training, so that eventually I can travel on the bus by myself and maybe meet my Mom or friends in the shopping centre or other easily accessible places. This training has given me more independence and confidence in myself and my abilities.

ABILITY PROGRAMME "A MOTHERS HEARTBREAK" SHORT STORY BY HARRY BIRD

It was a clear night on a Friday in June. A young lad, aged 16, was out with his friends drinking. They were all having a great laugh as teenagers do.

The young lad and his friends were in a field and then they ran across the road. The young lad ended up dropping his phone in the field before they all ran across the road, so he had to run back across the road to get it. He tried to cross the road again to go back over to his friends, but as he ran across the road he got struck by a speeding car. He died the next morning.

His family were distraught and heartbroken. His mother lost her only child, his father lost his champ and his grandad lost his best friend. It was a massive shock to everyone. A young Angel gained his wings too early.

When I got told he was gone, it felt like my heart got smashed into a million pieces. It has changed me completely. A part of me died when he left us

all. He wasn't just my best friend or my cousin; he was like a little brother to me. I never forget the day that my heart shattered into a million pieces.

It's been three years later and I'm still heartbroken. He is always on my mind, I can never forget him. It's so hard to forget about a person that you grew up with and have known your whole life. It's so hard to say goodbye to that special person. It's something that never leaves your side for the rest of your life.

The worst part had to be the funeral, when the horse drawn carriage came onto the road to collect the coffin, the song 'I'll Be Missing You' got played and I dropped to my knees and I broke down. I cried all the way to the church. I was so bad I had to leave the church before everyone else. I was in the worst situation ever. I couldn't even go to the grave for the burial, I was too heartbroken to say goodbye properly.

I got badly depressed; I wouldn't talk to anyone or leave my room. I wouldn't eat anything or drink anything at all. I still get depression to this day.

Most of the time when I have time to myself I take a trip to his grave. I go to him to have a chat with him or to clean up his grave and make it tidy. I also go to the grave to get out of the house for a while and to clear my head. When I go to the grave to have a chat with him I know that I feel safe and that he's looking down at me and protecting me.

I got myself a necklace with a picture of me and him when we were younger. I wear it every day so I can have him beside me wherever I am and by doing that I know that he is looking down on me.



HOBBIES & INTRESTS

LIFESTYLE PROGRAMME – SUPPORTING THE ROTUNDA VOLUNTEERS KNITTERS



The Lifestyle Crafters have been knitting and crocheting for several years now. Each year a member of the group nominates a charity to support.

Previous years we've donated Hats, Scarves & Gloves to Dublin Simon Community, Age Action and St. Vincent De Paul.

Mary Mulhall read about the Rotunda Volunteers Knitters who knit & crochet for premature and angle babies of the Rotunda Hospital. Mary contacted the coordinator Martina Duffy and herself, Jane Keegan & Dorothy Wiley met with the volunteers in the Pillar Room, in Rotunda Hospital on the 13th of September. Unfortunately, two members of the group Laura McGuirke and Emer Keogh were unable to attend.

The group were really impressed with the work the volunteers do and as soon as they returned to the centre they got down to business and started knitting and crocheting. They have donated hats & blankets for premature babies and cardigans, hats & gloves for new born babies. The work is on-going, and their skills and craftsmanship is greatly appreciated by the Rotunda Volunteers Knitters.

CLONTARF LOCAL CENTRE – WEDNESDAY PHOTOGRAPHY GROUP



Clontarf Local Centre launched their annual Calendar this year on November 14th. This will be the eight year the group has produced a calendar.

Some previous year's calendar themes include: 'Clontarf', 'St Anne's Park', 'Dublin Bay', 'People at Work', 'Dublin Then and Now'. The theme of this year's calendar is 'Pet Pooches' featuring dogs belonging to people from the CRC. The Wednesday Photography Group have been working on this calendar since the beginning of the year.

This year we have been joined by an excellent Tutor/Photographer Lorna Fitzsimons. We started back at the basics again getting to grips with the settings of our cameras, rules of photography etc. Lorna also taught us how to set up our studio equipment in order to make the most of the space we had for shooting our images of the dogs.

