

News Roundup



Pictured: (left to right) Taking part in 'Give It a Swirl' day at Londis, Quay Street, Dundalk, were Frances McArdle, RehabCare volunteer, Olivia Coburn, RehabCare service user, Deirde Quinn, Community Services Manager, RehabCare Dundalk and Mairead Nixon, Londis.

RehabCare Dundalk Gives it a Swirl

THERE WAS LOTS OF SWIRLING GOING ROUND IN

Dundalk on September 25 last as people who use the RehabCare resource centre in the town got involved in 'Give it a Swirl', Ireland's national day of volunteering.

'Give it a Swirl' is about encouraging businesses and individuals to adopt a volunteer spirit and to give some of their time in support of worthy causes and initiatives.

RehabCare Dundalk was one of many organisations which benefited from the unique campaign and, as a result, volunteers from local enterprises were matched up with service users for the day. Local service users then got to experience the volunteers' typical working day, gaining a valuable insight into varied working environments.

Deirdre Quinn, Community Services Manager, hailed the day as a huge success and thanked those who gave of their time and effort to support it. "We hope that employers saw how people with disabilities can work with great enthusiasm and dedication, and how they can make a valuable addition to the workplace.

"People who use RehabCare benefited greatly from the day, getting valuable work experience in their local communities. The day also highlighted the importance of volunteering in helping people achieve their full potential."

Scotland's Big Hearts

THERE WAS NOT A DRY EYE IN THE ROOM AT THE

Glasgow Marriott Hotel on September 4 when the Bighearted Scotland Awards took place. It was an emotional night as, for the eighth year running, Scotland's finest turned on the glitz and glamour to recognise nine Scots who have made a huge difference to people's lives.

The star-studded event was hosted by BBC presenter, Dougie Vipond, with the awards presented by Deputy First Minister, Nicola Sturgeon MSP, and Miss Scotland, Katharine Brown.

The winners included football legend, Jim Leishman, who won Sportsman of the Year and teenager Ryan McLaughlin who picked up the Child of the Year gong for his campaigning work. Former Momentum service user, Kelly Malcolm, who has an acquired brain injury, made the finalist stage in the Fundraiser of the Year category.

Among the VIPs attending to applaud the fantastic work of the award winners were Ultimo tycoon Michelle Mone, footballer Gary Caldwell, retail queen Vera Weisfeld and actor Johnny Beattie.

All of the funds raised from the Bighearted Scotland Awards go to support the work of six charities – Momentum, Alcohol Focus Scotland, CLIC Sargent, Epilepsy Scotland, Penumbra and Scottish Native Woods.

Pictured: (right) The BBC's Dougie Vipond, presenter at this year's Bighearted Scotland Awards. Money raised from the event goes to six Scottish charities, including Momentum.



A roundup of News from across the Rehab Group

Celebrating Diversity

IT WAS A WEEK TO RECOGNISE

and celebrate diversity all around us. July 6-10 saw staff and learners from Rehab head office and National Learning Network's Roslyn Park College participate in a special Equality and Diversity week.

A number of events took place, ranging from an exhibition of individual stories that reflected the diversity of the community, to a lunchtime discussion group on equality issues. Other activities included a highly-competitive football match between students of Roslyn Park College and representatives from Sports Against Racism in Ireland (SARI), and the design of a special

lunch menu for the canteen, with each day featuring a classic dish from a different European country.

According to James Rickard, Rehab's Diversity Development Officer, there were very positive outcomes from the week. "The poster and short essay exhibition, in which students of Roslyn Park College expressed their understanding of what diversity means to them, triggered a lot of discussion in the college canteen, where the exhibition was on display. There was lively debate too at the lunchtime Question and Answer session, which featured a representative from the Equality Authority.



Pictured above: Members of the Roslyn Park College and SARI teams pose before their match to mark Equality and Diversity week.

"Overall, the week was a great success and we hope to organise similar events in other centres in the future."

