



**enable
ireland**

Disability Services
Life With No Limits

EnableNews

Freedom Tech event explores the power of technology

Technology is transforming the way we all live our lives. Whether it's how we book flights on our smart phones, or how we engage with social media, the opportunities which technology now offers us are limitless. This explosion in mobile and more affordable technologies is having an exciting and positive impact on Assistive Technology for people with disabilities and older people.

[Read More on Page 5](#)



Marino Centre opens in Bray!

We recently opened our new facility, Marino Centre, on Church Rd, Bray. We hosted an open day for the children who use the service and their families, with access all areas tours, a tea party, and even a visit from the ice cream van!

[Read More on Page 18](#)

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From the Chief Executive's Desk



Welcome to the 2018 edition of Enable News. This is our newsletter for over 5,500 children and adults and their families who use our services. We have endeavoured to provide you with interesting stories and new developments from across the organisation.

In this edition, you will find details of our work in the field of Assistive Technology, with our partners the Disability Federation of Ireland, in highlighting the positive impact that technology has for older people and people with disabilities. We urge the Government to address gaps in people's access to assessment, the right technology, and appropriate training

and supports. You will also find updates from many disciplines across Children's Services, and details from Adult Services of our new 'hub' in Dublin, amongst other stories.

We've been very lucky to receive so many positive contributions from children and adults using our services and I thank them all for their submissions. I'm sure you will agree they are the highlights of this newsletter!

Warmest Regards,
Fionnuala O'Donovan
CEO

Become a Champion for Enable Ireland

Every year, Enable Ireland needs to raise €2 million in additional funding to meet the cost of delivering our disability services. We do this through fundraising activities across the year in each region, and we are asking you to tell your family and friends about us, and if they are running a marathon or hosting a bake sale or any other fundraising event, perhaps they would nominate Enable Ireland as their selected charity, or nominate us as their charity of the year.

We are also looking for your support in spreading our message about the work that we do, and how your friends and family can get involved with volunteering, fundraising and becoming champions for Enable Ireland.

We are always looking for new ideas for fundraising and we would greatly value any suggestions to help us reach our fundraising targets. Email us with your suggestions campaigns@enableireland.ie

Bloom in the Park



In June 2017, Enable Ireland entered a garden in Bloom in the Phoenix Park for the first time, and won a silver award! The imaginative and eye-catching garden was inspired by children using Enable Ireland disability services.

Designed by Dun Laoghaire based garden designer, Joan Mallon, the 'No Limits Garden' represented both the challenges that people with disabilities face, and also how, with creativity, determination and support, people with disabilities can Live Life with No Limits.

Record crowds of 120,000 visited Bloom, and our team was on hand to meet them. There were also visits by some familiar faces, including patron of Enable Ireland, President Michael D Higgins, Olympic rowers, the O'Donovan brothers, and RTE's Marty Morrissey!

Since Bloom, elements of the garden live on in Kildare Children's Services and Rathmore House Respite Service in Wicklow.

Enable Ireland's No Limits Garden, in association with Solus, was kindly sponsored by Cleary & Doyle Construction Ltd., Solus, C.J. Falconer & Associates Architects and Caragh Nurseries.

We are delighted to announce that we will be entering a garden again this year. Come and see us there!



Progressing Disability Services

Progressing Disability Services (PDS) for Children and Young People is a HSE initiative whose aim is to achieve a unified approach to delivering disability health services so that all children can get the services they need regardless of where they live, what school they go to or the nature of their disability or development delay.

Under this model, services are provided by Children's Disability Network Teams (CDNTs) made up of a mix of voluntary agencies, like Enable Ireland and The Brothers of Charity, and HSE staff, depending on the geographic area. As a voluntary organisation funded by the HSE, we are working with other voluntary agencies and the HSE to deliver this new model of service across the country. Some of our services already operate under the model and remaining services are aiming to move to the new model of service delivery by the end of 2018.

The key challenges we face in moving to the new model are around finding suitable accommodation from which to deliver our

services, and ensuring we have the right management structure and staffing levels to enable us to continue to provide quality services to children and their families. We will continue to work with the HSE and partner agencies in addressing these issues during 2018.

Your local Children's Services Manager will provide updates for your area throughout the year. You can find out more about PDS by visiting www.hse.ie/eng/services/list/4/disability/progressing-disability/



New Parents

When parents come to our service for the first time, it can often be an anxious time for them, and our team is there to listen and give advice and support.