We asked people from the CRC to bring in their dogs to pose as models and we received many offers of models! From about April onwards we began shooting images on a weekly basis with specific dogs scheduled for specific days. We really enjoyed this and it was so nice meeting all the dogs and their owners. Once we had all the images, with Lorna's help we learned about how to edit images and how to use the software required to do so. Once the images were ready they were sent to the printers to make our calendars.

Every year we launch the calendar in the Centre and have people down for tea, coffee and refreshments. It is usually a sell out and we are hoping for the same again this year!



SELF-ADVOCACY & GDPR

FIRHOUSE LOCAL CENTRE - VISIT BY MINISTER FINIAN MCGRATH – ELAINE CORRIGAN



I wrote a letter to Minister of State for Disabilities, Finian McGrath about ratifying the UNCRPD. I got a reply inviting me to the Dáil for lunch and to meet with him on the 25th April.

From the moment we arrived at the gate we were treated with the utmost respect. We had to get security passes and then we were met by the Ministers personnel assistant Lorraine. Lorraine took us into the canteen and we all had coffee. She stayed with us until the Minister was available to meet with us.

When the Minister arrived, he gave us a very warm welcome and we chatted for a while about life in general, then he gave us a tour of the Dáil, while he attended to his Dáil duties we sat in the viewing gallery and watched the debates that were taking place that day. We saw Micheál Martain, Mary Lou McDonald and the Taoiseach Leo Varadkar to name a few. We then met back up with him and I gave him a list of questions I needed answered. He was only too happy to answer all my questions. I invited him to visit Firhouse Local Centre to speak with the Adults. We all had photos taken followed by a delicious lunch. We all had a fantastic

day and for me it was the highlight of my life.

Following on from my invite, on September 26th, Minister Finian McGrath visited the CRC Firhouse Local Centre. He addressed the Adults and staff of the Centre and held a clinic for anyone who had an issue connected to their disability. The date of the visit also coincided with "Make Way Day" and several people took the opportunity to highlight their own difficulties with moving around the city. Although the visit was brief, discussions were wide-ranging, and the Minister was well-received by all those present.

GENERAL DATA PROTECTION REGULATION (GDPR)

On 25th May 2018 the new Data Protection law came into place for all countries that are part of the European Union (EU).

This new law is known as GDPR - General Data Protection Regulation. GDPR are new rules about how the CRC keeps your data.

Data is Personal Information that can be used to identify you for example:

- Your name
- Your address
- Your telephone numbers
- Your date of birth

When the CRC collect your data, they are called data controllers and under EU law we must keep your data safe, up-to-date, for the length of time it's required and only collect data that the CRC requires to provide you with suitable services and supports.

The following staff will have access to your data:

- Administration staff
- Staff who support you to live a good life
- Medical Staff

You have a right to know:

- what data the CRC collect on you
- to check if the data the CRC have is correct and up to date

- to check what is happening to your data in some cases
- to ask the CRC to delete your data apart from some medical information
- to stop the CRC working with your data in some cases
- to access your data
- to complain to the Data Commissioner

REHABILITATION TRAINING CENTRE

CELEBRATING 20 YEARS OF TRAINING



The Rehabilitative Training Centre has been in operation since academic year 1997/98. The programme provides Vocational Training for 24 young school leavers with physical/ sensory and or a mild intellectual disability.

The training places a strong emphasis on personal independence and the social skills needed to participate as a member of the wider community. Community mapping is a strong aspect of the programme as learners are encouraged and supported to integrate into mainstream training locations, work experience, social clubs and volunteering in the local community. There is a suite of QQI accredited modules which the learners can select from to achieve their individual goals.

Cultural trips to exhibitions, museums and social trips such as shopping, cinema etc. take place on the programme. Each year the Centre organises a Sailing Trip with the support of Sutton Dinghy Club, where each learner can push their boundaries and get to try out the thrills and spills of sailing in a dingy. This is then followed by a BBQ which is thoroughly enjoyed by the hungry sailors.

