

Making a difference since 1951

WELCOME TO VOLUME 1 OF THE CRC NEWSLETTER



The CRC is one of the largest organisation's in Ireland for people with disabilities. We provide a full range of services to over 4000 people with disabilities throughout the country. We support their families and carers. We are always seeking ways to develop our services and to respond to the changing needs of families and clients who attend our centres every day. It is our vision that people with disabilities achieve their potential and live full lives as equal and valued citizens.

RE-OPENING OF CRC SWIMMING POOL

The upgrade work to CRC's swimming pool air handling units and other areas of CRC started in August 2022. The works are extensive and are due to be completed shortly. Once a swimming pool manager has been appointed and new equipment has been commissioned, the main CRC swimming pool and the hydrotherapy pool will be prepared for re-opening. All updates will be posted on the CRC website and social media channel.



NUTRITION & HYDRATION WEEK

March 13th – 19th was Nutrition and Hydration week. It is an important week to highlight and educate people on the value of food and drink in maintaining health and well being in health and social care. To showcase this important week CRC Dietetics and Catering departments set up a stand in CRC Clontarf providing important information on Nutrition and Hydration and getting the conversation started with staff and service users.



INTERNATIONAL WOMENS DAY AT THE CRC

As a part of CRC's International Women's Day Celebration, we took some time to look back at our founders. Two women who were instrumental in making CRC what it is today. Lady Valerie Goulding and Kathleen O'Rourke. After the polio epidemics of 1948 and 1950, Kathleen was very conscious of the need to provide aftercare for people left with disabilities and it was in her flat in Pembroke Street that herself, and Orthopedic Surgeon, John Boyd Dunlop and Valerie Goulding brought children to be treated.

Lady Goulding met a friend of her father, George Ansley, who shared the family tragedy of his daughter's horrific death. During the dinner he asked Lady Goulding how she spent her time and she told him of her plans to open a new clinic in Clontarf. Mr. Ansley had been considering donating money to charity in honour of his daughter. Knowing of Lady Goulding's plans to open a new clinic, Mr. Ansley pledged one hundred thousand pounds, with three conditions. One was that the new building is called after his daughter, Penny. He also very much would have liked to have been given the freedom of the City of Dublin, & he also wanted the Government to match his financial contribution. Unfortunately, they were unable to obtain the freedom of the City of Dublin, but they did secure the finance from the Government. The building cost five hundred thousand pounds to build & equip - four-fifths of which came from voluntary donations.

In 1968 President de Valera opened the new clinic, the Penny Ansley Building on Vernon Avenue in Clontarf, with a very proud George Ansley in attendance. The building still stands there today, and CRC is one of the largest disability organisations in Ireland providing services to families nationwide.

Without these influential and determined women, the CRC would not be here today.



Miss Kathleen O'Rourke
Co Founder



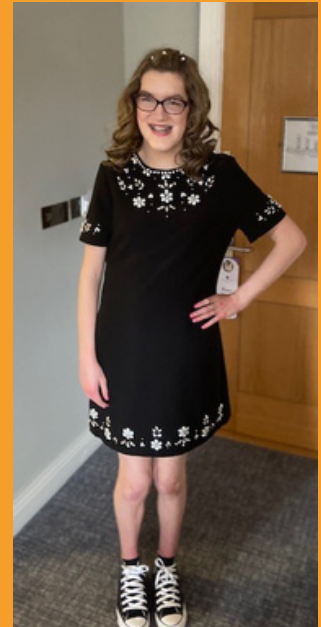
The Hon. Lady Goulding, LL.D.
Co Founder

Dàracha's Story

Dàracha was born on the 12th of May in 2006 at 25 weeks and weighing just over 1.6lb. Dàracha was one of two babies, a twin, but sadly her brother passed away a short time later. She was transferred from Donegal to The Rotunda Hospital where she spent the next 14 weeks on a ventilator and then receiving respiratory therapy.

In 2015 Dàracha was diagnosed with a mild form of Cerebral Palsy (CP) and this is where her journey with CRC began. She had a consultation in the Gait Lab and it was established from there that she would need surgery.

In 2018 she had an operation to correct a leg discrepancy which was a huge success. She attended physio in CRC as a part of her recovery program. Once she had fully recovered from the operation she had a new-found confidence. She began to join in and participate in lots of new activities.



Frances McGlynn, Dàracha's mother described the impact that being referred to CRC has had on the family: "It's hard to put into words how important the CRC has been for my daughter, Dàracha, as well as our wider family. Since she was diagnosed with Cerebral Palsy in 2015, this team has gone above and beyond to give her the very best care and support.

"Our journey has been tough at times, with Dàracha undergoing various operations and lengthy treatments, but their dedication to achieving the best possible outcome never wavered. Today, we have a strong, confident and ambitious young woman on our hands and there's no doubt in our minds that the CRC has played a big part in this."

Dàracha has had a tough journey but she has always overcome each challenge she has faced and is grateful to the CRC for their compassion and dedication to her: "Of course it was hard being diagnosed with Cerebral Palsy in my teens. The CRC team provided knowledge, compassion and understanding, which helped me enormously.

"To show my appreciation, I've tried to fundraise for the CRC in my spare time and managed to raise €900 at last year's Christmas craft fair - it's the least I can do after all they have done for me!"