Did you know that our website has a section that provides a useful introduction for new parents to the services and supports available at Enable Ireland? You'll find information on children's services, details on the referral process, and helpful publications and resources. Visit www.enableireland.ie/newparents to find out more.

Freedom Tech event explores the power of technology



Participants at the event learned how all operating systems (Windows, Apple iOS and Android) now feature a raft of excellent accessibility features which mean that these products are accessible and useable by a much wider and more diverse audience than ever before.

However, we know from our own research that the majority of those who need access to AT don't have it currently. Barriers to access include lack of any central point of information, and lack of access to assessment. Periods of transition (from preschool to school, school to further education and/or employment and from any of those contexts to the home environment) are a real cause for concern, with many users of AT finding that they have to return their technology when they move on to the next stage of their lives.

This can result in lengthy delays in getting replacement technologies in place, and, as a result, individuals are disadvantaged in school, in college and/or in their workplaces at crucial times in their lives.

Photo — L to R: Joan O'Donnell (DFI), Siobhan Long (Enable Ireland), Professor Mac MacLachlan (Maynooth University), Pierce Richardson (DFI) Fleur Heleen Boot (Maynooth University). Front: Bobbie Connolly, AT user.

FreedomTech is a new initiative which seeks to address these gaps. One of the key recommendations which we championed at the Assembly on 16 November 2017 was the creation of an AT Passport: a personal electronic record of an individual's AT needs including: assessment, training and technical support needs, along with procurement and funding information. Enable Ireland's Dublin Adult Services are currently piloting the AT Passport with funding supports from the National Lottery.

For further information on these exciting developments see **www.freedomtech.ie**

What is Assistive Technology (AT)?

Assistive technology (AT) is any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve the functional capabilities of persons with disabilities.

AT can include speech recognition software, communication devices, and literacy support software, as well as smart home technologies that enable people to open their own front doors, windows and curtains remotely. The possibilities are endless.

Fundraising News

Every year we need over €2 million in additional funding to meet the costs of delivering our services. Visit www.enableireland.ie to find out more.

Calling all schools!

This year we are holding the No Phone Survival Challenge on 23 October and once again we are asking secondary student across the country to give up their phones and all social media for 24 hours. That's right – no texts, no shares, no snaps, no likes, no selfies for a full 24 hours.

This is all part of an initiative to raise funds for local services through sponsorship and also to raise awareness of the work that happens every day in Enable Ireland services throughout the country. The No Phone Survival Challenge is ideal as part of a project for Transition Year or CSPE course students and we are asking all schools, teachers and students around the country to take part.

For further information contact us on nophone@enableireland.ie www.enableireland.ie/nophone



Pictured: Students from Loreto Abbey Dalkey with their teacher Marie Breen.

A New Children's Centre for Cork

For the past 15 years, Enable Ireland has been actively and tirelessly supporting the need to build a new Children's Centre for Cork. This dream is now fast becoming a reality. Through the support and generosity of the people of Cork, massive local fundraising efforts and Government support, this year, we have finally broken ground on a new site in Curraheen. We still need to fundraise the final €1.75 million required to complete the project, and we are looking for your assistance in becoming our champions for the new centre and telling all your family and friends about our fundraising efforts for this fabulous state of the art building.

To get involved contact Maria Desmond mdesmond@enableireland.ie or phone 021 4616836



Pictured: Fionnuala O'Donovan, CEO Enable Ireland and Tánaiste and Minister for Foreign Affairs and Trade Simon Coveney with Enable Ireland service users Emma Leahy and Danielle Kelly at Fire and Ice, Enable Ireland's inaugural Ball in Páirc Uí Chaoimh.

Tk Maxx Give Up Clothes for Good

Once more, TK Maxx will support us with their clothing and homeware collection, Give Up Clothes for Good, running in their stores all year round. Customers can donate quality items they no longer need in special donation bins at their local TK Maxx store. Donations will then be sold in Enable Ireland shops with all the money raised directly benefiting children with disabilities in local communities across Ireland. Each bag could be worth up to €25 for Enable Ireland.

Over the last 20 years they have raised an incredible **€3 million** for Enable Ireland services. In 2017 alone, TK Maxx customers and associates donated over 40,000 bags and raised over **€400,000** for Enable Ireland's Services.

