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Discovery

The Magazine for CRC Adult Services



SUPPORTING:

PERSON CENTREDNESS

ACTIVE CITIZENSHIP

COMMUNITY

INDEPENDENCE

TRAINING & EDUCATION

LEISURE



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INTRODUCTION

Dear Readers,

Hope this edition of Discovery finds you well and you are enjoying the summer! This edition is packed with wonderful articles written by the adults that attend the service. Our role in Adult Services is to provide a meaningful service that positively contributes to the lives of the adults we support and this edition highlights some of the amazing work being carried out across all our locations.

Advocacy is an important part of attending Adult Services and CRC were very proud of Catherine Cooper who represented Ireland with her peers and the DFI at the 5th European Parliament of Persons with Disabilities (May 2023).

Adults across all locations warmly welcomed the commencement of the Assisted Decision-Making Capacity Act, and well done to the adults attending Firhouse Local Centre who successfully completed their QQI Level 2 in Personal Decision Making. Clontarf Local Centre are also keen to understand and influence policy and had a very informative visit to Dail Eireann.

Developing and maintaining new partnerships with local and national organisations is essential for service development. We were delighted to open our new state of the art immersive room in Clontarf with funding allocated through the RTE does Comic Relief Appeal and adults are enjoying this interactive virtual reality experience. Adults attending Coolock Local Centre, CDETB and Training and Development also secured funding through the REACH funding, and this supported adults with sport, health and fitness and horticulture.

A huge thank you to Clontarf Yacht and Boat Club for arranging a super social event where adults got to experience Dublin from the Liffey. Everyone enjoyed the BBQ and music, and this is always one of the social highlights of the year.

It is great to see adults setting up their own groups with friends to do things they enjoy such as the "Foodies Group" in Coolock and the knitting group in Lifestyles. I know the knitting group were very busy crocheting blankets and hats to support the people affected by the war in Ukraine.

It is also very positive to see adults engaging in travel training, work experience, health and fitness and media training.

Adult Services were delighted to have been shortlisted in two categories for the Irish Healthcare Centre Awards 2023 for Day Centre of the Year (Firhouse) and Disability Initiative (Person Centred Planning Summit) and we hope next year we might get some glassware!

Finally, huge congratulations to the learners on the Rehabilitative programmes in Ongar and Clontarf who all celebrated their graduation in July, and we wish all the learners the best of luck on their journey ahead.

Hope you all enjoy the read!

Catherine Stuart,
Head of Adult Services

IRISH HEALTH CARE AWARDS

IRISH HEALTHCARE CENTRE AWARDS 2023 - DAVID GERAGHTY & ANN-MARIE CAMPBELL



We attended the national Healthcare Centre Awards at The Marine Hotel in Dún Laoghaire. Adult Services were shortlisted in two categories: The Disability Initiative Category for the Person-Centred Planning Summit and Firhouse Local Centre for Day Centre of the year.

When we arrived at the awards, there was a champagne reception, and everyone was very glamorous as it was a black-tie event. We all enjoyed the three-course meal as we were quite hungry by the time it arrived. The Cheesecake was a big hit with everyone!

Marti Whelan who is a television presenter was the compere at the awards, David's claim to fame is packing Marti's supermarket bags when he was a teenager working in SuperValu.

Unfortunately, we did not win any awards on the night, we were a bit surprised as we thought we should have won.

We had a fun evening, but we experienced a couple of accessibility issues. The only access to the drink's reception was down some stairs which meant we could not join in and there was not a lot of space between the seating in the main hall which made it difficult for wheelchairs to move around. We contacted the organisers of the event to raise these issues and received a positive response. We are hoping to be shortlisted again for awards and to win next year.

RESEARCH & INNOVATION

TRANSITION PROGRAMME - ROYAL COLLEGE OF SURGEONS RESEARCH PROJECT - TORI FITZGERALD

On the 18th of April I went to the National Disability Authority in Ballsbridge to film a piece about Transitioning from School to Adult Services. The Royal College of Surgeons was doing the research study.



I felt nervous when I arrived, there was a lot of cameras and lights and a lot of people in the room. I was overwhelmed with all the crew listening to my story. They talked me through step by step of what I had to do, and this made me feel more comfortable. I was videoed going up and down the corridor as they wanted to see how I operate my powerchair. They

also videoed me going into the room where the filming was taking place. I prepared a power point presentation to help me remember what I was going to say. I wore a microphone on my jacket, and I also had one over my head. I've never had so many lights on me or people looking at me. The director asked me questions and I had to repeat myself a lot. I also had to interview my friend which put me at ease because they knew me from being in school. We started filming at 10am and it didn't finish until 3pm. I was tired by the end of the day.

Overall, it was a great experience. I was glad I got a chance to take part in the research study. It was a real confidence booster.

