

**enable
ireland**

Disability Services
Life With No Limits

EnableNews

Our New Children's Services Centre Opens in Cork

Our brand new Children's Services Centre in Cork is up and running, and the official launch will be held in October 2019. The Lavanagh Centre is located in Curraheen, Cork and is a fantastic new facility featuring a hydrotherapy pool, treatment rooms, physiotherapy equipment, a gym and an atrium.

[Read more on page 3.](#)

The Lavanagh
Centre



New Hub for Adults Opens in Rialto, Dublin

New Directions is a report from the HSE which sets out a new approach to day services for adults with disabilities. It recommends that service locations be chosen with a view to enabling individuals to be an integral part of their community rather than segregated or removed from the community. These locations are known as hubs.

[Read about our Rialto Hub on page 10.](#)

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Welcome Message from Enable Ireland's CEO

John O'Sullivan
CEO of Enable Ireland



Hello and a very warm welcome to the latest edition of Enable News, our newsletter for the children and adults who attend our services, and their families.

I am very proud to say that this is the first issue of Enable News to be published since I started in my current role as CEO of Enable Ireland. I hope you will find our newsletter to be informative and entertaining as we bring you the latest developments, news and issues from Enable Ireland services around the country.

Since I started my new role in January 2019, it has been a very busy time for Enable Ireland and for the disability sector. Our brand new Children's Services Centre in Cork is up and running. In Dublin, our Adults Hub in Rialto is providing greater community access for adults who use the service.

You will read about how we have strengthened our network through new partnerships with organisations like the GAA and Facebook. We will show you the latest fundraising initiatives and events from around the country. We will update you on areas like Assistive Technology (AT) and our network of charity shops. Above all, we will try to bring you the voices, perspectives and stories of the people we support.

We hope you enjoy this newsletter as we continue our mission of working in partnership with those who use our services to achieve maximum independence, choice and inclusion in their communities.

Warmest regards,
John O'Sullivan
CEO

New Children's Services Centre Opens in Cork

In 2016, Enable Ireland launched an ambitious fundraising campaign to raise €7.5 million to build a state-of-the-art Children's Services Centre on a new site in Curraheen, Cork.

Since then we have received significant support from the people and businesses in Cork and a €2 million Capital Allocation from the HSE.

In April 2019, we were delighted to welcome the first families and parents into the new centre, known as the Lavanagh Centre. From here, Enable Ireland will provide vital therapies and rehabilitation services to over 860 children with disabilities in Cork city and county.

However, we still need the public's help to raise over €1 million to ensure this special project is finished as soon as possible. Please join Enable Ireland and support our new Cork Children's Centre appeal today. You can donate online at www.enableireland.ie/donate



The new Lavanagh Centre is state-of-the-art and is amongst the best in Europe with a hydrotherapy pool, therapy rooms, sensory rooms and an accessible playground to accommodate the needs of children and their families using our services.



Jack is Movin' on up!



Jack Hersee from
Arklow Children's Services

Every year, Enable Ireland Wicklow Children's Services invites young people who are due to make the move from primary to secondary school, along with their parents, to attend a group that explores issues around this potentially difficult transition.

It's a chance for the children and young people and their parents to share their knowledge and to explore some practical strategies that might make the move a little bit easier.

Jack Hersee started secondary school in Glenart College last September and so is well placed to tell us about his

experiences. Jack was a little nervous at the start, but he got the hang of things after a while. Moving classes was confusing at first but he settled in well (after getting lost a few times!). He knew a few people from his primary school so he wasn't alone. Jack is very happy to meet new people – most students are friendly - but he tends to hang out with kids in his year. He enjoys his new subjects – some are difficult but Jack enjoys learning. The worst part is homework at the weekend! Jack's advice is simple – try your best, and don't leave Friday's homework until Sunday!

Tips for Transitioning from Primary to Secondary School

- Don't be afraid to introduce yourself, you could end up meeting your best friend.
- Tape a copy of your timetable inside the locker door.
- Buy durable plastic pouches, one for each subject in different colours and then colour coordinate them with your timetable.
- Try to arrange a visit to your new school before the summer holidays so you have a good idea of the layout before you start.
- Parents should link with the Year Head or the SEN coordinator to ensure that an Individual Education Plan is in place or to make sure that any supports have been arranged.
- If you are using a tablet or laptop, be sure to set up a cloud account and back up your work regularly.