Last year, TK Maxx's sister brand Homesense came to Ireland, opening stores in Cork and Dublin. We were delighted to be named as charity partner for the Homesense stores with projects in Dublin South West Children's Services and our Cork Children's Centre Appeal set to benefit from funds raised.

TKmaxx®



Pictured: Aileen and Tommie from children's services with Nadine Coyle at the launch of the 2018 campaign.

**HOME
SENSE**

New Drivedeck arrives at Sandymount

Enable Ireland Sandymount was delighted to receive a new driving assessment tool called a 'Drivedeck' from Smile Smart Technology, which has the potential to benefit hundreds of children who attend the service.

Occupational Therapists (OTs) are responsible for prescribing wheelchairs for children in our service. Children with significant needs will require a powered chair to mobilise. Some children will be able to use an ordinary joy stick but others will require special switches operated by hand, head or feet in order to drive. The OT does assessment and training with these children to ensure they prescribe exactly the right chair for each child.

The Drivedeck offers the therapist the opportunity to do this for a variety of children and young adults. It is an easy and efficient way to assess an individual's capacity and needs, and train them to use powered mobility before ordering their own custom designed chair. A child with significant physical needs, requires specialised supportive seating to maintain their posture and allow them to interact with others and their environment. Their specialised seating can be placed on the Drivedeck and the child can be set-up with a joystick or switches to mobilise at home, school or in a clinic.



Pictured: Rachel Cooney.

Benefits of the Drivedeck:

- Provides a child with their first opportunity to mobilise independently.
- Used to establish the maximum potential of an individual for mobility and switch control, whilst they remain in their supportive seating.
- Matches a child's functional level and develops their skills in power mobility.
- Allows the therapist to be sure that the expensive chair prescribed will meet the child's requirements and maximise use.
- It includes a carer control, anti-collision sensors, voice confirmations, pre-determined track following and speed and motion control for safe mobility.
- Teaches switch skills through the motivation of safe movement

To find out more contact Ruth Hanley
ghanley@enableireland.ie

Cross Service Sibshops with Enable Ireland Tallaght and CRC Clondalkin

In November 2017, Katie Murphy, a Senior Social Worker at Enable Ireland Tallaght, and Rachel Haughney, Social Worker at Scoil Mochua, The Central Remedial Clinic, co-facilitated a two day sibshop in Scoil Mochua, Clondalkin.

Sibshops are events for children whose brother or sister have a disability. For the children who attend, they are fun, all action events where they get the opportunity to meet other siblings and share experiences with their peers.

Katie said “Myself and Rachel found it very rewarding, particularly as our recent sibshops group was a two day cross -service event, so there was the opportunity to reach a wider audience and have more children attend. This led to greater fun and participation and the opportunity to co- work with colleagues in another agency.”



Speech and Language Development

Many children will develop speech and language skills throughout their early years of life in what appears to be a natural and effortless manner. Some children may take longer to develop these skills or may have impairments in their abilities to develop these skills. These children may be given diagnoses of speech and/or language impairments from a Speech and Language Therapist (SLT).

Ciara Dunne, a Speech and Language Therapist at Enable Ireland Wicklow, says, "It can be hard to understand what these diagnoses mean and what exactly you can do as a parent to help your child with these difficulties. Sometimes having this information in writing is helpful."

Ciara and the team have developed a range of helpful information leaflets relating to some of the main SLT diagnoses (e.g. 'speech sound impairment' or 'language disorder'). These leaflets include simple strategies to support the development of children's skills in each of these areas.

DID YOU KNOW?

Our website has many useful resources for parents, such as 'Helping Hands - A guide for parents of children recently diagnosed with an Autistic Spectrum Disorder'. You can browse all of these in the Resources Section on our website.

Is there an area you would love to see added in the future? If so, drop us a line communications@enableireland.ie

Here are some simple strategies to support language development;

- **Get your child's attention** - say their name before asking questions or giving instruction so they know when to listen
- **Ensure your child can see your face** to support their attention and listening
- **Use simple language and repeat if necessary** to support memory and provide as many opportunities for them to hear, see and use words
- **Talk calmly and slowly** to support their ability to process words
- **Encourage your child to communicate with you** however they can, accept gesture, pointing, facial expression

For more information and strategies related to speech and language impairments, you can find the information leaflets for parents on our website www.enableireland.ie/publications



SeatTech Secures €96,000 Irish Research Council Grant to Help Improve Seating Design.