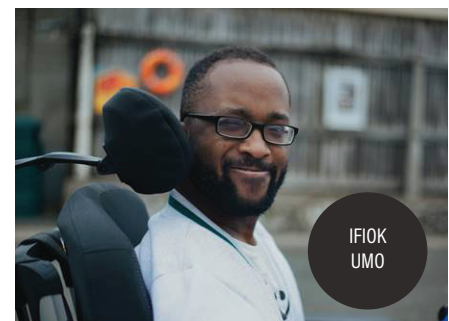
We had a lovely lunch al fresco, a walk on the promenade, and the sun did shine for us.

LIFESKILLS PROGRAMME - THE DIGI ACADEMY - IFIOK UMO

I drafted this article using ICT technologies. ICT is information and communication technology which is adapted to an individual needs to support them to interact in a digital world.

Adults with intellectual disabilities face big challenges when it comes to using new digital technologies. The Digi Academy project aims to overcome these challenges. The team that I am working with are in the process of developing an App which is a type of software that can be installed and run on a computer, tablet, smartphone, or other electronic devices.

This is still in the 'Pilot phase,' the aim of the App is to empower adults with intellectual disabilities to access technology and enhance their digital skills and independence.



The App will also allow people to create goals and individual learning plans. There will be video tutorials available to help users.

It is great to collaborate with the team from Trinity College Dublin. We hope this App will be fully inclusive.

ADVOCACY

FIRHOUSE LOCAL CENTRE - RESPITE COMMITTEE - FIONA O'REILLY

I have set up a respite committee. On the committee with me is Kevin Foley from Clontarf Local Centre, Cloanne Lacey from Coolock Local Centre, Ashling Flynn and Catherine Cooper from Hartstown Local Centre and David Geraghty from the Training & Development Centre.

I set the committee up because there is currently no respite and a lot of people have not had respite in a long time. We decided that something needs to be done about it! We put together a questionnaire which was circulated across Adult Services, as we want to know what the adults think about respite and their experiences in respite. It is important that everyone fills in the forms and has their say about what they want and need. We are going to review all the information and see if there is something we can put in place, for example, a data base of hotels and respite centres that people can use. We will also draft a report and lobby our local TDs to support us.



FIONA O'REILLY

HARTSTOWN LOCAL CENTRE - THE EUROPEAN DISABILITY FORUM - CATHERINE COOPER

I was chosen as part of the Irish delegation to go to the 5th European Parliament of Persons with Disabilities which took place in Brussels, on the 23rd May 2023.

I was selected because of the advocacy work I do with the Disability Federation of Ireland (DFI) and the CRC. I am the chairperson of the CRC Adult Services Committee. I made an application to be part of the delegation and was delighted to be picked.

The Parliament of Persons with Disabilities brought together delegates with disabilities from across Europe. In the parliament we presented our manifesto, which we worked on in the weeks before Brussels through MS Teams.



The manifesto was a call to the political leaders on various disability issues that affect us and most importantly our motto is "nothing about us without us."

We were only there for 3 days; it was not long enough because we were a bit tired and working the whole time. We also visited the Irish European Embassy and got to meet Members of the European Parliament and the local TDs from Ireland.

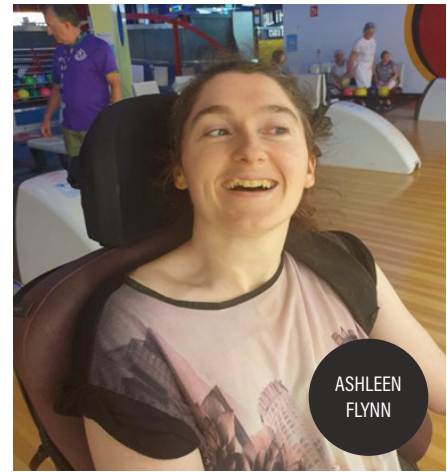
Overall, I had an exciting time in Brussels, all the delegates thoroughly enjoyed the experience. I would recommend other people to apply to go when the next one is on as it was a wonderful experience.

ASSISTED DECISION MAKING (CAPACITY) ACT

HARTSTOWN LOCAL CENTRE - ASSISTED DECISION-MAKING (CAPACITY) ACT 2015 - ASHLEEN FLYNN

It is important that the Assisted Decision-Making (Capacity) Act 2015 came into Irish Law. It is a new law that supports the rights of people to make their own choices and decisions.

I have completed training in Capacity and attended talks and video chats on the topics. This has helped me understand more about the Act. I like speaking up for myself and feel I should be doing more speaking out for myself and other people. The adults across Adult Services made a video about Assisted Decision Making (ADM). I felt incredibly good making the video because it allowed me to speak up for myself which I think is particularly important. I also visited other CRC Adult Services for talks on ADM, I got to see my old friends and discuss what this Act means to them.



FIRHOUSE LOCAL CENTRE - PERSONAL DECISION MAKING COURSE - FIONA O'REILLY

I took part in a Personal Decision Making QQI Level 2 course which was funded by the Education Training Board from October 2022 to April 2023.

We had a wonderful teacher and she talked to us in detail about how to stand up and speak up for ourselves. Each week we did an exam at the end of each class. We covered the topics of advocacy.

This has given me great skills to be a good self-advocate.

