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**WEST LIMERICK INDEPENDENT LIVING**

**21/03/2024**

**EDITION 13**

# IN TOUCH

## A WORD FROM MARGARET

Welcome to the 13<sup>th</sup> edition of the InTouch newsletter! Spring has finally arrived symbolizing renewal growth and hope – a time often linked to new beginnings and fresh starts. Let's celebrate the end of Winter and embrace the onset of brighter warmer days.

We are delighted to announce that your 8 percent pay rise has been implemented since 1st March. This reflects the hard work and dedication you have shown to West Limerick Independent Living. We believe these adjustments emphasize our continued commitment to ensuring your efforts are duly recognized and rewarded. On that note it is important to express our gratitude for your ongoing dedication and hard work.

I am thrilled to announce the recipient of our latest employee of the season award. Congratulations to Mary Geoghegan, our Spring 2024 winner. Mary with her extensive experience and client focused approach, is a deserving winner, and we can all draw inspiration from her exceptional dedication.

I'd like to encourage both clients and staff to submit their nominations for the Employee of the Season promptly. The deadline for receiving nominations is April 30, 2024. Your feedback is invaluable, so please feel free to share your opinions.

Additionally, we welcome suggestions and articles for inclusion in our newsletter. We would love to hear from you; simply send an email to [margaret@limerickcil.com](mailto:margaret@limerickcil.com) or call 06977320.

Kind regards,

Margaret O'Connor Manager



## Embrace Spring Renewal: The Power of Breathwork and Mindfulness: *Laura Mulqueen*

As the blossoms bloom and the days grow longer, it's the perfect time to embrace renewal and rejuvenation. In this season of growth and transformation, one practice stands out for its profound impact on our well-being: breathwork and mindfulness.

In the hustle and bustle of modern life, it's easy to become overwhelmed by stress and distractions. But by incorporating breathwork and mindfulness into our daily routine, we can cultivate a sense of calm and clarity that allows us to navigate life with greater ease and resilience.

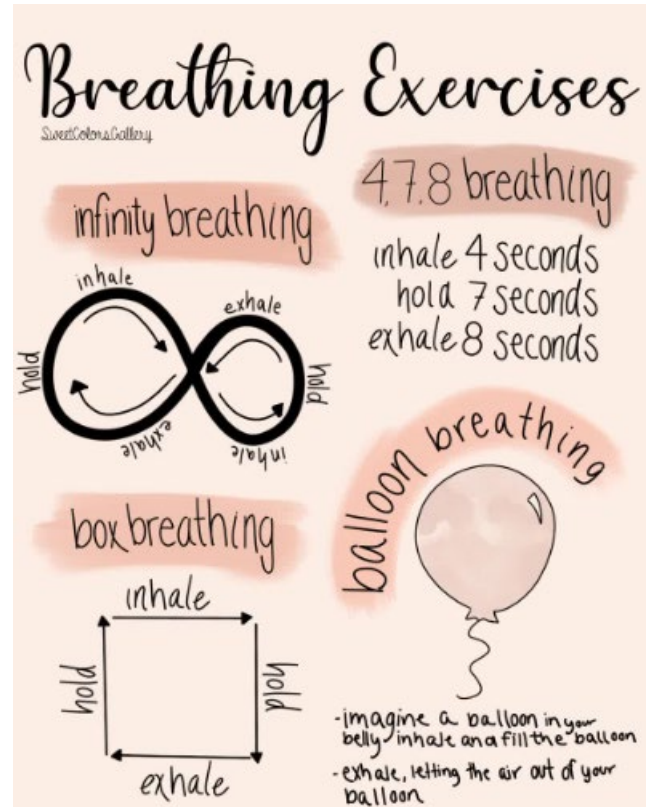
Breathwork, often referred to as conscious breathing, involves focusing on the breath to promote relaxation and reduce stress. By paying attention to the rhythm of our breath, we can quiet the mind, lower cortisol levels, and promote a sense of inner peace. Whether through deep breathing exercises, meditation, or yoga, incorporating breathwork into our day can have a profound impact on our physical, mental, and emotional well-being.