Enable Ireland scores with GAA Partnership

We were thrilled to be selected as an Official Charity Partner of the GAA earlier this year. Like the GAA, Enable Ireland has a national reach and maintains strong local connections. Both organisations are all about communities and the people that support them.

Through this partnership, the GAA is supporting our work with children and adults with disabilities in communities across the country. Partnering with the GAA will help support our goals such as raising awareness about the work we do across the country and assisting with our fundraising efforts.



Enable Ireland CEO John O'Sullivan with John Horan, President of the GAA

As well as receiving a generous donation of €20,000 from the GAA, Enable Ireland will benefit from several planned GAA fundraising events. Proceeds from these activities will support our disability services and we are grateful to the GAA and Croke Park staff for their support. You too can help us to achieve our fundraising goals by continuing to support us and getting involved.

Visit www.enableireland.ie/fundraise for more information.

Up for the Match!

On a sunny Sunday in June, the GAA invited us to their HQ in Croke Park for the Leinster Hurling Final. A crowd of over 50,000 gathered to watch Wexford take on the might of Kilkenny, but all eyes were on GAA-mad Brandon Burke from our Children's Services in Tallaght who presented the match sliotar. Padhraic Dormer from our Adult Services chatted to MC Dáithí Ó Sé at half time on the side-line and a special video featuring Hannah Morrissey from our Cork Services was played to the crowd on the big screen. We look forward to the continued support of the GAA.

Brandon Burke presents the match sliotar at the Leinster Hurling Final in Croke Park



Padhraic Dormer chats to Dáithí Ó Sé at the Leinster Hurling Final in Croke Park



News from our Adult Services

New Multi-Sensory Room for Limerick Adult Services

A 13-strong team of staff from Keating Connolly Sellors, a Limerick law firm, embarked on a unique adventure called the Sellors Summit Challenge. The team climbed Ireland's three highest mountains and raised €15,000 which was used to build a brand new, multi-sensory room for our Limerick Adult Services in Quinn's Cross, Mungret. The room was officially opened in June and is a great place to go to relax, unwind and enjoy the calming and peaceful surroundings. Congratulations to all involved and thanks to Sellors.



Taking Life in New Directions

Congratulations to Caroline Farrell and Cathy Quinn, two fabulous ladies who attend our Dublin Adult Services (DAS) and who have been with Enable Ireland for many years. Caroline and Cathy have achieved their goal of going on a two-night hotel break in Wexford. Following a lengthy and sometimes challenging planning process, the women reached their goal and had a fantastic trip. Many hours of planning, transport training and research were involved, not to mention saving up, so well done to Caroline and Cathy.

Caroline said, "I want to save for a passport next, to visit my family in England". Cathy added, "Next time we go to Rathmore, we have decided to travel down on the train ourselves". Thanks for blazing the trail, ladies, and for showing us that it's never too late to try something new.

"I want to save for a passport next, to visit my family in England".

*L-R Caroline Farrell
and Cathy Quinn*



Introduction to Assistive Technology (AT)



Assistive Technology can be defined as any item, piece of equipment, software or hardware that is used to improve someone's capabilities. AT is widely used to support people with disabilities, people who have been injured, or older people. The aim of AT is to make people's lives easier, and this is an area that is growing in demand nationally. Learn more at www.enableireland.ie/at

Training Courses and Workshops

Foundations in Assistive Technology

Our most high profile course, Foundations in AT, was delivered three times during 2019 - an unprecedented level of demand. 54 people participated including expert users, educators, clinical therapists and those looking into supported employment. Attendees will graduate in 2019. The course is accredited by Technological University Dublin (TUD). Dates for Spring 2020 are set so if you, or anyone you know, is interested in learning more about the transformative effect that Assistive Technology has in making people's lives easier, visit our website and sign up for a course today at www.enableireland.ie/events

Learning Tools Workshop

Due to the high level of interest and feedback received from our Learning Tools Workshop, we are hosting three further workshops on Study Skills for both primary and secondary school students. The workshops focus on Microsoft's free in-built tools which can support learning and personal organisation. Our AT Training Calendar has workshops on Grid3, Clicker 7, Scanning Pens and Study Skills. Please check our website for the latest course dates.