This is my first QQI certificate and I am so proud of myself. On the 28th of June, we celebrated this great achievement at a graduation ceremony in a nearby hotel. We received our certificates and enjoyed lovely food. This has made me very motivated to keep working and learning.



PROGRAMME PROGRESSIONS

HARTSTOWN LOCAL CENTRE - MEDIA TRAINING COURSE - CATHERINE COOPER

I was selected to do a media training course with the Disability Federation of Ireland (DFI). It was a four-week course, the first three weeks were online and the last week we met up in person at the DFI offices.

You might ask what media training is? It is training to help you to communicate on TV or the Radio on issues that are important to you.

On the course we learned about how to speak when interviewed, how to breathe and take pauses when you are speaking. A good tip is to always have a glass of water beside you. It is important to only answer the questions that you are asked, and do not go into too much detail about the subject as it is important to get your

main point across. During the course we had homework each week. We had to look up famous people and public speakers. We got this information from the internet which is a great tool for research.

On the last day we went to DFI to receive our certificates as we all passed. Miriam O Callaghan and Senator John Dolan presented the certificates. DFI are hoping to run another course in this autumn, and we would recommend this to anyone.

REHABILITATION TRAINING ONGAR - TRANSITIONING TO A LOCAL CENTRE - NIAMH DALY



A couple of years ago I started in the CRC Rehabilitative Training programme in Clontarf. When the new community hub opened in Ongar I moved to the centre as it was closer to my home. I travel by taxi each day to the centre which is organised by Blanchardstown Centre for Independent Living. I am currently doing travel training. As part of this training, I take the bus to the centre every now and then.

I have enjoyed my time in both Rehabilitation Training Programmes and made great friends. I particularly liked the varied classes such as cooking, computer skills and horticulture. I also like going on the trips each week in the community.

I will finish my training in July and will transition to Hartstown Local Centre along with one of the other adults. I am a little sad about leaving Ongar but excited to be starting in the new centre in September.

I have had meetings with my keyworker and staff team in Hartstown Local Centre to support me with the move. We spoke about the activities I can do, such as yoga, going on trips and the different classes I can join. This made me happy, and I am looking forward to the new experience I will have in Hartstown Local Centre, however I will still visit my friends in Ongar & Clontarf when I am in the area.

EMPLOYMENT PLUS - STEPS PROGRAMME - CIARA HENVEY & DAITHI GIBLIN

We recently completed a pre-employment programme called STEPS. The course was two weeks long and was based in Kish House in Greendale, Kilbarrack. The course tutor taught us about achieving more out of life through affirmations. Affirmations is a way of setting positive beliefs that motivate you to choose positive behaviours that make you happy. Remember, positive self-talk can have a powerful impact on your mindset and overall well-being. We all felt the course was beneficial and we learned new skills to support us in our daily lives. We did different exercises and activities that showed us new ways of learning about ourselves and others. Our favourite was a flash card activity that had hidden words within a picture, we could not find



the words straight away as we were all focused on the visuals. The facilitator then showed us where the words were, we then looked at the cards with a different view and could spot the words straight away. This exercise showed us that different

people can have different perspectives on the same thing. At the end of the two weeks, we were rewarded with certificates for participating in the programme. It was an enjoyable experience, and we had the best time doing it!

COMMUNITY PARTICIPATION

FIRHOUSE LOCAL CENTRE - INDEPENDENT TRAVEL - ANDRZEY SIMOWSKI

I have started Independent Travel Training with my keyworker. I decided I wanted to go to the shopping centre by public transport.

This is a picture of me on the bus. Using public transport is one of my PCP goals as I want to get more independent and go out more. I enjoyed every bit of it and will keep practising as much as I can.



FIRHOUSE LOCAL CENTRE - THE EDGE HUB - PATRICK RYAN

The Edge is a hub which is located in our community, it gives us the opportunity to try something different.

We use it every Friday and there are different classes each week. We are lucky to have this service so close to the centre. I enjoy using the media room for presentations. There are great facilities such as a good coffee shop and accessible toilets. The Edge provides a great social outlet for us all and I really enjoy going there.



LIFESTYLES PROGRAMME - SUPPORTING OTHERS - JANE KEEGAN, AOIFE NOLAN, EMER KEOGH

When the war in Ukraine started the Lifestyles Knitting group felt they would like to do something to support the people affected by the war.

They visited the North Dublin Relief Support Centre in Clongriffin and spoke to the volunteers. They heard stories about families in Ukraine left with no homes or food and how cold the winter months are. After the visit, the knitting group got busy knitting and crocheting blankets and hats for newborn babies. They also set up a donation box for people to donate non-perishable food. When the box was full the group would bring it to the relief support Centre along with their knitted items to be shipped over to the Ukraine border by volunteers.



EVENTS & SOCIAL

LIFESKILLS & LIFESTYLES PROGRAMME - THE MICK LYONS MEMORIAL FISHING COMPETITION - NOEL VICKERS

The Mick Lyons Memorial Fishing Competition, successfully returned on July 7th after a three-year hiatus caused by the COVID-19 pandemic.