Similarly, mindfulness encourages us to cultivate present-moment awareness and non-judgmental acceptance of our thoughts, feelings, and sensations. By bringing our attention to the here and now, we can break free from the grip of rumination and anxiety, allowing us to fully engage with the richness of life. Research has shown that practicing mindfulness can lead to reduced symptoms of depression and anxiety, improved focus, and concentration, and enhanced overall quality of life.

Together, breathwork and mindfulness form a powerful duo for promoting holistic wellness. By integrating these practices into our daily lives, we can:

- **Reduce Stress:** By calming the nervous system and promoting relaxation, breathwork and mindfulness can help us manage stress more effectively, leading to greater resilience in the face of life's challenges.
- **Enhance Mental Clarity:** By quieting the mind and increasing focus, these practices can enhance cognitive function and improve decision-making skills.
- **Cultivate Emotional Balance:** By fostering greater self-awareness and emotional regulation, breathwork and mindfulness can help us navigate difficult emotions with grace and compassion.
- **Improve Physical Health:** By reducing stress and promoting relaxation, these practices can have a positive impact on physical health, including lowering blood pressure, improving sleep quality, and boosting the immune system.
- **Enhance Relationships:** By fostering greater empathy and compassion, breathwork and mindfulness can improve our relationships with others, leading to more meaningful connections and deeper intimacy.

As we welcome the arrival of spring, let's embrace the opportunity to cultivate inner renewal and growth through the practice of breathwork and mindfulness. By incorporating these simple yet powerful techniques into our daily lives, we can tap into a deep wellspring of peace, joy, and well-being that will carry us through the seasons ahead.



### REFER A FRIEND NOW!

Staff will be rewarded with €200 if you successfully refer a friend to West Limerick Independent Living!

Phone 069 77320



We want you our existing employees of West Limerick Independent Living to refer potential applicants for open job positions. This scheme recognises and rewards the role you must play in helping us place candidates in their ideal position. That's why when you successfully refer a friend or family to us, we will reward you up to €200 making you, us, and them very happy indeed.



## Martin Naughton in "Never Know Your Place."

Embark on a remarkable journey of activism with Martin Naughton in "Never Know Your Place." From his origins in Spiddal, County Galway, to his pivotal role in spearheading Independent Living in Ireland, Naughton's story is one of resilience and unwavering commitment to social justice.

### Highlights:

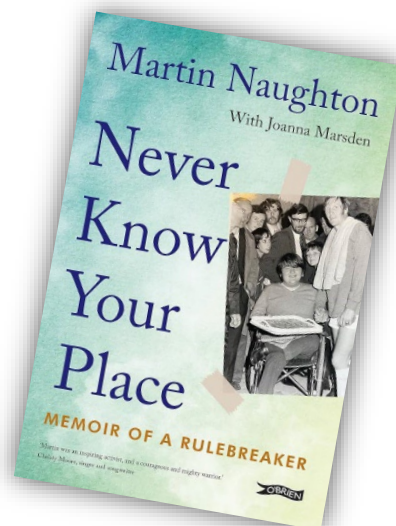
Chronicles the genesis of an activist, intertwining the essence of activism with the struggle against oppression.

Explores Naughton's relentless pursuit of freedom and his dedication to championing the rights of disabled people to live independently.

Includes a poignant foreword by Dr. Rosaleen McDonagh and a reflective afterword by Niall O'Baoill.

"Never Know Your Place" is not just a memoir; it's a testament to the enduring power of activism and the resilience of the human spirit.

From Monday the 11th of March in all great bookstores. Available in paperback for €17.99 and e-book (ePub) for €12.99



## Carol Liston O' Connor Fundraiser

In November of 2022, the communities of Dromcollogher Broadford & Athea received the devastating news that our beloved friend & colleague Carol Liston O' Connor was diagnosed with Motor Neuron Disease, a life limiting condition.

Carol, 42, is originally from Athea & has been living in Broadford for the past 15 years. Carol's husband, Liam is a self-employed plumber & their 5 children (Ellie-Mai (11), Molly (9), Liam-Óg (7), Mikie & Paddy (4) are grappling to come to terms with the life changing diagnosis of Motor Neuron Disease.