CHAT

The Community Hub for Assistive Technology (CHAT) is an event that gathers organisations and individuals from diverse

backgrounds in a central forum for all things AT. Our next CHAT Meeting is planned for TUD Grangegorman so please check out www.enableireland.ie/at for the latest updates.

National Fundraising News

Disability Awareness Shield

The Enable Ireland Disability Awareness Shield has been running since 2018. Aimed at Transition Year and CSPE classes, this four-part module is available to any secondary school across the country that wishes to improve their disability awareness. Completing the module will earn a shield for participating schools.

This initiative is about growing awareness about the work Enable Ireland does, and about disability and the supports available to students, many of whom may not know how challenging life can be living with a disability. Last year over 50 schools signed up to the challenge. We are hoping that in 2019-2020 many more schools can take part, become more “Disability Aware”, and earn this shield for their school. Do you know a school that could take part in our Disability Awareness Shield?

You can sign up today by emailing campaigns@enableireland.ie.



St. Louis Community School, Kiltimagh receive their Disability Awareness Shield

No Phones Challenge

Do you have a child in secondary school? Would you like them to give up their phone for 24 hours and raise funds for Enable Ireland while doing it?



This year, we are again reaching out to students to learn about Assistive Technology and how it can be used to support people with disabilities.

In a fun initiative, we are challenging students to give up their phones for 24 hours and take part in the Enable Ireland No Phones Challenge.

We dare students to take the challenge and raise money through sponsorship which will go towards supporting their local Enable Ireland services. If you know a school that is up for the challenge, check our website and contact us to be a part of this educational initiative with a difference.

See www.enableireland.ie/nophone for more details.

Friends of Enable Ireland

Have you signed up to become a Friend of Enable Ireland yet? It's really easy to do and it is a great way to learn more about what is going on in your area. You can also avail of some great discount offers from our partners for Friends of Enable Ireland.

Our 'Friends' network is a way for us to stay in touch with you and let you know about any training, workshops, fundraising events or national appeals that are happening in Enable Ireland. It's



also a great way for us to keep in touch about developments in services across the country. Sign up today by emailing us at friends@enableireland.ie, or by filling in the 'Friends' consent form at your local service centre. It's free and easy to do so sign up now and reap the rewards!

Our Retail Partner takes Fundraising to the Maxx

Give Up Clothes For Good (GUCFG) is a campaign by our amazing retail partner TK Maxx. GUCFG is Ireland's biggest and longest running clothing and homeware donation collection helping to raise funds for Enable Ireland. Since 1997, GUCFG has raised an astonishing €3.4 million to support children and young people with disabilities in Ireland.

Give Up Clothes For Good asks the public to take action on disability and donate their unwanted quality clothes, accessories and homeware in the special collection units provided in all TK Maxx stores nationwide. Donated items will be sold in Enable Ireland charity shops and any money raised helps to fund our

disability services. By donating to this campaign you can help raise funds for Enable Ireland. So grab a bag, get down to TK Maxx and give up clothes for good! See www.enableireland.ie/gucfg for more details.

At Christmas, don't forget to watch out for the 'Socksie' Appeal, where you can support Enable Ireland by buying Christmas socks in TK Maxx stores and they will make a donation to Enable Ireland for every pair of socks sold!



News from our Adult Services

Rialto Hub

In January 2019, our hub in Rialto opened its doors to attendees of Enable Ireland services for the first time. Located in the heart of Rialto, Dublin, the new hub is only five minutes away from the Luas stop which means Dublin City Centre is just a short trip away.

At the moment nine adults use the hub during the week. Unlike traditional adult day services, the Rialto hub does not have its own transport service. Instead, adults make their own way or Personal Assistants (PAs) travel to the hub every morning with adults on public transport.

For most of the adults using the hub, they like to have a cup of tea and a chat in the morning before they head out to different activities in the community for the day, e.g. art classes, attending a local choir, trips to town, and attending appointments and group outings. Adults in the hub decide how to spend their day, sometimes doing activities as a group and at other times, individually.