It is organised by the IWA and CRC, and everyone worked hard to revive the competition. Everyone was excited about this event and were happy to be able to participate again. It was a time for celebration, friendship, and the shared joy of fishing.

Families and friends who came to support the event also enjoyed various activities besides fishing. At the end of the day, there was an awards ceremony to recognise the winners, but the true success of the event lay in bringing back a beloved tradition and creating lasting memories.

This event has become a yearly highlight, bringing people together, celebrating their shared love for fishing, and honouring the legacy of Mick!



REHABILITATION TRAINING CLONTARF - SUTTON DINGHY CLUB



The learners from RTC went on their annual sailing evening in June. This is the fourth year that Sutton Dinghy Club hosts a taste of sailing for the learners. The club is situated on Sutton Creek on the southern side of Howth head and facilitates this event with the support of its junior and senior members.



The club did a collaborative fundraiser with Howth Sutton Lions Club which resulted in the purchase of a Hanse Club wheelchair accessible boat. This boat can accommodate people who use wheelchairs. It gives them the opportunity to participate in sailing and on-the-water experience, which gives them great freedom to enjoy the sea. The club invited us to be the first group to sail in the new wheelchair accessible boat at its official launch. The weather was warm and sunny when we arrived. The club members gave us a briefing on the plan for the evening. We all set sail on the sailboats and power boat. After we finished at sea, we all enjoyed a delicious BBQ.

"I was amazed at how easy and safely I was hoisted and transferred from my wheelchair on to the accessible boat. Initially, I was nervous but the club member who was assisting me put me at ease. We went on a great sail down the creek. It was a wonderful experience, and I would do it again." Roman Dziubenko



"Thanks to Sutton Dinghy Club for a great evening and supporting us to push our boundaries in new directions to enjoy the thrills and spills of sailing in a dinghy!" Hazel White

EVENTS & SOCIAL

ADULT SERVICES - CLONTARF YACHT & BOAT CLUB

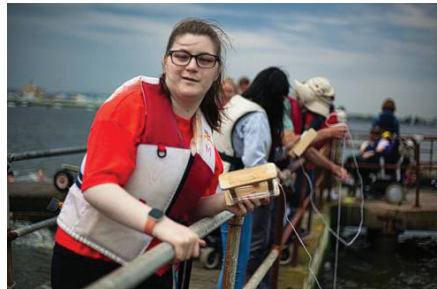


On Friday the 16th of June Clontarf Yacht and Boat Club hosted another memorable Fishing, Sailing and BBQ for CRC Adult Services.

After the BBQ we listened to music, and we danced. It was nice to spend time with our friends, this event is one of our highlights of the year. Thanks to Clontarf Yacht and Boat Club for organising such a fun day!

"We loved spending time with our friends on the boat trip. We enjoyed going down the Liffey on the boat and seeing the different buildings and bridges. It was really fun"

[Mark Wright & Victor Orimalade - Rehabilitation Training Ongar](#)



"I really enjoyed going crab fishing. I won a prize for catching the most crabs. It was my first time doing it, but I caught lots of crabs. The volunteers at the Yacht and Boat Club were very helpful and showed me what to do. I am really looking forward to doing it again next year"

[Kathleen O'Donnell - Rehabilitation Training Ongar](#)



"When we got there, we got fitted for life jackets and got on the boats. We then sailed up the Liffey. I felt happy as it was exciting, I even got a chance to drive the boat! We went all the way from Clontarf to the Samuel Beckett Bridge, this is the bridge that splits in two and lifts into the air to let larger boats through. It was funny as our boat broke down and we had to be tied to another boat and got towed back to the port. We were one of the last ones back. When we got back, the boat club had a delicious BBQ for us with burgers and sausages and drinks. I loved the day, and I cannot wait for next year."

[Katie McCluskey - CDETB](#)



"We went crab fishing and had a great time. Afterwards, we all went to the clubhouse and enjoyed a delicious meal together. They even had some entertainment there too! What made the day even more special was seeing other adults from different programmes at the club. It was nice to meet new people and have a fantastic day out together."

[Maeve Kelly & Johanna Padden - Lifestyles Programme](#)



"I went on my first boat trip down the river Liffey, and it was amazing! I've lived in the city centre my whole life, but seeing Dublin from a different angle was so cool. I'm grateful for the opportunity and loved spending time with my friends on the boat. Thank you to the organisers at Clontarf Boat and Yacht Club, I can't wait for next year and hope to go out on the water again."

[Janice Dowling - Lifestyles Programme](#)

CREATIVE EXPRESSION

COOLOCK LOCAL CENTRE - VISIT TO NATIONAL GALLERY OF IRELAND - MICHAEL MCGEALY & JOAN ROBERTS



We visited the National Gallery of Ireland in Dublin City Centre. It is free to visit but some temporary exhibitions require a cost.

It is fully wheelchair accessible and offers a wide range of services to support people with disabilities. Our Art class will be taking part in an Art Workshop at the Gallery in September.