The programme continues to thrive and grow and establish links with local authorities and businesses.

We currently access an allotment in St. Anne's Community Garden, where learners grow their own vegetables and flowers, Near FM Radio Station to test out their presenting skills, The Red Stables Art Studio as each year they exhibit their works of art and Ard Scoil

Le Salle Woodwork Room to produce hand crafted furniture.

Some learners go on to achieve GAISCE awards as the wellbeing and health of the learners is at the forefront of the programme which in turn creates a holistic environment for personal developments. Learners if they choose can have breakfast at the Centre and take part on walks around the area each morning to reach their steps target each day.

Over the past twenty years the Centre has seen many changes but continues to develop and adopt to keep the programme progressive. We now embrace the New Directions Policy and guidelines which will enhance further what we do. This is down to the dedication and commitment of the staff and the people that support our programme. Here's to the next 20 years of achieving!!!!

REHABILITATION TRAINING CENTRE

AN EXCITING YEAR FOR DRAMA

“I’m a clown. I like to entertain children. I like to kill people” Ross Ahern playing the Psycho Clown greets us with his character in Rehabilitative Training (RT) Dramas new production The Noisy Neighbours. He is one of a succession of ghoulish Halloween characters introduced to our audience by our compere Jordan Curley.

Jordan is in his second year as a student at the RT. As one of eleven students working with their City of Dublin Education Board Drama Tutor. Every Wednesday the Students work on the QQI level 3 Drama programme. The Course runs from September to July. The students study all of the many aspects of drama creation and appreciation. They always finish the year with a production in a professional theatre. In 2017/18 the group were asked to perform their show Phantasarie in the CRC canteen which has been fitted with lights, a large projection screen, a sound system and blackout blinds to control light entering the staging area. Having previously being staged in the Sean O’Casey

Theatre this production was extremely well received at the home venue.

As Halloween fell on a Wednesday this year and with the canteen being available on that day the group decided to stage a Halloween play. Over the course of seven weeks the play was scripted by the group. Magnificent costumes were designed and created. Horticulture QQI student Amy Bolger created a lot of the excellent make up. This production is RT’s quickest ever from inception to performance.

And so, on Halloween The Noisy Neighbours was unveiled. All of the RT staff were involved in setting up the performance. Jordan and Cormac introduced the show as a zombified jedward: “Deadward.” Jordan then interviewed each of the Characters in the manner of a chat show host. Debutant Claire McManus brilliantly overcame nerves to play the vampire. Sara Delahunty (titular star of last terms Phantasarie) played the Zombie Bride. Kate Coyle did an excellent turn as a super cranky witch. Laura Murphy was exuberant as the ghost who was afraid of people. John Kavanagh’s gave his Werewolf a very culinary focus. Conor Dillon was the ultimate Diva complaining that his Frankenstein didn’t have enough lines. This section included a slideshow operated and presented

by Karen as a show stealing Zombie bridesmaid.

Accompanied by a Trinity College School of Drama student on electric guitar, the macabre costumed performers sang Stevie Wonder’s “Superstition”. This was followed by a creepy dance routine to The Specials “Ghost Town”.

The Finale kicked off with a dramatic encounter between the Psycho Clown and the Devil played by Rachel Curtis. After last term’s turn as Judge Mental, Rachel is proving herself a forceful performer. This was followed by (spoiler alert!) Jordan’s Julius Caesar style death scene. Proceedings were wrapped up with a rousing dance routine of the Halloween classic “Ghostbusters”. The show as very well attended by an enthusiastic and appreciative audience who were showered with crisps, sweets and balloons by the cast.

The Noisy Neighbours provided a splendid afternoons entertainment in a calendar year that also included three performances of the romantic fantasy Phantasarie. Looking forward the group are planning another first – a sequel to Phantasarie with some characters from The Noisy Neighbours. 2019 looks set to be every bit as busy and creative as this year for RT Drama.