Gone But Not Forgotten in Coventry

A TWO-PART TELEVISION

documentary, *The Forgotten Irish*, was recently broadcast on Ireland's TV3. The critically-acclaimed programme told the stories of just some of the thousands of Irish men and women who took the boat to Britain in search of work in the 1940s and 1950s. Among them were Harry Malone and Bridie Dudgeon, both of whom now attend Rehab's Irish Elders' Centre in Coventry, Teach na hÉireann.

Speaking to *Rehab News*, Harry says, "I was born right in the heart of Dublin city centre nearly 82 years ago. There were 11 kids and all of us living in one room. Things got a little crowded, as you can imagine! I was

only 18 years old when I left Dublin and moved to the UK, working on building sites and helping to rebuild the country in the aftermath of World War Two. I eventually arrived in Coventry 60 years ago and have made it my home ever since.

"Did I ever think about moving back to Ireland? Well, I did consider it after my wife died 13 years ago, but my grandchildren wouldn't hear of it. I have a big family here now, three children, 11 grandchildren and 10 great-grandchildren and the numbers keep increasing all the time!

"I must admit I wouldn't think of leaving Coventry now. My family are very important to me, but so too is



the Coventry Irish Elders' Centre. It's great to meet people in a similar position to myself. We have great fun with sing-songs, as well as arts and crafts and lots of other activities. It's no wonder I call in every weekday without fail. In fact, the staff joke that I'm here most days before even the cleaner gets in!"

News Roundup

Poetry in Motion



Pictured above: Soccer fan, Martin Hanley, reads *Striker* at Encore Productions' *Summer Voices* poetry 'slam'.



Pictured above: Melissa Fox recites *Shining Things* to the assembled guests.

IT WAS A BALMY EVENING IN EARLY SEPTEMBER when Encore Productions performed its latest work, a poetry 'slam' entitled *Summer Voices*, at the scenic, outdoor setting of Mounthamilton House, the home of RehabCare's horticulture centre in Dundalk.

Created, scripted and presented by the members of Encore Productions, *Summer Voices* included new poems and old favourites and was the culmination of a series of drama and writing workshops.

The invited audience of family members and friends greeted the performance with warm applause as they listened to poems celebrating everything from nature, fishing, friendship and love, to soccer and even elephants!

Based at the RehabCare resource centre in Carroll Village, Encore Productions is renowned for its productions and performances at venues throughout Dundalk and further afield. The idea for *Summer Voices* came from a poem entitled *A Song for Summer* written by Encore Productions' Anita Guest and grew into an all-embracing outdoor event that highlighted not only the talents of the cast, but also the many programmes and activities offered by RehabCare in Dundalk, including a photographic display by the photography club.

Momentum's GRAND Art

A SPECTACULAR ART DISPLAY, CREATED BY PEOPLE who attend Momentum's 'Inclusive' programme in Glasgow, was on show at Glasgow City Chambers in September for the launch of GRAND Week 2009. The week was about raising awareness of drug and alcohol issues and services available across the city.

The impressive art display was the culmination of a series of workshops run by the programme, which assists people who are unemployed and who have a disability, addiction or a long-term illness, to move towards a more independent future. The piece, which focused on addictions, was entitled *Warnings, Alternatives, and Reasons (WAR)* and expressed the views of the service users on addiction, what the effects are and how these might be overcome.

Barry Moore, one of the service users involved in the project, said, "I've learned quite a bit from the workshops and I've found that anyone can make art. Knowing that our artwork was going on display at the City Chambers gave us a goal to work towards. It's a big deal for us that something we've spent weeks creating was on show to the public."



Pictured above: Participants of Momentum's 'Inclusive' programme stand next to their art display at Glasgow City Chambers. The display formed part of Glasgow's GRAND week which raised awareness of drug and alcohol addiction issues and the services available across the city.

A roundup of News from across the Rehab Group

RehabCare Opens First Resource Centre in Co. Clare

THERE WERE CELEBRATIONS IN SHANNON, CO. CLARE, earlier this year when Minister of State, Tony Killeen TD, officially opened RehabCare's new resource centre in the town.