"I enjoyed the Gallery as it is something different. We spent a few hours there and enjoyed looking at all the paintings. I liked most of them!! The staff were extremely helpful and friendly."

Michael

"I cannot paint anymore but still really appreciate art. My daughter is an artist and has sold paintings. I found the National Art Gallery very enjoyable. I cannot pick one painting as I liked most of them. I am looking forward to my next visit and taking part in the Art Workshop in September."

Joan

ACHIEVING GOALS

HARTSTOWN LOCAL CENTRE - WORK EXPERIENCE - CONOR WALSH



Every Wednesday morning, I do work experience in the local Eurospar. I really love the work I do; it is important to me.

I help the staff re-stock the shelves and freezers and support customers with any queries they have about where stock is located. All the staff and customers are genuinely nice, and it is the highlight of my week. My first day I got a staff coat and a name badge to wear and that made me feel happy and a part of the team; after this I then got a T-shirt to wear also. I would love to get paid employment in the future in a supermarket. I am working towards making this happen and getting a job for myself as it is important to get out of the house, meet new people and develop my independent skills. It is a great achievement to see all the things I can do.

CLONTARF LOCAL CENTRE - PERSON CENTRED PLAN GOALS - LEE DUFFY



As part of my PCP, one of my goals was to join a gym. I went to visit the IWA gym with my keyworker to see the gym and the equipment.

The staff showed us around the facilities. I decided to join the gym in February 2023. The fitness trainer worked with me and gave me a light training programme to start with. I have been attending the IWA Gym every Thursday and work on my personal exercise programme.

PERSON CENTREDNESS

COOLOCK LOCAL CENTRE - FOODIES - JOAN ROBERTS, GEORGINA FANNING, ELAINE MARSHALL, CLOANNE LACEY

As part of our 'Foodies' group we are visiting different restaurants and trying different cuisines each week.

The group is made up of four ladies, but we welcome anyone who would like to join us anytime, even for just one week. "I love being part of the 'Foodies' group, because we get to try different restaurants and different cuisines from around the world. So far, we have tried Indian, Italian, Pakistani, Irish and seafood in Howth. I enjoyed our visit to Swords to the Old School House. The establishment was full of antiques from the last century, we loved the atmosphere and learning a little history while out for the meal. The food was delicious and very reasonably priced. The location was good and not too far to travel. As far as accessibility is concerned, once someone held the door open, we were fine." [Joan](#)



"I love to be able to get out and experience new places and socialise with my friends. It makes me feel included. I really enjoyed the Afternoon Tea in the Skylon Hotel. It was delicious! It gave us the chance to experience what posh ladies used to do years ago. The staff were nice and friendly. The hotel was lovely and wheelchair accessible. I would recommend it to anybody. It would be a good place to go

for a birthday or any celebration. I am planning to go there again. It was fun to feel posh for the day!" [Cloanne](#)

"Before joining 'Foodies' group I was hesitant about tasting seafood or new dishes. Now I enjoy tasting new foods and am more adventurous with my food choices, I have also added healthy treats to my diet that I like." [Elaine](#)

BLOOMING PROJECTS

HARTSTOWN LOCAL CENTRE - A LITTLE PIECE OF HEAVEN - BRENDA BYRNE & SARAH FITZGERALD



BRENDA BYRNE

"I love the garden, it's beautiful and so good for our mental health. I go for walks and see all the different birds, and especially robins my feathered friends. The children work in the garden with us, and we enjoy chatting and catching up. The teachers and our support staff are amazing, and we all work well together. We made a fairy garden, and one of our volunteers made lots of fairy houses. We have a worry tree that I hug every week and tell all my worries to, it seems to help me but maybe that's just my imagination"

[Brenda Byrne](#)



SARAH FITZGERALD

"On Thursday I love working in the garden in Scoil Mochua and I enjoy having chats with all the children. It gets me out visiting other people and this gives me a great lift. It shows me what I can do, and we feel appreciated for all the hard work we do. We do things like planting and digging for cabbages, onions and carrots, I love seeing how much they've grown each week. The garden is very important to me and something I look forward to each week"

[Sarah Fitzgerald](#)

COOLOCK LOCAL CENTRE - GARDENING PROJECT - TOM QUINN, JULIE BENNETT, WAYNE CURLEY



We did a couple of gardening classes in May. The gardening was enjoyable, and we had a great time.

We planted the wildflowers which we bought from the garden centre. I liked that we did the gardening at the beginning of the summer when it was sunny and the weather was nice for gardening.

[Wayne Curley](#)

It was good for me to spend time gardening. I evenly distributed the compost in the planter and then I put the wildflower seeds all over. Another

time we planted different herbs. I liked working on the gardening project. I enjoyed concentrating on what I was doing as I like to get the job done to perfection. I used gloves and an apron while gardening and lots of gardening tools. [Tom Quinn](#)

I like the day we planted the herbs such as parsley, mint, basil etc. I do not like to get my hands dirty, so I just watered them after they were planted. We used the herbs to make mint tea, but I did not like it. I learned about the benefits of mint. Now everyone in Coolock can pull a few leaves and make their own mint tea.