PHOTOGRAPHY & DIGITAL MEDIA CLASS – SARAH DELAHUNTY

In our Rehabilitation Training Programme, as part of our Photography and Digital Media Class we had a fun day dressing up in clothes from different decades and getting photographed.

This is a picture of myself and Neema. I was very happy with how I looked, Neema’s dress was nice too. I think we both look different and very cool. We had such a laugh, it was great craic.



ADULT SERVICES COUNCIL

MISSION STATEMENT AND 2019 STRATEGY

THE ADULT SERVICES COUNCIL MISSION IS TO:

- Share Information and inform
- Represent Adults voices and individual issues
- Encourage Adults to take control of their life choices
- Participate and be involved in CRC Adult services and overall development for our future
- Participate constructively as part of the CRC team by engaging, lobbying and exploring new possibilities

THE COUNCIL PLAN TO FOCUS AND RAISE AWARENESS ON THE FOLLOWING THEMES FOR 2019.

- Respite Services
- Homecare Packages
- Changing Places Campaign
- Transport

If any of the above topics interest you and you would like to join the Adult Services Council, speak to your keyworker or contact Alison King, Adult Services Secretary

INFORMATION ON ASSISTIVE TECHNOLOGY - CIARA FITZSIMONS

Ciara, Senior Speech & Language Therapist from the Assistive Technology & Specialised Seating team met with the Adult Services Council to chat about the role that assistive technology can play.

Ciara works closely with her Occupational Therapy, Physiotherapy and Engineering colleagues to look at equipment solutions for Adults of the service, and to support them in getting funding applications submitted.

They looked at how technology can help people with everyday reading and writing tasks, using screen reading technology, where the user listens either instead of reading, or alongside reading. This technology can help with reading letters, magazines, books or online reading. Some people can

find word prediction or other writing supports useful when sending text messages, or writing longer documents.

Communication technology was also looked at, including options to support people who use technology as their main way of communicating with others, along with simple options that can help people for example in shops, on buses or other community situations.

Ciara also spoke about the important role that environmental control technology can play in helping people be independent within their own homes.

This can include alarm and alert systems, door, window or curtain opening systems, or, very importantly, being able to change channels on the television or listen to music at home. Many members of the council talked



about how important these types of equipment are in supporting their independence and comfort at home.

Mainstream technology, like iPads, Android tablets and mobile phones are becoming important, as it puts technology options in the hands of users, and allows people to use technology including apps on their own devices.

Anyone interested in meeting with a team member from the ATSS service can contact atssadminclontarf@crc.ie for a referral form.

RIGHTS TO HOUSING

HUMAN RIGHTS COMMITTEE – THE RIGHT TO HOUSING

The CRC Human Rights Committee has met three times since its establishment in 2018. One of the key themes the HRC have been working on is the Right to Housing.

If you are thinking of applying for social housing or making adaptations to your house, your keyworker at the CRC can assist you with the application process. Each council website has information about how to apply, which office to visit and how to make contact with a council social worker or administrator who can assist you through the application process.

DUBLIN CITY COUNCIL

Applying for Social Housing

Website: www.dublincity.ie/housing-and-community

Phone: 01 2222201

Email: housingallocations@dublincity.ie

Contact: Mary Hayes, Deputy Director has responsibility for Housing Allocations

Applying for grants for adaptations to your own home

Website: www.dublincity.ie/housing-and-community-i-own-my-home-section/grants-homeowners

Phone: 01 2222201

Contact: Teresa Conlon, Administrative Officer has responsibility for Grants for Homeowners

FINGAL CITY COUNCIL

Applying for Social Housing

Website: <http://www.fingalcoco.ie/housing/social-housing/apply-for-social-housing/>

Phone: 01 8905994 (North Dublin) or 01 8905380 (Dublin 15) Email: housing@fingal.ie

