






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WEST LIMERICK INDEPENDENT LIVING

09/09/2022

EDITION 7

IN TOUCH

A WORD FROM MARGARET

Hi everyone,

Welcome to the 7th edition of our In Touch newsletter. Summer is passing & it's nice to get back into routines again with Autumn here. I cannot continue without acknowledging Gerard's role as Manager. Gerard was Manager for 25 years & during his tenure developed the service from humble beginnings to where we are today having 130 clients, 90 staff & and a new modern office's. He has been a mentor to me over the last 14 years & I can only hope to maintain the standards he has set. Gerard is taking on a new role as Finance Officer & will still have a significant input to West Limerick Independent Living.

I am delighted as one of my first roles as Manager to announce our latest Employee of the Season. Congratulations to Bernie Heelan who is our Summer 2022 Employee of the Season.

Bernie is a very popular winner among clients and staff alike. Bernie is an excellent member of the team and a valued staff member of West Limerick Independent Living. May I remind all clients and staff members to have their nominations in on time for Employee of the Season. Closing date for Winter Nominations is 30th September 2022.

Feedback is very important, so please remember that your opinion is welcome, and we would love to hear from you, it easy via email info@limerickcil.com or phone 069 77320.

Even though I have a new role I will continue to work closely with you all & face future challenges together.

Kind regards,

Margaret O'Connor

Manager



A NEW WAY TO GET FROM A TO B

across Kerry and Limerick with
TFI Local Link Route 595 to

Tarbert

Glin

Athea

Carrigkerry

Ardagh

Newcastle West

Ballingarry

Croom



Great news! From September 19th, the **new TFI Local Link Route 595 Tarbert and Croom**, will make travelling around Kerry and Limerick by bus, even easier.

Route 595 will operate **3 times a day, 7 days a week** - creating a new connection between Tarbert and Croom.

Route 595 will also provide access to the Limerick Greenway at Ardagh and Newcastle West, improved connectivity to the Mid-Western Regional Orthopaedic Hospital, and a new peak-time service for commuters to Newcastle West.

For more visit locallinklc.ie





Photo: Margaret O'Connor Manager and Bernie Heelan Personal Assistant

Congratulations to Bernie Heelan who was selected as the employee of the season for summer 2022. Bernie, like all our previous employee of the season winners is an excellent PA, she has been with West Limerick Independent Living since 2012 and has worked with many clients over that time and is well liked and respected by clients and colleagues alike. Bernie is a really nice person, a valued staff member and is a deserving winner.

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

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.

Employee of the season

For further information on the requirements of the employee of the season or an application form contact one of our Service Coordinators on Tel: 069 77320 or Email: info@limerickcil.com

Nomination Closing Date 20 November



CORK SIBLINGS BEHIND WHEELCHAIR-INCLUSIVE FASHION RANGE



Aisling and Nathan Kirwan from Carrigaline County Cork are the two siblings behind Chariot Clothing - their range of ethically sourced men and women's clothing, including their new wheelchair-adapted trousers.

Chariot Clothing's range includes trousers designed especially for use in a wheelchair, but the siblings say their business has an overall philosophy of inclusiveness - it's clothes for active people, full-stop.

Two Cork siblings behind an exciting new fashion business featured on the Late Late Show in 2021 and outlined that they want to provide a one-stop-shop that promotes inclusivity, activity, adventure and sustainability in a stylish and fun way. According to them, their clothing contains organic cotton, regenerated cotton & recycled polyester and our packaging is also 100% biodegradable.

In 2019 Chariot Clothing was established as a clothing brand for wheelchair users. They designed and made a range of trousers which enhanced the lives of those who live life to the full, in a sitting position. Since then, they have seen a huge interest in their brand, and in the interest of consumers wanting to avoid fast-fashion, they decided to create a stylish range of sustainable clothing which suits people who love living their best lives, with or without wheelchairs! A one-stop shop which promotes inclusivity, activity, adventure and sustainability in a stylish and fun manner. Check out their website <https://chariotclothing.com>

What's Around the Corner, by Brendan Dunne client with West Limerick Independent Living

There is a saying in Ireland which says, 'you never know what's around the corner', and so it was with me. I was going on my jolly way, working in my business. And one night in January 2007, my whole world came tumbling down. I was in Dublin visiting my Auntie Marie who was very special to me. She had cancer and died the following day. I never got to her funeral. I drove back home and went to get something to eat. There I began to get pins and needles and small cramps. When I woke up next morning, I was paralysed from my neck down.