Enable Ireland SeatTech has been successful in the application for an Irish Research Council (IRC) grant to be used to help enhance the design and manufacture of custom-contoured seating systems.

Custom-contoured seating systems are ones where an impression is taken of a person's body in the corrected sitting position, and that impression is then used to produce moulded seat and back support cushions. When these cushions are fitted to the wheelchair, the person is supported in the best possible manner. The seating system is designed with a view to correcting posture

while at the same time distributing pressure in the best possible way.

The team in SeatTech is looking to improve on both the product design and manufacture processes, and is now delighted to welcome to the team Ms Susan Nace, who commenced an Employment-Based PhD (EBP) programme with the service in October 2017. Her research has been sponsored by the Irish Research Council to the amount of €96,000. Her project runs until 30 September 2021, and we will keep you updated on developments.



Pictured: Ann Enright, Collette Condon, Trevor Kennedy, Nancy Geary and Fiona Power get the keys to the new centre.

New 'Hub' for Adults in Limerick

In 2017, we opened the doors to our new community based support service for adults in Castleconnell in Limerick. The service caters for 10 to 15 adult service users, and aims to allow each participant to progress towards a more individualised service, where they are in control of the support they receive from Enable Ireland. The project would not have been possible without the support of the JP McManus Fund and the generosity of the public.

Kerry's Janet Twohig's Weight Loss Achievement

Congratulations to Janet Twohig, who attends Kerry Adult Services, on her recent Slimming World achievement.

Janet joined Slimming World in February 2017, and by November had lost almost two stone. To her pride, she was awarded the Slimming World "Miss Slinky 2017" award.

Janet says, "I love attending the meetings every week. It's a great get-together and the members are all there for the same reason. We have a great laugh and it's great to meet other people. I will be continuing to attend Slimming World meetings to stay at my target weight."

"I am just so happy. I had to buy new clothes, two sizes smaller, which was a great feeling. I'm delighted. It proved that even though I use a wheelchair and exercise is difficult, you can still lose weight."

"I would like to thank Enable Ireland and Slimming World for supporting me throughout my weight loss journey."



Top Tips For Healthy Eating

Healthy

Karen Cowan, dietician at Enable Ireland Sandymount, has put together some helpful tips on healthy eating and weight control.

‘It’s always a good time of year to look at how we can make the best changes to our health. In Ireland, we have a food pyramid to help us to plan and prepare the healthiest meals to give us the energy we need to grow and stay healthy. The basis of our diet is ideally the fruit and vegetables on the bottom of the pyramid with the top shelf foods high in fat, sugar and salt only occasionally.



Top Tips:

- Eat regular meals and cook with mostly fresh ingredients.
- Know your weight and check your Body mass index (BMI). It's good to have an idea where you are starting to make sure you can celebrate your improvements whether its weight loss or gain.
- Drink at least eight cups of water each day.
- Choose high fibre breads, cereals and pasta.
- Aim for five portions of fruit and vegetables each day.
- Watch your serving sizes of foods, use a smaller plate, eat slowly and stop when you feel full.
- Enjoy your food and take time to have meals at the table away from TV or screens.
- Limit chips and takeaway foods.
- Try to find any activity you enjoy - an art class, swimming, walking the dog, wheelchair basketball.

There are lots of great websites and resources for more information, recipes and meal ideas.

You can find some of these listed on our website www.enableireland.ie



Fundraising News From Around The Country



KERRY



Abbeydorney-based company, TLI Group, selected Enable Ireland as their 2017 Charity of the Year and raised over €8,000 through a series of events and activities organised throughout the year, including a charity walk and bake sale.

Sean Scally, Regional Fundraising Manager with Enable Ireland, says "In the last twelve months, TLI has raised a whopping €8399 for our services in Kerry. We can't thank all the staff enough for all their efforts and support. This money has allowed us to significantly update our Assistive Technology Department by purchasing an Interactive Whiteboard, an iPad Air and an iPad rack. The additional €3,399 will be used to purchase equipment to enhance the services we provide to children and adults with disabilities in Kerry."



DUBLIN



Employees and friends of Enable Ireland Sandymount took on an epic challenge of climbing '3 peaks in 2 days'! The group raised €8,298 in sponsorship which will go towards providing additional services to the families who use the services of Enable Ireland, including day trips for the children, parent self-care courses and Sibshops.