Before Carol's diagnosis she was a very active member of the community. She was a secondary school teacher in Desmond College (Newcastle West) where she is still held in the highest regard. Carol has given her whole life to working with young people not just in the classroom but also on the GAA Fields. She not only has played with Athea Ladies Football team but she has also held many coaching and official positions in Athea & Dromcollogher Broadford GAA Clubs. Carol, despite her diagnosis and challenges, is currently Chairperson of Dromcollogher Broadford Coiste Na nÓg, a role which she relishes.

### About Carol's disease – MND

MND is the short term for motor neurone disease, which affects the nerves found in the brain and spinal cord, essentially, they help tell your muscles what to do. If you have MND, this means your muscles will weaken, stiffen and waste, which then will affect how you will walk, talk, eat, drink and breathe. MND is life-shortening and there is no cure, but there are treatments which try and reduce the impact it has on a person's daily life, but these treatments are expensive and very often abroad. For Carol & her family this disease has had an irrevocable impact on their day-to-day lives. Carol now requires 24-hour care and is a wheelchair user. Liam is unable to work full-time and is trying to manage Carol's care and the care of their 5 children. The day-to-day running of a house and cost of rearing children remains the same. Their mortgage and bills still must be paid. If you could please see your way to supporting this lovely family please go to go fund me - The Carol Liston O'Connor and Family Fundraiser or alternatively money can be deposited to:



BIC: BOFIE2DXXX

IBAN: IE81BOFI90437658072154

Any contribution would be greatly appreciated and if you require any further information, please do not hesitate to contact any of the following: Marie McLoughlin 087-9950382, Lillian White 086-8068074, Liz O'Sullivan 087-6699783 or Bridget Liston 087- 7703558.

Thanking you most sincerely for your support.

# Employee of the Season

Any of our clients or staff can nominate an employee of West Limerick Independent Living for the award, just contact our office for an application form by phone on 069 77320 or by email [info@limerickcil.com](mailto:info@limerickcil.com)

Closing Date for Nominations: 30<sup>th</sup> of April 2024

€400  
PRIZE

## Employee of the Season Spring 2024

West Limerick Independent Living is delighted to announce our latest recipient of the 'Employee of the Season Award' – Mary Geoghegan. With over 20 years of dedicated service as a Personal Assistant with West Limerick Independent Living, Mary has witnessed significant changes throughout her tenure, enough to fill a book.

However, she embraced every transformation, offering insightful comments when necessary and always ensuring that her feedback contributed to the overall satisfaction of the organization. Mary's exceptional performance has had a profoundly positive impact on the team and West Limerick Independent Living, making her an invaluable asset. Her commitment and contributions truly exemplify the spirit of this prestigious award.

### It is easy to complete nomination form, just consider -

- Great employees bring many attributes to their work; usually we think of reliability, hard work, and to be nice to everyone.
- Great employee can be someone who anticipates problems that might emerge on the job.
- Great employees address conflict rather than avoiding it while maintaining respect for everyone in the mix.
- Great employees notice what is going on around them at work, and they integrate their constant learning into the way they do their jobs.
- Great employees form great relationships with people inside and outside the company, they know more than just the procedures their job requires, they know the reason their job exists, and that knowledge lets them work more effectively.



Photo: Mary Geoghegan and Alison Oldfield  
Service Coordinator

**So, who can be nominated for employee of the season?** Any of the staff of West Limerick Independent Living can be nominated for employee of the season, just contact the office for an application form by phone on 069 77320 or by email [info@limerickcil.com](mailto:info@limerickcil.com)

## Calling all PAS Users

The HSE PAS Review Group which is tasked with developing a protocol for the eligibility and allocation of personal assistant services based on a universally agreed definition, in collaboration with DCEDIY, disabled people, DPOs and providers are looking for Expressions of Interest from current PAS users to the Lived Experience Subgroup. For an EOI (Expression Of Interest) form please contact [jamescasey@ilmi.ie](mailto:jamescasey@ilmi.ie) before Monday 18th of March.