Contact: Mary Hayes, Deputy Director has responsibility for Housing Allocations

Applying for grants for adaptations to your own home

Website: <http://www.fingalcoco.ie/housing/social-housing/housing-grants/>

Phone: 01 8905587 or email: customerareunit@fingal.ie

SOUTH DUBLIN COUNTY COUNCIL

Applying for Social Housing

Website: <http://www.sdcc.ie/services/housing/finding-a-home>

Applying for grants for adaptations to your own home

Website: <http://www.sdcc.ie/services/housing/housing-grants>

Selina Bonnie is South Dublin County Council's Disability Liaison / Access and Equality Officer, you can contact Selina to assist you to access Council services:

Tel: 01 414 9041 or Email: sbonnie@sdublincoco.ie

Facebook: <https://www.facebook.com/pages/Accessible-South-Dublin/117243851628034>

COOLOCK LOCAL CENTRE - MY QUEST TO CHOOSE WHERE I LIVE - MICHAEL MCGEELEY

Even though I've had a few disappointments I am determined as ever to move from living in a nursing home to supported independent living. 1000+ young people with disabilities are currently living in nursing homes.

On Thursday 20th September I spoke at the D.F.I offices about my life and how I was feeling about this situation. The feedback from the speech from the people who were there said it was a powerful speech and I received a big applause This meeting was attended by Minister for Disabilities, Finian McGrath who took a keen interest in my case.

I'm a representative on the Adult Services Council and had the opportunity to meet the Minister again in CRC in Firhouse where I handed him a letter outlining the struggle I face in



my quest for independent living. I've also sent letters to the HSE and the offices of the Ombudsman.

My case was also submitted to TD Clare Daly, Cllr Tom Lawlor, James Reilly, my local TD's and Councillors.

I've also met with CRC Board of

Directors where I outlined my case, they were very supportive and will feedback any new developments.

I am determined to achieve my goals and with the help of my keyworker I will continue to be the voice for all young people with disabilities living in nursing homes.

ERASMUS+ PROJECT

ADULT SERVICES – ERASMUS+ PROJECT



THE RIGHT TO DECIDE – MAKING EQUALITY OUR POLICY

The CRC received funding from Léargas to fund “The Rights to Decide” project. This project is a year long with monthly workshops. Rights to Decide gives an inclusive and comprehensive overview of Human Rights, Advocacy, Safeguarding Rights, Policy and how they affect us. We plan to partner with the National Youth Council on their structured dialogue programme Young Voices. This will give an opportunity for young people with and without disabilities to engage in a dialogue around rights and their ability to effect change locally. Below are articles from participants who took part in the project.

CDETB – CIARA HENVEY

I have attended a few Erasmus meetings in the last few months. The last one I attended we were doing some activities in which we had to match the picture of a person to what we thought those people did for a living. I attend the Erasmus meetings because I am a big believer in equality for all people and not treating everyone right isn't fair. I believe nobody should be discriminated against. I learned a lot in Erasmus; like learning how human rights all started and the rights we do have. We do many different activities about disability in Erasmus, one of them was when we were in groups and we had a person who had a disability and we had to come up with what their life is like and where they go to get the support they need. I really enjoy going to the Erasmus meetings and I can't wait to go to the next one.

CDETB - FIGHTING FOR YOUR BELIEFS AND RIGHTS! - DAVID GIBLIN

I have recently attended Erasmus+ meetings, organised by the CRC. The Erasmus programme is aimed to educate people on their Human Rights. Some people live in areas that do not have great educational backgrounds and the Erasmus programme caters to all who need the services provided.

I personally believe that everybody is truly equal. If people get discriminated against because of their religion or background, or even for being in the LGBT community, it is disgraceful and outrageous that it happens. I feel strongly about human rights because I myself am a Peace & Human Rights Activist. Because of my core beliefs in equality and peace, I have protested for the ratification of the U.N.C.R.P.D. outside Leinster House in Dublin. Finally, after 10 long years, the government ratified the U.N.C.R.P.D. However, I feel there should be more media coverage given about the importance of the U.N.C.R.P.D being ratified and what that means for people with disabilities. I feel there is no change at all since it has been ratified. I still feel the government need to do more for people with disabilities. Yes, the U.N.C.R.P.D has been ratified, yet no major changes have been made, and that, I feel, is completely and utterly outrageous.