Here is what some of the adults using the hub have to say:

I like it here. I like to do my art classes in Tallaght, especially painting and drawing. I have a breakfast club on a Friday where we go for a fry-up and I sing in a choir on Wednesday. I enjoy the hub!"

Kieran Shanagher



Kieran Shanagher

“ I like listening to music on my iPad here. I love the Luas and going for trips into town to do shopping, to have lunch or just to hang out. I play Boccia as well and like meeting up with the other Enable Ireland centres for matches. I do art classes in Rua Red. We had a day trip to Malahide Castle and I really enjoyed that. I'd like to do more day trips like that.” Adrian Kot



“ I love this place. It's like my 'Man Cave'. I can hang out with my friends. I like it here. It's nice and quiet. It's like home. Here we can get out and about, especially with the Luas. I like to play Boccia once a week in Dun Laoghaire. I go to the gym as well. I'm trying to get in shape for my cousin's wedding! Going places on the Luas is my favourite thing to do.” Scott Kellett

L-R Scott Kellett and Adrian Kot

New Directions e-Learning Module

New Directions is a key HSE policy document. The report sets out a revised approach to adult day services that envisages all the supports available in communities will be mobilised so that people with disabilities have the widest choice and options about how to live their lives and how to spend their time.

The e-Learning module for New Directions is a resource for staff and management to learn more about the initiative. The module is an interactive,

online learning programme and will consist of an explainer video featuring the policy's 12 supports as well as the core values of New Directions.

It is expected the e-Learning module will be available on the HSE website from September 2019. Limerick Adult Services were actively involved in the presentation.



You can find out more about New Directions on the HSE website:
www.hse.ie/newdirections

Bloom in the Park 2019

For the third year running, Enable Ireland entered a show garden at Bloom in the Park. The theme for our garden this year was “Diversity Values Everyone Equally”.

Our ‘Diversity’ Garden, in association with Solus, was awarded Best in Category (Medium) as well as a Gold Medal, so a massive congratulations goes to designer Linda McKeown. Our ‘Diversity’ garden was an accessible space, inclusive to people of all abilities and ages, with an open layout and accessible raised planters.

Over 100,000 people visited Bloom and we spoke to thousands of people throughout the festival about Enable Ireland’s work leaving them informed, educated and even inspired! All of these conversations help us to grow awareness of Enable Ireland and the services we provide to children and adults across Ireland. Bloom also gives us an opportunity to let people know about the Enable Ireland Garden & Gift Store in Sandymount where people can purchase the award-winning flowers and plants on display in our Diversity Garden. Find us on Facebook at www.facebook.com/enableirelandGardenandGiftStore.

After Bloom, the ‘Diversity’ garden will be re-located to Enable Ireland’s Children’s Services in Cork and enjoyed by all the children and their families who attend services there.



President of Ireland and Patron of Enable Ireland, *Michael D. Higgins*, in our Diversity Garden at Bloom 2019.



Partnerships and Fundraising

Enable Ireland Models Light up the Catwalk

Enable Ireland, in partnership with Facebook, hosted an Inclusive Fashion Show held at Facebook's HQ in Grand Canal Square, Dublin. The unique event raised over €22,000 for Enable Ireland and Blue Diamond Drama Academy, which provides a drama training programme for adults with intellectual disabilities.

The fashion show featured children and adults who attend Enable Ireland services, as well as young adults from Blue Diamond, Facebook employees, and professional models. All of our models did a few circuits of the amazing runway and got to experience life as a professional catwalk model for a while.



The show was a great success and featured on Virgin Media's 'Exposé' fashion show making our participants TV stars as well as catwalk models!



Grazie Milano!

Our partners at Milano have really outdone themselves again by raising dough of a different kind. Since the beginning of our charity partnership, Milano restaurant staff and customers have raised over €200,000 to support Enable Ireland's services for over 8,000 children and adults with disabilities throughout Ireland.

Each year, Milano supports Enable Ireland with its Yellow Week and Snow Ball Dough Ball campaigns. Milano staff in restaurants around the country wear Enable Ireland's distinctive yellow t-shirts

and encourage restaurant customers to take part in fun games, donate to Enable Ireland and win prizes.