*Calling all*  
**PAS  
USERS**

## Acknowledging Employees that have left.

We extend our best wishes to two of our PA's Mona Clancy and Trish Cummins, as they bade farewell to West Limerick Independent Living. Your time with us was truly valued, and your contributions were greatly appreciated by both client and colleagues. As you embark on new journeys, we want to express our gratitude for the positive impact you've made during time at West Limerick Independent Living. We wish both Mona and Trish the very best in all their future endeavours. May your paths be filled with success and fulfilment. In this regard, we want to express our recognition and gratitude to all PAs for the outstanding support they provide to both clients and fellow employees. Amidst our busy schedules we might not always convey our appreciation enough, but please know that your hard work does not go unnoticed. Thank you for your dedication and commitment to making a positive impact on clients we support.

## Welcome Back Precious

We are thrilled to announce the wonderful news that our colleague, Precious has returned to work following a period of illness. Precious's radiant and vibrant personality has been a source of joy for everyone, including clients and colleagues alike.

We extend our heart felt wishes for your continued good health, Precious and are delighted to have you back with us. Welcome back may your positivity and energy continue to brighten our workplace.



## Breaking Barriers: Disability in Modern Film by Alison Oldfield

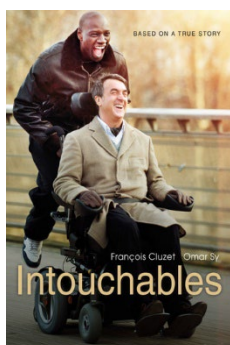
In modern film, the representation of disability has evolved over the years to become more authentic and diverse by reflecting the real lived experiences of people, showcasing the diversity of disability, and including actors with disabilities. Such films have proven more prominent and popular over the years with several films being Oscar nominees.

In Ireland, last year, James Martin, a Northern Irish actor starred in the Irish short film "An Irish Goodbye" which won an Oscar at the Academy Awards. He was the first actor with down syndrome to star in an Oscar winning film. Thirty years previously, "My Left Foot", the Irish film that depicted the life of Christy Brown-a writer/painter with cerebral palsy won an Oscar. Historically, people with disabilities have been underrepresented or misrepresented in film by being represented in an inauthentic or in a disempowering way. As a result, there was both a lack of diversity and inclusiveness in film and a lack of awareness in relation to disability.

The significance of modern and interesting films and the inclusion of actors with disabilities in major roles has been a positive step towards promoting inclusiveness in the film industry. For example, "The Peanut Butter Falcon", follows a young man with down syndrome on a journey to independence in pursuing his dream of becoming a professional wrestler; The main character is played by an actor with down syndrome. "The Sound of Metal" which depicts the complex journey of a drummer who loses his hearing portrays a compelling narrative of the transition to living with a disability.

In my opinion, such films contribute towards greater understanding and empathy, highlighting the importance of representation and variety in storytelling and film. However, actors with disabilities are still largely underrepresented in the film sector and equality and representation in the film industry is still work in progress.

## Top 5 recommended Films



The Intouchables



The Peanut Butter Falcon



The Sound of Metal



The Theory of Everything



CODA



## "We Are Human Too" Book Launch

The Clare Leader Forum (CLF) kick-started the prestigious Ennis Book Club Festival on Friday the 1st of March 2024 with the launch of "We Are Human Too," a powerful anthology of disabled activist's interviews edited by Ann Marie Flanagan and co-produced by CLF. The event drew a full house, with the venue overflowing with well-wishers eager to celebrate the occasion.

On the historic 1st of March 2024, the Clare Leader Forum (CLF) propelled the Ennis Book Club Festival into motion with the unveiling of "We Are Human Too," an impactful anthology of disabled activists' interviews, masterfully curated by Ann Marie Flanagan and co-produced by CLF. The event, a grand gathering, witnessed a swelling crowd eager to partake in the celebration.



Ann Marie Flanagan and Jacqui Browne

"We Are Human Too" unfolds a narrative echoing resilience, activism, and an unwavering quest for equity among the disabled community. A testament to their struggles, the anthology stands as a call to dismantle antiquated mindsets, championing independent living and inclusion.

Inaugurated by the eloquent Martin Tobin, CLF's chair, the launch set a reflective and celebratory tone with a poignant poem. Throughout the proceedings, CLF acknowledged the contributions of those shaping the book's essence, past and present. Jacqui Browne specifically lauded Ann Marie Flanagan's tireless efforts and the pivotal role of Donal Toolan (RIP) and the Forum of People with Disabilities. Browne emphasized the emergence of Disabled People's Organisations (DPOs), both locally and nationally, utilizing frameworks like the UN Convention on the Rights of Persons with Disabilities (#CRPD) to empower the disabled community.