I strongly encourage people with an opinion on equality and the U.N.C.R.P.D. to use your voice and make a positive difference rather than a negative one. By joining the Erasmus project you have the chance to help change the government policies and make a positive difference, not only for you but for the people around you, and the world you live in!!!

LIVING WITH A DISABILITY

ABILITY PROGRAMME – LIVING WITH A DISABILITY – CARLA O'BRIEN

I was diagnosed with DiGeorge Syndrome at the age of 9. It is known as 22q11.2 deletion syndrome. It is caused by a small segment of chromosome 22.

These are the symptoms I currently have, heart problems, specific facial features, frequent infections, development delays, learning problems and cleft palate.

I am going to explain how difficult it is living with a disability, I feel I am just as important as everyone else and shouldn't be treated differently.

I was only 16 when I was diagnosed with this syndrome. It was very difficult for me to get into a mainstream school because I had a learning difficulty, so I started in a disability centre called the Central Remedial Clinic (CRC)

I studied Employment Skills on the CDETB Programme in CRC Clontarf. This helped me improve on my confidence. I wanted to learn more before I started a mainstream school. I was in the CRC with other people that have various disabilities from visual impairments, hearing impairments, wheelchair users. I was uncomfortable at first but then I got to know everyone, and they are some of the nicest people I have ever met.

My motto in life is if you have respect for people you get a lot back in return.

One day I was sitting in the canteen and I saw a student that was in my class. He had Cerebral Palsy. He was waiting in the canteen, I went up to him and said would you like me to get your lunch he was very grateful, we sat and had lunch together. We became good friends after that.

I was sitting beside him in the computer class and helping him to get connected to his computer. The teacher noticed this and after the class asked me what I would like to do as a career. I wasn't sure at the time. He replied, "Carla you would be great as a Special Need Assistant (SNA), have you thought of doing that as a career?" I gave it a lot of thought and remembered how good I felt helping my friend.

When I finished the programme in the CRC, I moved onto a CE Scheme for the National Council for the Blind Ireland (NCBI) and the Iona Centre. While at the Iona Centre I worked as a Special Needs Assistant and a Receptionist. The normal routine was when the bus driver came in at 9am I gave him a hand helping people fit through the Canteen door, poured their tea and helped make the student's toast. I'd then bring the students to their morning class and then go back to reception to answer and make calls.

On Wednesday we would go on an outing, I would assist the students with walking around and explain what was going on around them. I was on the CE programme for a year and then decided to go back to collage to do my QQI Level 5 in Disability Support Worker. I did my course for over a year, but it got very hard. While in Communications class, I had to do a mock interview for an SNA job with another student. I was very nervous because of my speech impairment as I was being videoed for the exam. I got a pass result because I felt I deserved more, this effected my confidence, I decided to leave the course. I felt I wasn't ready for a level 5.

I took a year off college because I needed a break. I then I heard about the Ability Programme with the CRC and decided to go back to study QQI Level 4 Social Care.

I started my Social Care Course on the 17th of September 2018. My first day was good. I met new people and the

teachers were very welcoming. I got introduced to my classmates, they were very friendly towards me. There were all people who attended the CRC, some of them were old classmates of mine, it was very nice to see them again.

I am currently doing five module this year. I'm in collage part time as I get very tired because of my Di George Syndrome so fulltime would be too much. I will be studying another five modules next year, ten modules in total over two years.

My favourite subject is Childcare and Safety, the teacher I have for this class is great, I have learnt a lot from her and she explains the assignments very well.

I'm also attend a study support skills class, for help with my assignments as the teacher goes through all the assignments in the class. We also must do work experience, which I'm really excited about.

After this two-year course I want to get a job working with people that have learning disability. After that I might go back to collage to do a QQI L5 in Disability Supporter Worker.



CARLA O'BRIEN

MY ADULT SERVICES EXPERIENCE

CDETb – FIRST IMPRESSIONS – ANTHONY REDMOND



I first joined the CDETb Employability Skills Course in January 2015, and I finished in December 2017.