RARE DISEASES DAY



February 28th was Rare Diseases Day, a global movement working towards equity in social opportunity, healthcare, and access to diagnosis and therapies for people living with a rare disease. In the CRC we treat a number of clients with Cerebral Palsy (CP).

Our specialist services are helping to deliver the best therapy and support for children with CP. The prevalence of CP in Ireland is approximately 2 per 1,000 live births. This suggests there are at least 2,700 children living with CP in Ireland, making it a rare disease.

CRC National Specialist Services provide a full suite of Specialist Multidisciplinary Clinics including tone management, upper and lower limb orthopaedics, assistive technology and augmentative communication, specialist orthotics, specialised seating, feeding eating drinking swallowing (FEDS) and gait and movement analysis laboratory.

Our multidisciplinary approach means that children and families are seen by a full team of therapists and medical consultants who work together with the family to provide best-practice assessment and intervention.

YOUTH EXPERIENCE MATTERS



Sinead Cooney, Karen Brady and Kerry Pollard



Youth Experience Matters is a national study of participation in physical activity by teenagers with physical disability in Ireland. The project is funded by the Health Research Board and the Central Remedial Clinic (CRC) under the HRCI-HRB Joint Funding Scheme.

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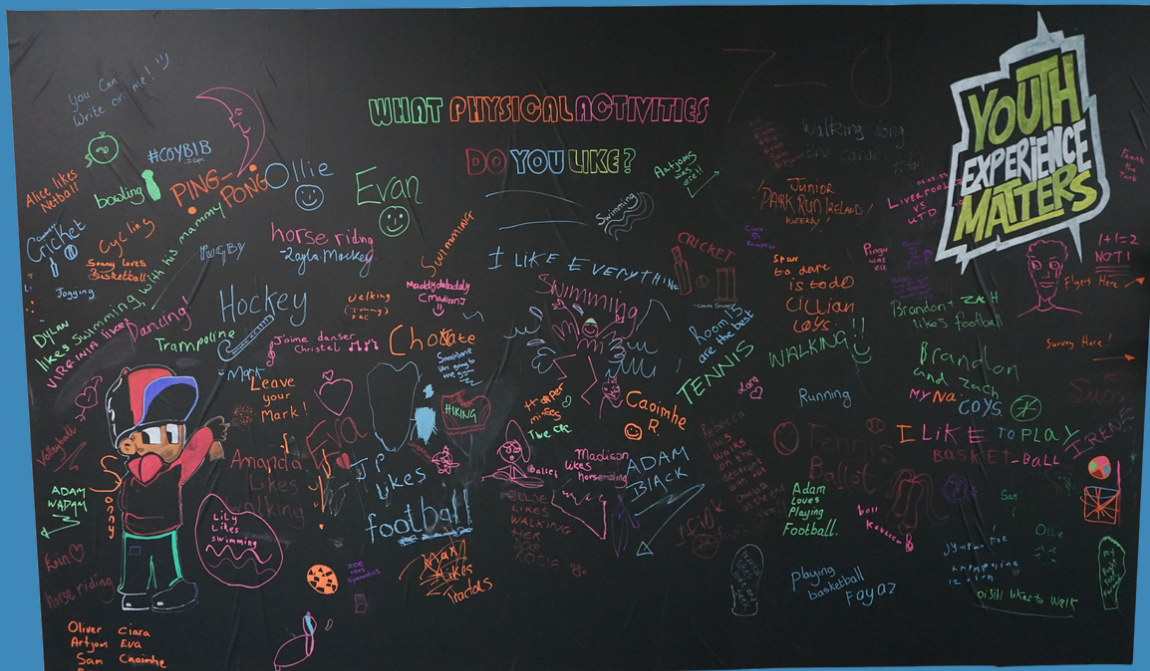
The research team want every young person with a physical disability in Ireland to feel supported in taking part in activities they enjoy. However, this can be difficult with a physical disability. Many teenagers find activities they enjoy doing but that is not the case for everyone with a physical disability. Youth Experience Matters would like to hear the voices of young people themselves to give them an opportunity to share their views, ideas, and experiences to help understand what works and what needs to change so that they can take action to encourage and sustain future physical activity participation in a meaningful way.

The survey is open to all teenagers with a physical disability in the Republic of Ireland. The team are actively seeking more participation over the next 7 weeks until the end of May, so plenty of time to participate.

To get involved please visit youthexperiencematters.eu or share the promotional video [Youth Experience Matters](#)

The children and clients of the CRC have been enjoying the Youth Experience Matters chalkboard wall on display in Clontarf, the team have really grounded this research within the community and given all a chance to have some fun and get involved. The questions on the board are rotated every few weeks to keep it fresh and to give all children that come through the doors of the CRC an opportunity to draw, scribble or write on ‘a wall’ before or after their clinical appointments.

This research aims to improve the lives of young people with physical disability. The findings of the survey will take the form of actionable “Top 10 Priorities” to support young people to take part and be active, so that they can gain the health benefits and enjoyment of participation. When the study concludes, we will be sharing the findings widely, so stay tuned for our results!



THANK YOU!

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If you would like to help The CRC to support children and adults with disabilities and their families you can make a donation today, please visit www.crc.ie