Reflecting on the ongoing struggle for recognition and inclusion, Browne stressed the necessity for a paradigm shift, rooted in principles of dignity, autonomy, equality, and inclusion. The event took a poignant turn as Gabriella Hanrahan paid tribute to the late Thomas Connole, a revered CLF member and disability rights stalwart, evoking a deep sense of community and camaraderie.

In conclusion, Ann Marie Flanagan expressed gratitude for sharing the dreams of disabled individuals, highlighting the collaborative essence that amplified the voices of the disabled and deaf community. "We Are Human Too" is now available, a historic milestone in the ongoing struggle for disability rights. Interested individuals can obtain a copy by contacting @LeaderClare or emailing [clareleaderforum@gmail.com](mailto:clareleaderforum@gmail.com). The launch not only commemorates the past but also serves as a beacon of hope for a more inclusive future, a testament to the enduring power of solidarity and advocacy in the pursuit of social justice. Congratulations to all involved from the West Limerick Independent Living Team.

## Referendums on family and care

Recent Irish referendums on family and care, approved by the government and held on March 8, 2024, aimed at amending Article 41 of the Constitution of Ireland. These referendums received support from various organizations advocating for people with disabilities, emphasizing the need for a yes vote. However, concerns have been raised about a potential disconnect between these entities and citizens with disabilities, highlighting the importance of directly listening to individuals with disabilities to understand their specific needs and preferences. Inclusivity is crucial in shaping policies that genuinely reflect the diverse needs of the disability community. The government's proposals to amend Article 41 sparked discussions about disability models, with a focus on the social model that emphasizes societal barriers as a crucial factor affecting individuals with disabilities. Moreover, understanding the assessment of need for people with disabilities is vital in ensuring fair and comprehensive support. To bridge the gap between advocacy organizations, the government, and the disability community, a more inclusive approach is imperative. This involves actively engaging with individuals with disabilities, considering their perspectives, and tailoring policies to address their unique challenges.



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## Our Vision:

My Move Counselling's Vision is to provide Counselling & Psychotherapy services to people in need without waiting lists or referrals. Addressing a wide range of issues people face today in Ireland.

## Our Mission:

At My Move Counselling our mission is to provide affordable and accessible support to people who are looking to improve areas in their emotional and mental health transitions. While change can be challenging, our therapists are ready to help you overcome those challenges by giving each person the space to reflect on their lives and prepare for the moves they need to take with support and encouragement. My Move seeks to embrace the complexity of each person and as such it deals with the Biological, Psychological, Social and Spiritual aspect of each person's life. We provide a professional and non-judgemental service in a welcoming environment to help you regain and restore your well-being.

## What We Treat:

Bereavement & Loss, General Life Challenges & Changes e.g., Health, Breakdown of Relationships, Family Life Changes, Work Challenges, Exam Stress, Anxiety & Stress – Panic Attacks, Sleep Difficulties, Social Anxiety, PTSD, OCD, Trauma, Stress Management Depression, Mood, Anger Issues, Rumination, Self-Esteem, Building Confidence and Assertiveness.

## What to Expect in your First Session:

Assessment – This is where the therapist uses various assessment tools to gather sufficient information regarding your history, problems you have been experiencing i.e., levels of stress, anxiety, depression. A specialized assessment tool is used to determine level of addiction. This establishes an effective treatment strategy going forward for therapy. Allow MyMove to help you become the best version of yourself.

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MyMove offers a structured 12-week outpatient treatment recovery program face to face/online.

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## SELF COMPASSION by Sabrina Doran

Self-Compassion can be defined as:

When one feels inadequate, unsuccessful, or generally suffering, self-compassion means extending compassion to oneself.

Self-Kindness, Shared humanity and mindfulness are the three main components that make up self-compassion.

		
<b>Mindfulness</b> Involves Recognising when we are feeling stressed or struggling without being judgemental or overreacting.	<b>Self-Kindness</b> Being Supportive and understanding towards ourselves when we are having a hard time rather than being self-critical.	<b>Connectedness</b> Remember that everyone makes mistakes and everyone experiences suffering and difficulties at times.