[Julie Bennett](#)

CLONTARF LOCAL CENTRE - ART CLASS FAIRY VILLAGE - CAROL WALSH & ALICE WALL

In our arts and crafts class, we decided to make our very own Fairy Village, bringing all our individual skills and talents we began building this little fairy world.

Everything in this village is hand crafted and painted, all the buildings are handmade by the adults. We used different types of materials such as clay, flowers, seeds, stones, paint, twigs, buttons, twine and much more. Most of the materials we used are recycled materials. Several weeks of work went into designing and creating our Fairy Village, we had lots of fun during the process and are proud of the results. We planted all the flowers at our Local Centre and grew them especially for this project.

We would welcome anyone who would like to see our Fairy Village, it is on display in our centre, please call ahead to arrange a time. Thank you.



SERVICE DEVELOPMENTS

CDETB - SENSORY GARDEN - AMY O'CONNOR



The Learners and The Planting and Potting teacher have been doing an excellent job.

In our Planting & Potting Class we started to brainstorm about creating a sensory garden. We analysed the area for our sensory garden, should it be a North-Facing Garden or South-Facing. We discussed what type of flowers, plants we would need to grow, their texture, shape, and growing habits such as low ground cover or trailing climbers. We also had to decide on the colour scheme, should it be calm colours or vibrant colours and where the seating area would be.

When we started drawing our sensory garden plan, we drew an outline of our sensory garden on a white piece of paper and made a list of plants, flower beds and paths where the trees will go and the costings. We used coloured pencils to colour in the plants. Rhys decided to do the plant research and found fantastic plants including lavender, purple coneflower and Agastache blue boa.

The area we chose to use was in a terrible state. There was broken glass, crisp packets, lighters, and general waste. It was not safe for the learners and the staff. We got a company to clear the area and they did a fantastic job, it looked so different.

Minding the plants when they arrived was great. We got to water them and learn the names of the plants. Planting out the plants with the planting plan grid made by our trainer which was colour coordinated was extremely helpful and enjoyable.

Three learners planted a beautiful tree for their QQI skills demo. We planted vegetables such as carrots, potatoes, parsnips, and cabbage. When we harvested the vegetables, we would be so excited to see how well the vegetables grew, it was extremely rewarding. We worked great as a team and are enormously proud of our new sensory garden.

LIFESKILLS PROGRAMME - CLONGRIFFIN HUB - KELSEY KELLY SATTELL

I am happy that the Lifeskills programme use the hub in the Clongriffin community! It is so convenient because it is close to the DART station, and it is not too difficult for me to get there using public transport.

There is a park nearby that we use for our walks, it is nice, especially in the summertime.

I am enjoying the new cooking classes; we plan our menus based on our budget and then buy the ingredients for the recipes. The new hub is so convenient as Donaghmede and Clare Hall Shopping Centres are close by. This new location is good for my progression and I am hopeful for all the new opportunities it will bring for our programme.



SERVICE DEVELOPMENTS

COOLOCK LOCAL CENTRE - IMMERSIVE ROOM - BRIAN CLIFFORD, JULIE BENNETT, ELAINE MARSHALL

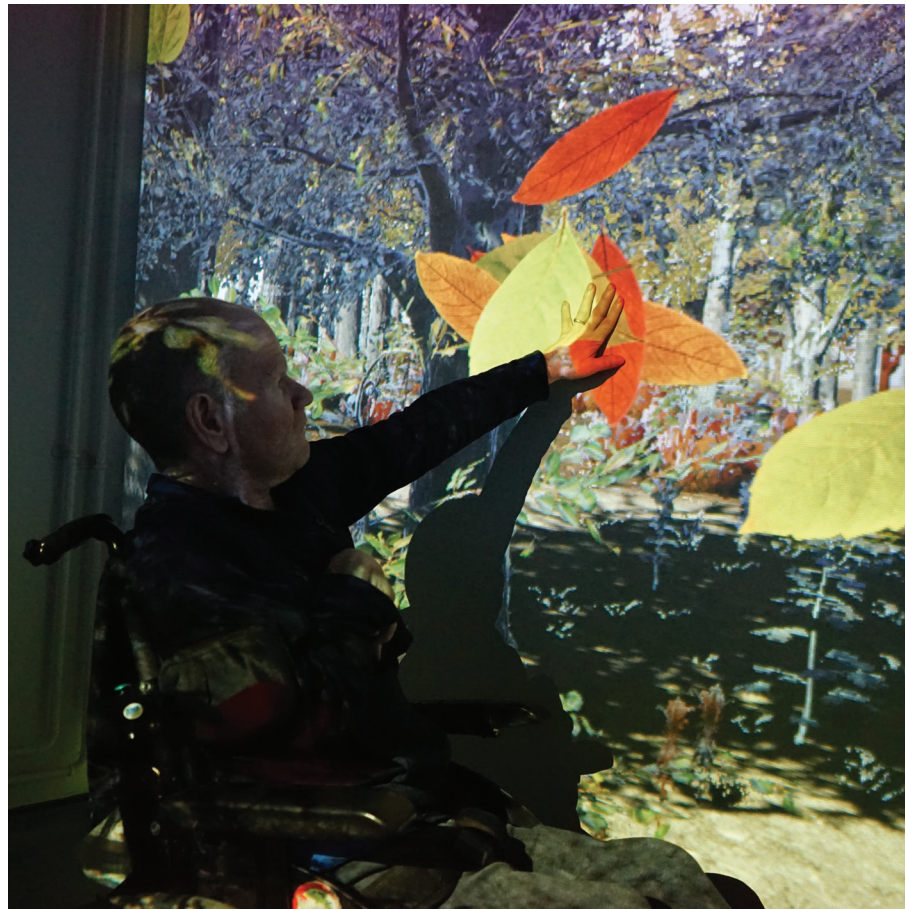
A new Immersive Room has been opened in Clontarf.