The centre, RehabCare's first in the county, provides services for 28 people with disabilities from Shannon and the surrounding area, offering clients an opportunity to live their lives to the full by developing independent living skills and becoming active members of their local community.

Funded by the Health Service Executive, the centre also provides an outreach service to five of its clients, enabling them to maintain their independence within their own homes by learning to budget, shop, cook and housekeep for themselves.

According to Patricia Davern, Community Services Manager, RehabCare Shannon, a hugely successful addition to the resource centre has been the recent introduction of a

gardening skills programme following the allocation by Clare County Council of an allotment in the town. The produce grown in the allotment is already being used for cookery programmes at the centre. In fact, there are so many vegetables being produced that people regularly take some home for their dinner!



Pictured (left to right): Rachael Thurlby, RehabCare General Manager, South/Mid-West, Patricia Davern, Community Services Manager, RehabCare Shannon, Minister of State, Tony Killeen TD and John Murphy, who attends the new RehabCare resource centre in the town.

Dr Harry Counihan RIP 1918-2009



Dr Harry Counihan, who died on July 27, 2009 was a founder member of the Rehabilitation

Institute and an important presence in the Rehab Group for the last sixty years. He formed part of a small group of dedicated individuals whose vision was to support those who had suffered from TB to enter or return to the workforce. As this vision became a reality, ambition for the organisation grew and so Rehab has grown from a small, single-issue organisation to the large and diverse organisation it is today.

Dr. Counihan served as a board member of the

Rehab Group until 2001 and as a board member of RehabCare until 2008. He was a man of immense integrity and the Rehab Group benefited hugely over the extraordinary period of his involvement from his wisdom and expertise, all of which was given on a voluntary basis.

His involvement over so many years is a demonstration of his commitment to the work of Rehab. The legacy of his contribution over more than half a century will continue to have a positive impact on the lives of people with disabilities in Ireland for generations to come. All in the Rehab Group extend our sympathy to his family and friends on his passing.

New Stroke Service Will Change Lives

MOMENTUM NORTH EAST AND THE STROKE ASSOCIATION

have joined forces to offer a unique new service to stroke survivors in the south of Tyne and Wear. The 'Changing Lives' programme will assist people who have had a stroke to integrate back into society and return to employment. 'Changing Lives' multi-disciplinary team of staff will support people to manage the effects of their stroke and regain their confidence, develop existing and new skills, and provide employment and training opportunities for those who want to get back to work. Support will also be offered to carers.

The service will combine outreach and centre-based approaches across a range of areas including social skills, leisure activities, work-related skills, IT training, stress management, travel training, work placement and interview techniques.

Commenting on the development, Alistair Miller, Community Integration Co-ordinator, Momentum north east, said, "We are delighted to be part of developing this new service in partnership with The Stroke Association. Drawing on the experience and shared vision of both organisations, we can make a real difference to people's quality of life following a stroke."

News Roundup

Martial Arts World First for RehabCare Navan

IN A WORLD FIRST, REHABCARE IN NAVAN, IN collaboration with the Meath local sports panel, has undertaken a Korean martial arts programme focused specifically around the needs of people with disabilities.

As part of the year-long programme, the 14 people from the Navan centre undertook Korean martial arts training for the first time. The fruits of their hard work were then put on display for the local community at the Korean Martial Arts Show which took place in the Knightsbrook Hotel in Trim, Co. Meath, last June.

Commenting on the programme, Aoife McGuire, Programmes Facilitator, says, "Korean martial art is a discipline which calls for diligence, determination and passion, and all of these were on display in spades at the show." Clients on the programme are just as enthusiastic. "I love martial arts because it keeps me fit," says Mary Clair. Barry Connolly loves the uniform. "It makes me feel professional and I love learning new moves," he says.