## Non-Self Compassionate Expression & Behaviours

## How we self-talk

- Harsh "Useless", "I am an awful Person"
- Judgemental "Should have done this way" "I shouldn't have said", "I Must be a certain way"
- Perfectionism "I have to get a high result"
- Overreaction "Shouting at someone who blocks your way in traffic"
- Fixer Mentality "Always fixing others' problems"
- Overwhelmed "Taking on too much"
- Rumination "Holding negative thoughts & Feelings and getting stuck like Velcro"

➤ Leading to

*Exhaustion*

*Burnout*

*Anxiety*

*Depression*

## Supportive Language

- Using sympathetic language rather than critical language Supportive Self Talk
- What needs do I need to meet
- What do I need to say to myself in this moment
- In a situation where you are experiencing painful emotions ask yourself?
- What am I observing?
- What am I feeling?
- What am I needing right now?
- Do I have a request of myself or someone else?



"Be careful how you are talking to yourself, because you are listening."

## Self-Regulation

- Stopping up and taking a breath can really help.
- Grounding yourself and getting a sense of being in the present moment.
- Accepting and allowing the emotion.
- Letting go.





# How to ground yourself & Technique

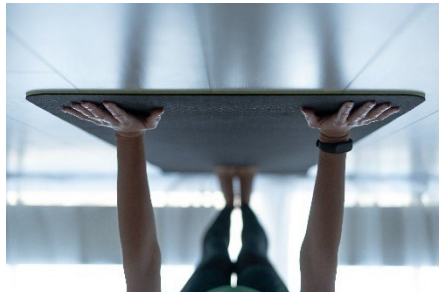
Nature



Spending time with Pets



Exercise



## The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.



Acknowledge **2** things that you can smell around you.



Acknowledge **1** thing that you can taste around you.



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# local link

Limerick Clare



**We Accept TFI Leap Card on the Following Services**

Limerick - 520, 521, 593, 595

Clare – 318, 335, 337, 339, 342, 344

**We Accept TFI Go on the Following Services**

Limerick - 520, 521, 593, 595

Clare – 318, 335, 339





It's allergy season again?! You've got to be pollen my leg.



## Spring Flower Word Find

Find and circle the words.



E N B E E S F C  
 A O E G S E X K D R C M  
 X D L D S E F N S O T C E Z D Y  
 B S I R A L C I D G B F H C S K E Y  
 S F Z A C D J A R Y U A C V D W H I K W  
 J L G T D P R I K G M S H W Z O Z A T L  
 L A O T U Z J B H U N B E H J W R O C I E K  
 O S W P W V L J S K M R B H T F M M A N R S  
 F U K E Z P T C E S I G E A S Z E S A T Z O P I  
 B A A R O N Y W A G J D L L F Z N C Y O S T K P  
 N P V S O S C W C E M X L L L O E Q G H Z I N H  
 K R R A H H S T N Q O A R Y K S N C A Z S H T  
 V I E Z P K S I C E Q O O V H P T R U K L U X C  
 X L E M E W H D Y B W C U U V P A I E A G X U P  
 W U O E Z S B U T T E R F L Y M E F M G R A S S  
 T V P C N U X H I Q V O Q D D D Q I H F O X T Q  
 S J U U M L F Q Z D C E T T Z N F R R M K L  
 K S L J Q L B R H H U I N O A M L G N P R X  
 U T U L I P S K T A A D Y S B A Y Y K S  
 P Z Z S T D K I Y L G B B L O S S O M S  
 S Z U R I A G P O A Q D P M R O D E  
 F G H X G T D B E L H S J I H A  
 Z W I N D Y J M U G O J  
 V J A W H R W N

# Spring



Which bird should you never let into a jewelry store?

A robin.



APRIL  
BABY ANIMALS  
BASEBALL  
BEES  
BIRDS

BLOSSOMS  
BUTTERFLY  
FLOWERS  
FRESH AIR  
GARDEN

GRASS  
KITES  
MARCH  
MAY  
NEST

PLANT  
PUDDLES  
RAIN  
SUNSHINE  
TULIPS

UMBRELLA  
WINDY  
WORMS

## SPOT THE DIFFERENCE

Can you spot the 11 differences between these two pictures?



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