The team said, "As most of our resources are directed towards therapy and interventions for children, we require additional funds to provide support which is above and beyond what we can usually offer, but entirely essential for the wellbeing and quality of life of the children and families who access our service. For a relatively small monetary cost, the exponential value added to family life is significant."

Fundraising News From Around The Country



KILDARE

Each year, the children from Oldbridge Way choose to raise money for a different charity. In 2017, Enable Ireland was their charity of choice, and they raised an impressive €100 by washing cars and selling juice and biscuits within the neighbourhood.



THANK
YOU

Pictured above: Cllr Fintan Brett, Cllr Sorcha O'Neill, Cllr Ann Breen, Sophie & Naoise Gilligan, Bobby Carroll & Cian Smith attending the opening of the new accessible playground at Enable Ireland Kildare.

Enable Ireland's first homewares store opens in Limerick

In an exciting new development for Enable Ireland's commercial division, a new homewares shop opened on Honan's Quay in Limerick in November 2017. The first of its kind for the charity, the shop stocks a range of furniture, home accessories, lighting and linen, with a mix of new and second hand bargains to be found.

"We have always had a very strong presence in Limerick with our two service centres and our current shop on Upper William St, and our new homewares shop has had really positive reaction from the local community. The feedback has been great, people can't believe the quality and price of the range we have" said Mary Hynes, Enable Ireland's Retail Area Manager.

The shop is currently open on Thursday, Friday and Saturday weekly from 10am to 5pm, with plans to extend these hours later in 2018.

The shop will accept donations of unwanted items to be resold or recycled to raise funds for Enable Ireland's disability services. They love to receive donations of clean clothing, shoes and accessories, ornaments, towels and linen, crockery, cutlery and glassware, collectables and antiques, and mobile phones.

Come in
WE'RE
Open





CALL FOR DONATIONS

Our charity shops are stocked with a wide selection of men's, women's and children's second-hand clothing and shoes, as well as high-quality accessories and homeware. To keep our charity shops stocked, we depend on donations of unwanted clothing and goods from members of the public.

What we love!

Clothing
Footwear
Handbags
Furniture
Home Accessories



As well as some unusual items like:

Lego
Perfume and aftershave
Beauty sets
Musical Instruments



THE COST OF WASTE

100% of profits from our charity shops support our services for people with disabilities, so donating goods can be a great way to support our work.

But did you know that when we receive unsuitable donations, it may actually cost us to dispose of these?

Help us to reduce our waste costs by spreading the word about items we cannot accept. These are:

- Any electrical goods
- Duvets or pillows
- DVD's and CDs
- Any items that are broken or require repair due to health and safety regulations.

Marino Centre Opens in Bray



In June 2017 we opened our new facility, Marino Centre, on Church Rd, Bray. We are so thrilled to have this new centre, full of light, rooms that can serve many purposes and at last a universal toilet facility which has a high low changing bench, ceiling track hoist and a level-access shower. We had an open day for the children and their families in August. We gave tours of the building and the young people were delighted to get the chance to go upstairs to their therapist offices and see how messy or not their desks are. There was so much excitement seeing the hydrotherapy pool which is planned to be operational in early 2018, so much more to look forward to. It has been wonderful to hear the feedback from the children 'wow', 'love the great space', 'so bright', 'love the reading area with the beanbags and the new books'. One 9 year old summed it all up when, on his first visit, he said to his therapist 'he was going to faint' because 'he was so surprised that the building was so nice and big'. Afterwards we had a lovely get-together with teas and coffees and a special visit from Teddy's Ice cream van.

Halloween Party



The annual "Spooktacular" Halloween Party returned to Wicklow Services with the opening of the new centre in Bray.

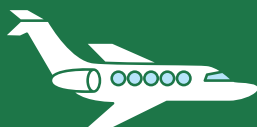
We had a fantastic turnout of children, parents and staff. All the boys and girls (...and some parents and staff) got into the spirit of Halloween with fun and imaginative costumes. All were kept busy with spooky arts and crafts, yummy cake decorating, pumpkin bowling, ghost golf and, for the brave, the Halloween Mystery boxes!

Many thanks to all the families who helped to make it such a fun party. We look forward to next year!