It is an interactive virtual reality space where the walls, floor and ceiling act as projection screens to create an immersive experience. We use the room as a group once a week, but we can also enjoy the experience on our own by asking our key worker to book an available time slot. It is a nice place to relax and unwind.

"It is a very unusual experience; I especially like watching the horse racing and listening to the sea waves lapping against the beach. Everything on the screen looks great and with the sounds the experience feels so real." **Julie**

"I love spending time in the room, it helps me to de-stress by concentrating on different things. I like watching fish on the screen." **Elaine**

"I enjoy the Immersive Room. It is a nice place for relaxing during a busy day. I like watching the multi-coloured leaves and moving the screen to bring them alive. I like everything about that room." **Brian**



FIRHOUSE LOCAL CENTRE - RELAXATION ROOM - ANDY BIRCHALL

Late last year we decided to turn one of our rooms into a relaxation room.

We chatted as a group and came up with ideas of what we would like. Firstly, we needed to get the room painted. I used to be in the building trade, and I offered to do the painting. After the painting was finished, we decorated it with a radiator cover and wallpaper for the sliding door. We received funding from the Reach Project and bought furniture and a projector for the room. We launched the room on the 14th of February and had a social evening to celebrate. I was delighted to cut the ribbon. The room is used every day by the adults as it is a great space to have some down time.



HEALTH & FITNESS

CDETB - FOOTBALL FOR ALL - DEREK MCKEVITT

I play with the CRC football team and was excited when the Football Association of Ireland (FAI) football for all tournament started back in Clontarf Astro Pitch.

Nikita O'Sullivan who is in the photo with me plays with us too and she always gives 100 per cent and will play in any position. We played matches against other colleges like Bray NLN and Hail.



I play as a striker, and in goal. We won some matches and we lost some. I even took one shot on the volley straight into the back of the net and the goalie was lucky as it was a hard shot and it nearly hit him. It is great as the CRC team is made up of adults from different programmes in the CRC. I love putting on the jersey as I feel part of a team and it makes me feel ready for the match. I get to meet people I have not seen in a long time, even ones I was in school with. The football is now over for the summer and hopefully we can get loads of training in for the new season. If anyone else from Adult Services would like to join our team that would be brilliant.

FIRHOUSE LOCAL CENTRE - ACTIVE HEALTHY ME - ANNE MARIE CAMPBELL

I participated in a 6 week "Active Healthy Me" programme in Firhouse Local Centre every Wednesday afternoon.

I enjoyed the course and learned new ways to improve my health. I did not realise how much water I should be drinking every day and how drinking water can help change my health. It is so important for my health, my skin and to help me sleep better.

I became more aware of what I was eating. I made small steps to change my diet, instead of having my afternoon tea with biscuits, I decided to eat fruit and drink water. I found this a challenge but feel the benefit of this slight change.



The 6-week programme taught me to do exercise in my home such as cleaning or gardening. It taught me the importance of going out for walks and getting fresh air.

I found the course very enjoyable and loved taking part every week and learning about more healthy ways to live.

CDETB - XBOX FUN - JOSEPH DUGGAN & VALENTINE ZAPOROJAN



We got the Xbox through Reach funding as part of our sensory and social project. Our favourite game to play is FIFA.

We take each other on. I go with Liverpool and Valentin goes with Manchester Utd. We play during break time, sometimes it can be hard to remember to go back to class. More learners have now started on the course, we have set up the old PlayStation too so we can all play at the same time. It is great fun, as playing the games are a break from class work. We would like to get 'Just Dance' as our next game to buy as it would be great fun and we all love music and dancing.

HEALTH & FITNESS

REHABILITATION TRAINING CLONTARF - HEALTH-RELATED EXERCISE

We received funding from REACH and nine students joined the IWA gym. These memberships assisted learners to complete their QQI Level 2 awards in Health-Related Exercise.