Money raised is also used to support Enable Ireland's Assistive Technology (AT) services. Assistive Technology enables children and adults with disabilities to engage with their family and friends and progress through the education system with less difficulty and greater independence. For adult service users, Assistive Technology can mean they can continue in further education and access the world of work. Read more about Enable Ireland's AT division on page 7.

Enable a Greener Way of Shopping



Enable Ireland has a network of 21 Charity Shops across the country. All profits from our shops support our disability services. An added bonus is that by shopping in our charity shops, you are contributing to sustainable fashion. The clothes and accessories you donate are recycled and resold in our charity shops. Sustainable fashion is a greener way of shopping and is kinder to the environment. So, think green and shop with Enable Ireland.

Declutter and Donate!

Decluttering can increase the tranquillity in your home and make your space more welcoming and better to live in. Just ask Marie Kondo who had a hit series on Netflix about the benefits of decluttering your life and your house. A change of season is a great time to get rid of your unwanted items, and you can donate them to Enable Ireland!

We are always looking for quality donations to sell in our charity shops. We love designer labels, shoes, handbags, jewellery, aftershaves & perfumes, gift sets, collectables, antiques and glassware. Everyone wins – the donor gets to declutter, Enable Ireland receives a profit, and the buyer gets a bargain. You can donate in our textile banks, in any TK Maxx store nationwide, in any Enable Ireland shop, or through corporate and community 'Bring Back Days' and house collections. Visit www.enableireland.ie/donationbank to find your nearest donation point.

Volunteer with Us

Volunteering in an Enable Ireland charity shop is a great way to give back. Even a couple of hours makes a big difference. To find out how you can contribute to something great, visit www.enableireland.ie/volunteer



Advocacy in Action

Meet Jane

Jane Fennessy lives in Navan, Co. Meath and receives home support from Enable Ireland to live independently in her own home. Jane attended a Local Disability Conference which was hosted by the National Disability Network. Our Meath Adult Services were present on the day and were represented by Cathy and June who work hard with their team to provide Home Support Assistance to people living independently in the area.

Jane spoke on the day about her experiences of living with a disability. She described how getting involved in more activities makes you a more valued member of the community. She also spoke about advocacy and the importance of being able to advocate for yourself to achieve what you want from life. Jane is one of seven children and as she saw her siblings leave home and move on with their own lives, she knew that she would have to make her voice heard to achieve the same dreams for herself. Jane is a true example of how you can achieve your goals if you believe in them and speak up for yourself. She was very honest and shared her thoughts: "It is not always easy to have people coming into your home every day to assist you, but being independent and making your own choices makes it worth it".

Meet Brandon and Luke

Luke Mannering and Brandon Warren Dowling, who attend our Adult Services, appeared as guest speakers at a conference for TK Maxx managers. TK Maxx is a longstanding charity partner of Enable Ireland. Luke and Brandon were invited to address the attendees at the forum, and the two gents made a great impression. Both young men did a fabulous job of raising awareness about living with disabilities, and advocating for themselves and their peers. Luke and Brandon were given football tops of their favourite teams as a thank you for their presentation. Well done lads!



L-R Brandon Warren Dowling and Luke Mannering

L-R Jane Fennessy and Cathy Hughes



Try-It Workshops in Tallaght

The Children's Services Team in Tallaght has recently embarked on a new project aimed at engaging children in community based activities such as dance and visual arts. The "Try-It" Workshops were inspired by the observation that young people with disabilities can often face barriers to participation in community based activities like art.

The "Try-it" Workshop project aims to provide new activities for children to try in a safe and supportive environment. Project areas include visual arts, ballet, and digital media. The response from parents, children and community facilitators has been hugely positive and has shown the team in Tallaght the huge demand for these types of projects. The overall aim is to promote participation and inclusion on a community-wide level and the workshops were a resounding success.

Kildare Gets New Accessible Swings

Enable Ireland Kildare Children's Services has added three new swings to their playground recently, including a wheelchair accessible swing and a swing with a disability seat. These new additions to the playground were funded thanks to a Local Property Tax grant from the Dept. of Community & Culture in Kildare County Council.



News from Around the Country

Medal Winners at the IWA Sport National Swimming Championships

Enable Ireland Wicklow Children's Services members attended the recent IWA Sport National Swimming Championships 2019 held at the National Aquatic Centre in Dublin.