NLN Online Goes Live

NATIONAL LEARNING NETWORK HAS JUST LAUNCHED its newly-designed and enhanced website – www.nln.ie.

The website features detailed information on each National Learning Network centre, including a location map, as well as information on all of the courses on offer at centres. Other features include Frequently Asked Questions for potential students and employers, case studies from learners and all the latest news from National Learning Network.

The website has been developed following an extensive consultation process with staff and will be maintained using a content managed system. This will enable the site to be kept up-to-date on a regular basis by staff contributors located around the country. It's a one-stop-shop for everything you need to know about National Learning Network, so why not check it out on www.nln.ie



National Learning Network

All Smiles in Blackrock



THERE WERE SMILES ALL ROUND in Blackrock, Dublin recently as Rehab Enterprises' latest outlet in its SMILES chain of convenience

stores was officially opened at the local DART train station by Mary Hanafin TD, Minister for Social and Family Affairs.

Rehab Enterprises operates a unique social employment model which promotes the employment of people with disabilities, working alongside those without disabilities. Business Development Manager John McEntee was at the opening. "Over the past 18 months, we have almost doubled our number of staff to 22. I am proud to say that more than half of our staff are people with disabilities.

"Commuters very much value the fact that when they make a purchase in our stores they are supporting the employment of people with disabilities and the



Picture: Minister for Social and Family Affairs, Mary Hanafin TD, cuts the ribbon at the official opening of the new SMILES shop in Blackrock, Dublin, with (left to right) Angela Kerins, Rehab Chief Executive, staff members Keith Browne and Ronan O'Brien, and Dr John Lynch, Chairman of CIÉ and Iarnród Éireann.

reaction has been hugely positive. People are getting to know our staff on first-name terms and developing a relationship with them."

A roundup of News from across the Rehab Group

'Doctors' give TBG Learning Birmingham Clean Bill of Health!

TBG LEARNING'S BIRMINGHAM

centre was in the spotlight in September, when stars of the popular BBC One drama series *Doctors*, which is set in the city, officially opened its new premises. Selina Chilton, who plays Ruth Pearce, and Donnaleigh Bailey, who plays Michelle Corrigan, cut the red ribbon to formally open the new centre, and also took time to talk with TBG learners who are changing their lives and seeking new opportunities, with help from their tutors.

Donnaleigh spoke of her own experiences growing up in the Balsall Heath area of Birmingham. "I'm a local girl and I know that not everyone gets the chance to try and improve things for themselves," she said. "I hope you all really enjoy your time in TBG and grasp the opportunity with both hands."

Selena also identified with the learners in a way that most hadn't anticipated. "As actors, we have been out of work loads of times, and we know how hard it is to get up every morning and do something for yourself. I think all the learners in TBG are terrific, and I know you'll all succeed in whatever you put your mind to."

Andrew Conlan-Trant, Head of TBG Learning explained how important the new centre is. "This new centre in the heart of Birmingham will help hundreds of young people and adults in the coming months to gain



Pictured: Stars of the BBC drama, Doctors, Selina Chilton (left) and Donnaleigh Bailey (centre) with TBG Learning's Janice Januszewski at the official opening of the new TBG Learning centre in Birmingham.

relevant skills for employment and to build their confidence to enter or to get back to the workplace. TBG Learning is well recognised for its unique approach in providing a learning environment which supports people to find jobs and build lasting careers."

To round up the event, two former learners, Michael Baker and Susanne Timmins told their stories of how they progressed from being learners to getting jobs as TBG staff. Michael told the guests, "having been made redundant myself, I moved to Birmingham to start a new page in my life. Having completed literacy and numeracy courses, and having accessed help with interviews and my CV, I was successful in getting a

job with TBG itself. Now, I help other learners to go to college or to get jobs." Three of TBG Learning's staff team in the Birmingham service are themselves former TBG learners.

The centre's course offerings include 'IT skills' and 'English for Speakers of Other Languages'. 'Flexible Routeways' provides individual mentoring to overcome issues such as debt and gives job-focused training, including help with CV-writing, application forms and active job searching.