As well as weekly gym classes the learners took part in weekly walks. To finish off the programme the learners completed a 9-kilometre walk. We started at the CRC and walked through St. Anne's Park and then onto the coast road at Raheny where we stopped for lunch. After lunch we continued our walk by the coast to Sutton.

"It has given me a chance to use different types of gym equipment to help me improve my fitness. My favourite is the treadmill, and the spinning bike has also encouraged me to cycle to the CRC each day". I enjoyed the weekly walks, and our last walk was from the CRC to Sutton train station. My legs were tired, but I enjoyed it."

Dean Wall

"I love using the rowing machine and the punching bags in the gym. The weekly walks helped me learn about areas near where I live that I can visit again, they also gave me the chance to get to know my friends better."

Toni-Ann Daly



"I was delighted to get a gym membership as it allows me to use the rowing machine and spinning bike. I am proud to have completed such long walks, my favourite was from Portmarnock to Malahide."

Dylan McLoughlin

CDETb - FLYEFIT GYM - AISLING BREGAZZI

As part of the Health and Fitness QQI module, I became a member of the Flyefit gym beside Northside Shopping Centre.

We go to the Gym every Thursday. We get the bus up from outside our Training Centre which leaves us beside the gym. My favourite machines to use are the treadmill, cross trainer and bike. I also like to use some of the weight machines. I like the gym as I enjoy exercising and I also enjoy getting out and being social. I look forward to going each week.



OUT & ABOUT

CLONTARF LOCAL CENTRE - TRIP TO DUBLIN ZOO - OLIVIA BUCKLEY

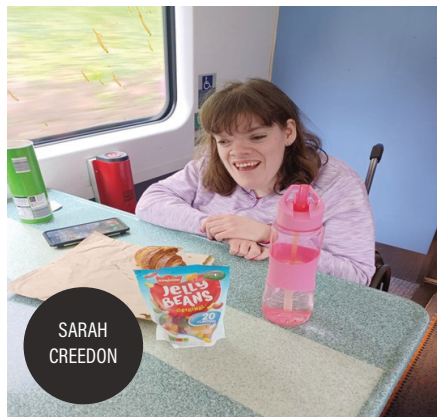
We had our first group summer outing on the 31st of May with Clontarf Local Centre.

We went to the Zoo; it was my first public outing after Covid 19. It was a great day, the staff at the Zoo were very accommodating and the facilities were all fantastic. Overall, I enjoyed the day out.



OLIVIA BUCKLEY

TRANSITION PROGRAMME - TRIP TO WEXFORD - SARAH CREEDON



SARAH CREEDON

On Friday 12th of May we went on a day trip to Wexford Town. My Mam dropped me to the train station to meet at 08:30am. We were all very happy and excited because this was our first trip to Wexford.

It was a nice short train journey and we had loads of goodies to share with each other. The sun came out when we arrived, but it was windy, the wind was blowing at us, but we didn't mind as we were all in great form.

We went around to the pier to see the fishing boats, there were lots of seagulls and they were flying very closely around us. We went to a lovely hotel for our lunch, it was great. We then went shopping around the town and bought some souvenirs and presents. We had a break at a little café, I had a hot chocolate it was delicious. We came home on the 6:30pm train. It was a great day and are looking forward to visiting and exploring more towns in Ireland.

CDETb - EMERALD PARK - JAKE SWAN



JAKE SWAN

We went on a trip to Emerald Park in April. It was our first time going since it was renamed from Tayto Park to Emerald Park. I was looking forward to the trip.

We got there by using the new CRC accessible cars. I decided to go on lots of the attractions before getting some food. There were two new rides such as the Crazy Bus and the Balloon Chase. The Crazy Bus was my favourite because it goes up and down. I had brought my own lunch with me and then I got an Ice cream in the sweet shop for a treat. Some of my classmates decided to go on The Cuchulainn Rollercoaster but I didn't because rollercoasters aren't my thing! It was a really nice day and I hope we go back again.

OUT & ABOUT

CLONTARF LOCAL CENTRE - TRIP TO AVONDALE FOREST PARK - SEAN CONLON

On the 29th of May I went to Avondale Forest Park in Co. Wicklow.

We began the experience at the 'Treetop Walk'. It is a 1.4km walkway which is fully accessible and rises gently. It is thirty-eight meters high and shaped like a big, wooded corkscrew. At the top of the walk there are signs to tell you which counties or mountains you are looking at. The views were amazing, I enjoyed the day and would visit again.



TRANSITION PROGRAMME - CELTIC NIGHTS - JACK O'DONOVAN

On the 18th May we went to see Celtic Nights in the Arlington Hotel. We had an amazing time.

We had dinner before the show. There were four singers on the stage singing traditional Irish music and playing instruments. I love Irish music, so I was really loving the show. They had Irish dancers performing on stage to the music. It was such an enjoyable night I had lots of fun. I cant wait to go again in the future.



CITY OF DUBLIN VOCATIONAL TRAINING PROGRAMME

CDETb VOCATIONAL TRAINING PROGRAMME
QQI LEVEL 3 MAJOR AWARD
CODE: BL878

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