When I first started, I was confused and anxious and I wasn't used to the new routine. Everything was very new. After the first month, I got more confident about being in a college environment and I got to know the staff and students. It was a good environment to be in and to meet people with different disabilities. I learned how to be helpful to other students with disabilities on the course, and I made a lot of good friends. As well as our classes, we went on a lot of interesting trips. My favourite

was Tayto Park. We all split up and had freedom to do our own thing in the park. It was great fun.

The biggest thing I learned from the course was all the hard work that the staff were putting in to help others.

They helped me go out into the work environment on my work experience placement in Odeon Cinema, Charlestown. I was very nervous at the start, but after the first day I was fine. I learned the routine and what work needed to be done.

I feel I am a lot more independent now after doing this course. I travel independently everywhere now, and I am more independent in doing my work and assignments, and in helping other students with their work too. I am more confident now, especially with meeting new people and with going into a work environment.

I would recommend this course to others, because you get more support than any other college or school. It teaches you how to be independent and teaches you how to live in your life. It's an enjoyable course. You just need to start small and build up to the bigger picture. My advice to any new student's is don't be nervous, just take things one step at a time and enjoy it!

HARTSTOWN LOCAL CENTRE – NEW DIRECTIONS POEM BY ALAN MELVIN



ALAN MELVIN

Through experiencing New Directions, I am more comfortable with the changing ethos in the Centre. Due to our daily life and my love of Hartstown Local Centre and the amazing ways New Directions allows me to change.

Talking to my keyworker and the new key working system, it has enriched our lives. These words I wrote take place in my head and makes me feel that I have more to look forward to. Putting my thoughts together is how I came up with the idea of this poem "New Directions".

NEW DIRECTIONS

It is like a breath of fresh air,
When you wake up, you feel inspired,
Motivated, Confident, a new self-image,
And a new approach to a brighter future.

In working together,
We can create an enhanced world.

KEYWORKING

COOLOCK LOCAL CENTRE – SUNDAY CHRISTMAS SHOPPING – CAROLINE CLARKE

It's that time of the year again, I need to do my Christmas Shopping!!! I was talking to my keyworker about it and she agreed to help me with my shopping.

So, on Sunday the 4th of November off we went to the Pavilions Shopping Centre in Swords armed with my savings.

I really enjoyed getting out on a Sunday and managed to get all my shopping done as every shop in the Centre had a visit from us, though we took some breaks along the way and had a delicious lunch. I went home with no money but was very happy with all my shopping. I'm all sorted now so really looking forward to the festive season.



HARTSTOWN LOCAL CENTRE – DARTS COMPETITION – JACK O'SULLIVAN



Hartstown 180, Yes. One hundred and eighty!

We heard the call again this year. Elizabeth, Catherine, Michael and myself got to attend the Professional Darts Association (PDA) tournament in Citywest Centre with the assistance of our Keyworkers. Michael and I were there last year and were looking forward to having another enjoyable evening.

The atmosphere was electric as the players competed to reach the final. The Legs on each game were shown on large screens to ensure maximum enjoyment. Sky Sports were there to broadcast the event and a roving camera caught the excitement of the crowd.

We had a few drinks during the night and took some photos to have as mementoes of another amazing Darts competition.

COOLOCK LOCAL CENTRE – A SATURDAY DATE TO REMEMBER – DEREK SMITH

I'm working with my keyworker on Discovery, it's a great way for me to get to know my keyworker and vice versa. It enables us to build up a good relationship with each other.

I was speaking to him about wanting to bring my girlfriend on a date and he agreed to assist me on the. We went for a bite to eat and a game of bowling on a Saturday.

We had a really great day out and I loved getting out over the weekend. I chose to go bowling as think I'm a capable player. We didn't let romance get in the way as I powered into the lead over my girlfriend and in the end, I was triumphant and claimed victory. This was a great day and it would not of happened without the support of my keyworker.



ACTIVITIES

TRANSITION PROGRAMME – TRIP TO RTE – DANE WILLIAMS

During summer the Transition Group got up to a lot of fun stuff.