In October, the centre also began offering the 'Flexible New Deal' programme, under which TBG Learning will be seeking to help 1,500 people to get into work each year.

News Roundup

Coffee Moments

Bob Rowat is General Manager of Rehab Recycle, which this year celebrates 25 years.



1. What do you do to relax?
I do keep fit and gardening.

2. How many years have you worked for Rehab and how do you stay motivated?

I've worked for Rehab for 12 years. The mortgage and bills keep me motivated!

3. What is the best holiday you have ever had?

Any holiday when the kids were young (they are now 31, 29 and 26 years of age) and a recent holiday when they weren't there!

4. What is the biggest regret of your life?

Not finishing my Law Degree at University College Dublin due to a lack of funds.

5. What are you reading at the moment?

Dr. Spock's *Baby and Child Care*. Am I too late?

6. What has been the most memorable day of your life?

My wedding day.

7. Your all-time hero?

Ozzy Osbourne.

8. If you won the lottery, what would you do?

I'd move to the sun and just chill out.

9. Stranded on a desert island, what three things would you bring?

A photo of the family for motivation, a photo of Carla Bruni for inspiration, and a photo of a bank statement for perspiration.

10. When you were a little boy, what did you want to be when you grew up?

An explorer or a vet.

11. What for you is the secret to happiness?

Don't take anything (including your body!) too seriously.

11. What would you do if you became Taoiseach in the morning?

I'd force the property developers and bankers to take responsibility for their actions.



October 2009

€5,000 Shopping Spree

O'Connor Group, Co. Cork

10 x €250 Cash

Paddy O'Brien, Co. Waterford

Colm Meade, Co. Meath

Claire Winkle, Co. Waterford

Con Noonan, Co. Wexford

Flor O'Mahony, Co. Cork

J.P. Casey, Co. Galway

Kathleen Walsh, Co. Kildare

M. McGovern, Co. Westmeath

Peter Collins, Co. Meath

John Taggart, Co. Meath

September 2009

Renault Megane

Charlie McShane, Co. Louth

10 x €250 Cash

Mary Savidge, Co. Meath

Desdemona Smith, Co. Clare

Ethna Kennon, Dublin 4

10 x €250 Cash

Gordon Exshaw, Co. Cork

Carberry Plastics Ltd., Co. Cork

John Ryan, Co. Cork

Gerard Toman, Co. Kildare

Aaron & Conrad Quinn, Co. Louth

John Gilsean, Co. Cavan

Helen Fisher, Limerick

August 2009

€5,000 Shopping Spree

Breda Houlihan, Co. Kildare

10 x €250 Cash

Aidan Neville, Co. Cork

Austin Hastings, Cork

Colm Meade, Co. Meath

Aidan Carragher, Co. Louth

Sean Madden, Co. Galway

Peter Costello, Co. Tipperary

O'Donovans, Cork

Aidan Brennan, Co. Louth

Valerie O'Sullivan, Cork

James O'Brien, Co. Cork

For a list of previous winners, please contact Rehab on 01 205 7200

Friends of Rehab Society

THE FRIENDS OF REHAB SOCIETY IS A SOCIETY FORMED

to support the achievement of the objectives of the Rehab Group through volunteering.

Members of the society may volunteer their time to assist with Rehab's fundraising activities or to help out by getting involved in RehabCare's volunteer programme. Members may also donate funds either directly to Rehab or through Rehab's fundraising initiatives.

The society promotes Rehab's Bonanza Draw and Rehab's online bingo. Bonanza Draw members and members of Rehab's online bingo community are members of the Friends of Rehab Society.

The society holds an AGM each year to report on its activities. The AGM for 2009 is being held on Wednesday, February 24, 2010, at 12.30pm in Rehab's offices at Roslyn Park, Dublin 4. Members of the society may attend the AGM by advising Kate Ryan on 00 353 1 205 7231 or by email at kate.ryan@rehab.ie