Luke and Josh Rooney, Senan Ryan, Rachael Doak and Dylan Walsh were all medal winners. The medals were presented by Ellen Keane, a bronze medal winner at the 2016 Para-Olympic games in Rio de Janeiro, Brazil.

The gang said "It was a great honour to meet Ellen and try on her medal!" The young people train at Shoreline Bray and have been coached by June Keating over the last number of years.



Medal Winners at the IWA Sport National Swimming Championships

Lucy Wins Gold, Silver and Bronze!

A huge congratulations goes to Lucy O'Neill who volunteers with Enable Ireland on reception in our North Tipperary Children's Services. Lucy, pictured here with her incredible haul, won gold, silver and bronze medals in various swimming events at the National Special Olympic Games held in Dublin in June of this year.



Lucy O'Neill with her three medals

Life With No Limits

Brian Murphy on
board the tall-ship
Tenacious



Our 'Life With No Limits' campaign takes place every year in the third week of September. We are asking the public to support our services by purchasing 'Life With No Limits' merchandise from Enable Ireland charity shops, TK Maxx stores and volunteer sellers nationwide.

Visit www.enableireland.ie/nolimits for details. The campaign provides a platform, through media and social media, for children and adults with disabilities attending Enable Ireland services to talk about how they live Life with No Limits while raising much-needed funds to support our work.

Life With No Limits Champion Stories

Tall Ships – Brian Sets Sail

Brian Murphy, who attends our Dublin Adult Service (DAS) in Sandyford, was involved in the adventure of a lifetime. Enable Ireland DAS supported Brian to achieve his dream and sail around the south coast of England. Brian sailed from Cardiff to Southampton on a wooden tall ship called, fittingly, *Tenacious*. There was a crew of 50 on board, with varying levels of ability, and Brian had to work hard to perform his duties like everyone else. "I had to put in my shift at the helm of the ship, set the sails, navigate, prepare meals and tidy up", said Brian. Brian had to brave rough weather and fatigue as well as stepping out of his comfort zone to complete the challenge and achieve his goal. On the final day, using only his upper body strength, Brian hoisted himself all the way up to the crow's nest. The crew gave a massive cheer when he got to the top. Sean Hall is a Personal Assistant (PA) in our Dun Laoghaire service and he supported Brian on the trip.

Leon Receives "Most Improved Rider" Award

Leon Colmey, aged 15, and other children who attend Enable Ireland, take regular trips to the Festina Lente Equestrian Centre in Bray to go horse-riding. A group of volunteers who have a keen interest in the equestrian field organise and supervise the horse-riding activities. It turns out Leon is a natural and he loves horse-riding. Leon has improved so much that he received a rosette and a trophy for being "Most Improved Rider" from the volunteers at Festina Lente. Well done Leon! To find out more about Festina Lente and the services they provide, see <https://festinalente.ie/>



Leon Colmey
in the saddle

Changing Places



The new Changing Places facility in Marlay Park

‘Changing Places’ is a campaign to highlight the lack of appropriate changing facilities in Ireland, and to lobby for the provision of more fully accessible changing places in shopping centres, libraries and public spaces across the country. Additional features of Changing Places bathrooms include more room, a fully accessible toilet with height-adjustable, adult-sized changing benches, ceiling track hoist systems, showers and adequate space for a person with a disability and up to two assistants.

The accessible bathrooms are designed to enhance the health, safety, comfort and dignity of someone who may need extra support and additional equipment during personal care tasks.

Marlay Park in Rathfarnham is one of the latest venues to feature a Changing Places toilet, and Dublin City Council has recently approved an additional two locations for St. Anne’s Park and Fairview Park. To find out more about this superb initiative, and to find out where other Changing Places facilities are located, visit www.changingplaces.ie

Spinraza gets Approved

In June, the HSE approved reimbursement of the Spinraza drug following a lengthy campaign by families. The parents of Sam Bailey (pictured) and Harry Bulman, who attend our Children’s Services, have campaigned long and hard to get this drug recognised and this is a huge milestone for their children and their families. Spinraza will provide better health outcomes for children with Spinal Muscular Atrophy (SMA). Congratulations to all the families involved in this campaign.