In June we were brought on a guided tour of RTE Studios by Miriam O’Callaghan. She brought us through the studios and sets. We even got to meet some very famous Fair City actors!



CDETБ – THE O’BRIEN INSTITUTE – DYLAN SKEEN AND CATHAL O’MALLEY

On Friday the 20th of July the Employability Skills Programme went to visit Dublin Fire Brigades training facility called The O’Brien Institute.

We met with a retired firefighter called Paul Hand who showed us around the building and training grounds outdoors. In the hallway he discussed the history of the OBI and the fact that it once was a children’s orphanage. He answered lots of questions we had about being a firefighter and what it was like to be at a real fire.

We then went outside where the outdoor training takes place. We watched a simulated fire and watched the recruits putting this fire out. They took us into one of their training rooms and one of the trainers talked about heart attacks. He told us the signs we needed to look for that a person was having a heart attack, how you would perform CPR and when you might need to use a defibrillator.

They have a small fire brigade museum on site that we then visited. We saw some of the old uniforms the firemen used to wear. It was interesting that a long time ago they did not use any masks when entering a fire and they had no gloves. We were shocked!

We all really enjoyed this trip and we learned so much about health and safety in relation to fire and how difficult a job it is to be a -. We finished the day off with tea and biscuits in their onsite canteen. It was overall a great day and we would love to visit again in the future.



SOCIAL TRIPS

CDETБ – TAYTO PARK TRIP – THOMAS MURRAY & CHRISTOPHER KEENAN

This Summer, we went to visit Tayto Park for an outing with our CDETБ group.

We met in the City Centre, we waited for a good while for the bus and we were on the bus for 1 hour, it felt like an eternity. When we got there, we queued for about 10 to 15 minutes to get into the park.

Once we got into park we had a look around the gift shop. Then we all went Air Race Ride, it was brilliant we felt like we were flying though the sky. We had a look around the Zoo, Tom almost got attacked by a swan! Our friend Dylan won a Pokémon Teddy playing one of the games, we also went rock climbing, Chris got stuck in the ropes but managed to escape. After all that excitement we got an ice-cream with a flake and chilled, it was a brilliant day.



IRHOUSE LOCAL CENTRE – A MULTI-CULTURAL VISIT TO PHOENIX PARK

A recent outing to Áras an Uachtaráin from Firhouse Local Centre perfectly captures the modern, multicultural Irish society we live in today.

Pictured here enjoying a day out together in the President's official residence, the group included people from Latvia, Lithuania, Nigeria Poland and of course Ireland.



LIFESKILLS PROGRAMME – MOSCOW STATE CIRCUS - CONOR SHERIDAN

On the 12th of September I went to the Moscow State Circus with the Lifeskills programme.

Before we went to the circus we went for food in Supermacs with the group. I really enjoyed my food. I was

so excited to go to the circus. I had a feeling it was going to be really good. I was sitting in the front row; I could see everything that was happening. There were a lot of different acts including the high wire walkers, acrobatics and many more. They were all really good. The acrobatics were my favourite act. I was nervous watching some of the

acts, I was afraid they were going to fall so I covered my eyes. The show was amazing from start to finish. I would love to go and see the show again, it was so much fun. The whole evening was great and I hope to go and see the show again in the future.

CITY OF DUBLIN EDUCATION TRAINING BOARD - CDETB VOCATIONAL TRAINING PROGRAMME

COURSE TITLE: EMPLOYABILITY SKILLS

CERTIFICATION: QQI LEVEL 3 MAJOR AWARD

CDETB CODE: BL878

Do you have a disability?

Are you over 16 years of age?

Would you like to improve your education and career prospects?

THE CRC ARE CURRENTLY TAKING APPLICATIONS FOR THEIR CDETB FUNDED VOCATIONAL TRAINING PROGRAMME WHICH IS LOCATED IN ARD SCOIL LA SALLE, RAHENY, DUBLIN 5.

This is an exciting and innovative programme which 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.

FOR APPLICATION FORMS AND FURTHER DETAILS PLEASE CONTACT

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