Louise Britton and Paula-Jean McCarthy,
Wicklow Services



My Trip to Baldonnell



Hi! My name is Niamh and I am 10 years old. I went to Baldonnell with Enable Ireland on one of their day trips. We went on a long bus ride and sang songs. When we got to Baldonnell, we first got to see eagles as there is a place there that minds them and looks after them. We held them on our arms. It was amazing. There were a lot of airplanes at Baldonnell and we went in an army helicopter and in an army truck. We saw a huge fire engine that was yellow. Best of all we went in the President of Ireland's private jet and sat in his seat. It was tiny! I had a great day with Enable and it was so nice to spend some fun time for a change with my Enable physio, Valerie and Occupational Therapist, Eimear. Thank you Enable Ireland for inviting me.

Niamh Moriarty, Sandymount Services



Alan McClelland, who attends Enable Ireland services in Wicklow, has started the volunteer programme at the Dublin Society Prevention Cruelty to Animals (DSPCA) in Rathfarnham at the start of this year. He has received training from the staff working at the DSPCA. Since starting his work experience he has been working alongside cats and dogs at the centre.

Studies have shown that working with animals can create a unique sense of wellbeing and calmness. In turn, the animals have enjoyed Alan's company while walking the dog track, feeding and cleaning their kennel spaces.

Meet the team from Sandymount Hub



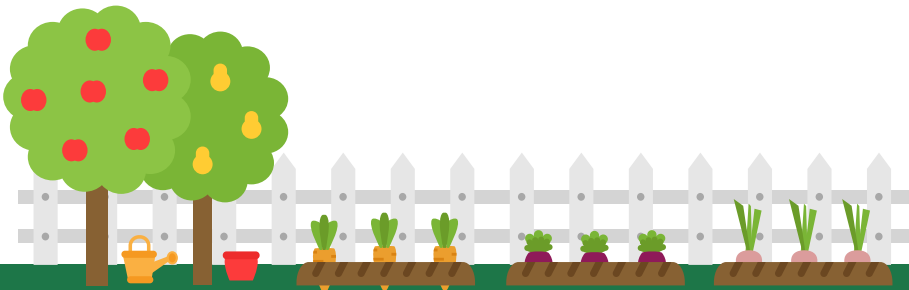
New Directions is a report from the HSE which sets out a new approach to day services for adults with disabilities. It recommends that service locations be chosen with a view to enabling individuals to be an integral part of their community, rather than segregated or removed from the community. These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



Sandymount Hub started in June 2017 to support anyone with an interest in outdoor activities. We have an office space in the main Sandymount building, with lockers and access to a computer and a table and chairs for our meetings.

Four service users from the Garden Centre in Sandymount access the Hub every day. Service users from other Dublin sites (Dun Laoghaire, Sandyford, Crumlin) link in for different projects as they choose, and two new school leavers joined us in September.

Staff from the Sandymount Hub also support gardening projects in Enable Ireland Garden and Gift Shop, Pearce College allotments D12, and Sandyford Centre Garden project. We have a collaboration with Dublin City Council and Sandymount Tidy Towns and so far have had some great fun working on flower beds in Sandymount green alongside some people from Tidy Towns. We are looking forward to planting up the beds with winter bedding alongside the Dublin City Council workers. Hopefully, next year we will be involved in the design, planning and planting up stages.





The Hub is person-centred so we all set our own goals, be they long-term or short-term, it's our choice. We all have keyworkers to support us setting and working on our goals.

A sample of the kind of things we are working on at the moment includes carpentry, building bug motels, planting up and growing on, stock taking and pricing stock in the Garden Centre and Gift Shop, welcoming customers to shop, painting display stands, general maintenance in Garden Centre.

We also set our own personal goals like swimming in the hydro pool, making friends, developing communication skills, confidence and self-esteem building, working with a Life Coach, and developing links in the community. We also raise awareness about issues of those living with disabilities.

We hope this gives you an idea of all the work we do. If anyone wants to contact us we are available on **01-261 5900 ext. 362**



A Ballad to a Nightingale, by Daniel Miller

Daniel Millar is a writer, a poet and a 6th Year Student. Writing for the past four years, Daniel's poems have been published in local literary publications. Daniel has cerebral palsy with severe motor speech difficulties. Despite these challenges, Daniel is an engaging and humorous individual using an iPhone to interact with others. His influences include e. e. cummings, Dylan Thomas, Frank O'Hara and Jack Kerouac.