SMA is a rare, degenerative genetic condition that affects about 70 people in Ireland, both children and adults. Spinraza is a drug that treats SMA and achieves clinically meaningful improvements in motor functions. It is the first drug of its kind and is currently the only available treatment for SMA.

Sam Bailey



News in Brief

Tallaght Children's Services Celebrates 25 Years

Congratulations to the team in Dublin South West Adult Services (Tallaght) who are celebrating an amazing 25 years in operation. A quarter of a century ago, the move to open a children's service in Tallaght showed that Enable Ireland had "No Limits".

Since then, we have definitely shown great perseverance in our journey to bigger and better things. The service has supported thousands of children over the years to live a life of independence, choice and inclusion. Anniversary celebrations will be held in September so keep an eye on our website and our Facebook page for further updates:

www.facebook.com/actionondisability

Celebrating You

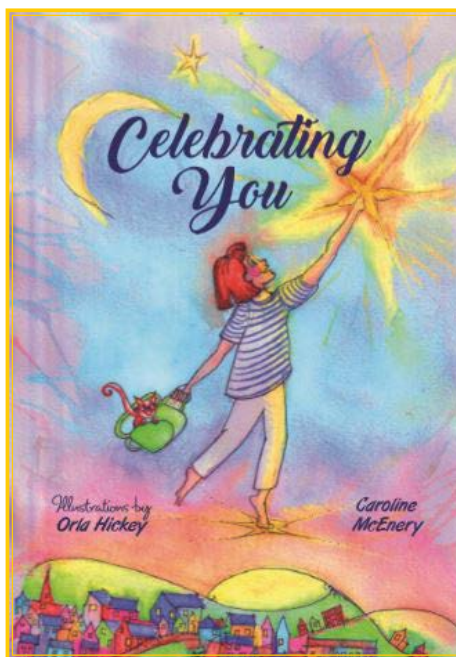
'Celebrating You' is a free children's workbook to promote diversity and inclusivity, values which are intrinsic to Enable Ireland and the work we do.

Written by Caroline McEnery, the book is aimed at teachers, parents and guardians who can read it as a storybook to children and spark conversations around important topics. 'Celebrating You' encourages children to be the best they can be and celebrates what makes us all different.

The book is free to download as an e-book or a printable PDF, but readers are encouraged to make a donation to Enable Ireland if they wish.

You can read it here:

www.thehrsuiteonline.com/ebook.html



Reach for the Moon

“Reach for the Moon” is part of a community arts initiative created by the adults who attend our Cork Services in partnership with Tom Doig. Tom is an artist who works with Cork Community Art Link. Tom worked closely with our group in Little Island to create this inspirational concept. He hand-cut stencils based on the words and images that the team came up with. The team used the stencils with spray-paint to create this spectacular piece of graffiti art.

Research shows us that participation in arts activities helps to maintain the health and quality of life of adults. Visual arts, including painting and graffiti, generate increases in self-esteem, psychological health, and social engagement.



Reach for the Moon

Eco-friendly Straws for Limerick

In an eco-friendly move, Enable Ireland’s Limerick Adult Services recently made a decision to reduce its plastic waste and to try to eliminate single-use plastics. One of the areas they identified was drinking straws. With more than 40 attendees at the centre - many with complex physical disabilities - they go through a lot of plastic straws!

The search for a practical alternative to plastic led the team to local Limerick company, Eco Straws. A soft, silicone straw was found to be the best replacement. Enda Gallagher, who attends the centre, said:

“The angle of the straws makes it easier to drink without lifting the glass, and it allows me to drink independently and with confidence wherever I go”.

News from Around the Country

Cruising on the Fantasia

by Danny Aherne

Last year, one of my dreams came true. We went to Spain and boarded the cruise ship Fantasia which took us all the way round Europe on a week-long trip. The cruise would take us to Spain, Italy and France. It is with huge thanks to my keyworker and my Person Centred Planning (PCP) facilitator from Enable Ireland that I could make this dream a reality.

The flight from Dublin was lovely and when we arrived in Barcelona our taxi took us to our ship. Our cabin was very spacious and we had an electric hoist delivered. After we settled in, we went to dinner and then on to a show which was fantastic. The next day, the ship docked in Ajaccio and we were able to get an open-top bus on a tour of the town.

Over the weekend we stopped in Civitavecchia in Rome, then we got a shuttle bus into La Spezia, and on the Sunday we arrived in Genoa.

Danny Aherne
on his cruise



We were all tired so we stayed on board and went to the Village People music night after dinner which was brilliant. We arrived in Cannes, France and the film festival was on there. I was real excited to see this as I had completed a course on film-making. Cannes was fabulous and we saw all the tents and red carpets set up.

On our second-last day we landed in Palma and relaxed in the sun. The next day we departed ship early and we had booked an accessible taxi beforehand so the journey home was easier. It was a fantastic trip. **Danny Aherne attends our Limerick Adults Services.*

Danny's Tips for going on Holidays

- Be prepared as getting off the ship at every port is not an option. Some towns are villages are a few hours away from port, and if you need to factor in the price of a wheelchair accessible taxi it can get expensive.
- When booking a taxi, make sure they can accommodate powerchairs larger than standard wheelchairs.
- The ship was very accommodating and I would recommend the all-inclusive package, but be advised some of your favourite drinks and snacks may not be included.

Parents Plus Initiative

Parents Plus is an Irish organisation that has developed practical, evidence-based parenting programmes which are delivered by trained professionals in different clinical and community settings across the country.

Parents Plus is currently developing a new programme specifically targeted at the needs of families with an adolescent with a disability.

In order to inform the development of the programme, Parents Plus contacted Enable Ireland Wicklow to gather the views of families who attend the service as well as the views of practitioners working within disability services.



Feedback from parents was very positive. Some comments about the benefits of the meeting included: “Meeting other parents and hearing their stories gave us a good sense of understanding”, “The shared experiences, and hearing about challenges I may not have thought of”, and “Information from other parents and families, and useful tips and hints.” Overall, it was clear that parents very much valued the opportunity to meet each other and share their experiences and pearls of wisdom.

Enable Ireland would like to thank all of the parents who offered their time to attend the focus group. Their contributions will be invaluable to the development of the new programme. The pilot evaluation of the new programme will take place in autumn 2019. We look forward to ongoing collaboration with Parents Plus. To find out more about Parents Plus, visit **www.parentsplus.ie**

Ablefest

Ablefest is Ireland’s first ever inclusive music festival for people with additional needs. The 2019 festival took place in Causey Farm, Kells, Co. Meath and was a great success. The day is a family-focused event to be enjoyed by everyone.

All monies are used to fund the event and make donations to charities. To find out more and see what’s in store for Ablefest 2020, check out their Facebook page: **<https://www.facebook.com/ablefest>**



UPCOMING EVENTS

SEPTEMBER 2019

12th	AT Scanning Pens Demonstration
13th	Downton Abbey The Movie Premiere, Fundraiser (Mahon Omniplex, Cork)
16-20th	Life With No Limits Week
20th	AT Clicker 7 Training
20th	Rugby World Cup Special, Fundraiser (Crane Lane, Cork)
22nd	Cork City Echo Women's Mini-Marathon
26th	Make Way Day

OCTOBER 2019

7th	Official Opening of Lavanagh Centre (Cork Children's Services)
19th	Beyond Limits 2019 Conference *Ombudsman for Children's Office
22nd	No Phones Survival Challenge (Nationwide)
27th	Dublin City Marathon
29th	AT Study Skills Day - Secondary Schools (Sandymount, Dublin)

NOVEMBER 2019

7th-9th	Art Sale, Lavanagh Centre, Curraheen, Cork
13th	Annual Lavanagh Ladies Lunch, Maryborough Hotel, Cork
23rd	Fire and Ice Ball, Clayton Hotel, Cork

DECEMBER 2019

4th	Annual Christmas Flower & Crafts Event, Dunmanway
6th	TK Maxx Socksie Day
6th	Progressing Disability Services (PDS) National Conference *HSE

MARCH 2020

10th	AT Foundations in Assistive Tech.
All Month	Give Up Clothes For Good Campaign

APRIL 2020

7th	AT Foundations in Assistive Tech.
28th	AT Foundations in Assistive Tech.

SEPTEMBER 2020

14-18th	Life With No Limits Week
26th	AT Clicker 7 Training
All Month	Give Up Clothes For Good Campaign