A ballad to a nightingale

I.

Well, it was another of those
simple, sharp, shiny mornings

That summer and silence shared
together.

The sky never had been so sapphire and
soaring,

The earth never had been so emerald and
elegant,
and the world never had been so spotless
and safe.

And I heard your statuesque song in

The sun's sweltering sun-rays.

And in the sky's intricate ivory maze.

And in the sky's lemon eye - the sun.

II.

I looked up to the forest in my garden

and saw you - a speck of a shadow

sitting on a sepia, moss-grown
branch.

Of your brunette beak, you sang a song -

A refrain of romance, searching for your
soulmate.

From your throne of trees, you sat serenely
for your lifelong love that will

Soothe you forever and ever.

Forever and ever, snuggling and
cuddling

Forever and ever, you both will live on!

Cork Psychologist Mary Barrett Makes History

Mary Barrett, an Educational Psychologist with Enable Ireland Children's Services in Cork, made history when she helped Cork City WFC to it's first ever Women's FAI Cup triumph in the Aviva stadium last November.

Mary has played with Cork sides since the age of 12 and played through the age levels since. Her first season with Cork City WFC was in the first season of the Women's National League in 2011-2012. She then took a break due to study and work commitments and returned mid-season in 2017.

Speaking about the victory, Mary said:

"Winning the FAI Women's Cup was an incredible feeling and an amazing experience! To represent my club and county on the biggest footballing stage in the country (The Aviva Stadium) is something that all players aspire to. Winning on the day was particularly special to us as a group of players because we had been written off by many before ever stepping foot on the pitch. The club has had a difficult few years in the lead up to the final so we had big "underdogs" hats on our heads going in to the final. It was lovely to be able to silence the critics with the win! We knew ourselves that we were very well prepared on the day and that stood to us".

Sport has always played a central role in Mary's life. As well as playing sports from a young age, she has also been involved in coaching underage teams locally. Mary has a strong interest in sport psychology.



On combining her passion for sports with her role in Enable Ireland, Mary says:

"I definitely find that my sporting background and work as a psychologist complement each other. It is a great way to build rapport with many young people, to be able to discuss sports with them. There are a lot of younger girls on my Cork City team too, so that helps an old fogie like me to stay "in the know" about what life is really like for teenagers and young adults today. That certainly helps with the work and interventions I undertake with that age group in Enable Ireland. I often use psychological principles and models in my game preparation and management too. I have started working with our management on a mental health and positive wellbeing initiative in the club that is based on my psychology experience."



2018 FUNDRAISING EVENTS CALENDAR

FEBRUARY

TK Maxx
Give Up Clothes for Good campaign

MARCH

29th Respite Appeal -
 Nationwide Bag Pack

MAY

2nd Ladies Golf Competition - Cork

JUNE

3rd Women's Mini Marathon
 Cork City Marathon
1st-4th Bloom in the Park
 The Longest Drive - Kerry
 Milano 'Yellow Week' 2018

JULY

21st-22nd Tough Mudder
30th Prom to Paddock Lunch -
 Galway
 Meath Heritage Cycle

AUGUST

1st-3rd Galway Races Flip Flop Appeal
25th Coill Dubh Walk and
 Family Fun Day
30th Men's Golf Classic - Cork

SEPTEMBER

17th-23rd Life with No Limits
 Annual Appeal
29th-30th Hell and Back 2
 TK Maxx September 2018
 campaign

OCTOBER

6th Lip Sync event - Kerry
23rd No Phone Survival Challenge
28th Dublin City Marathon

NOVEMBER

14th Ladies Lunch - Cork
 Milano Snowball Day 2018

DECEMBER

6th Christmas Flower
 Demonstration - Cork

HOW YOU CAN SUPPORT US

- Volunteer.
- Nominate us as your charity of the year.
- Help fundraise by supporting an event. Hold a bake sale, run a marathon, do a challenge for Enable Ireland.
- Visit one of our Charity Shops and donate your pre-loved clothes.
- Tell your family and friends about us and ask them to support us.

WE WANT TO HEAR FROM YOU

Enable News is now an annual publication, focussed on the people who use our services and their families.

Whether its news, developments, practical tips, or personal stories from around the country, we want to cover the issues that are important to you.

If you would like to make a suggestion then get in touch:

communications@enableireland.ie

facebook.com/actionondisability

Twitter @enableireland