And so, my new life began, I was collected by ambulance and straight to the Regional Hospital. Shortly afterwards was diagnosed with Guillain-Barre Syndrome.

There are six classifications in Guillain Barre Syndrome:

- Acute inflammatory demyelinating
- Miller Fisher syndrome
- Acute motor axonal neuropathy
- Acute motor sensory axonal neuropathy
- Acute panautonomic neuropathy
- Bickerstaff's brainstem encephalitis

I think it is very important for any one with Guillain Barr Syndrome, or persons taking care of them to find out from your doctor or Neurologist which of the six types they have, so they can get a more accurate prognosis?

In my new life, I spent three months, from January to March in the University Hospital Limerick and a further nine months in the National Rehabilitation Centre in Dun Laoghaire. I was looked after and minded in both hospitals so well that I cannot praise them enough.

After coming home, I was then put in contact with West Limerick Independent Living. For the past 14 years they have helped me hugely by providing the very best quality PA's that anyone could wish. I can never thank them enough.

I would just like to say, before I finish, if you have somebody you know with Guillain Barre Syndrome, and would like to contact me for a chat, you can get my contact number through West Limerick Independent Living.

INSURANCE COSTS IN IRELAND

Like many organisations, West Limerick Independent Living's insurance costs have increased substantially in recent years. This situation is not confined to home care, many sectors such as playgrounds, community groups, bouncy castles, adventure centres, outdoor activities, thatched pubs, retail, and festivals are some of the sectors experiencing increases in their premiums and real reforms that will quickly reduce liability and insurance premiums to affordable levels is needed.

The most recent data from Personal Injuries Assessment Board PIAB suggests a 42% reduction in total damages assessments on average compared to all assessments under the old Book of Quantum in 2020. It is worth noting that the same data reports a 31% reduction in the total number of personal injury claims applications initiated with PIAB between 2019 and 2021. This downward trend started in 2016, well before the pandemic, but has accelerated greatly over the last 2 years, per the following chart:

CLAIMS RECEIVED BY PIAB												
2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009
21,410	26,009	31,072	33,371	33,114	34,056	33,561	31,576	31,311	29,603	27,669	26,964	25,919
-18%	-16%	-7%	1%	-3%	1%	6%	1%	6%	7%	3%	4%	

On the 2nd of August 2022, the Minister of State Robert Troy Department of Enterprise, Trade and Employment published the Personal Injuries Resolution Board Bill 2022. Announcing the publication of the Bill, the Minister said: "Delivering effective and impactful reform of PIAB to reduce the cost of litigation and ultimately premiums has been a priority of mine since taking office. The legislation I have published today will establish PIAB as a new and enhanced Personal Injuries Resolution Board. It delivers on an important Programme for Government commitment and represents a significant step-change in Ireland's personal injuries framework. Once enacted the Bill will increase the number of personal injury claims settled through an enhanced Resolution Board and reduce the expense and time associated with personal injuries litigation."

While we expect the judicial guidelines and other pending reforms to drive premiums down for policyholders that can get cover, these reforms will not necessarily help the many sectors and sub-sectors that are struggling to get cover at all or are reduced to one underwriter who effectively has a monopolist's hold over their sector. For further information on insurance in Ireland, check out the Alliance for Insurance Reform Ireland website <https://insurancereform.ie/>

Donal Skehan's Irish Whiskey and Apple Fool

Ingredients:

Time: 35 mins **Serves:** 6

For the apple compote:

- 750g granny smith apples (around 6 apples)
- 3 tbsp dark brown sugar
- 1 tsp mixed spice
- 1 tsp vanilla bean paste
- 1 tbsp whiskey
- Juice of half lemon



Method

1. Peel and core the apples before cutting into bite sized cubes. Add to a large saucepan with the brown sugar, spice and vanilla bean paste, alongside 3 tablespoons of water.
2. Place over a medium high heat and bring to a steady simmer before covering with a lid, reducing the heat and cooking until the apples are queveringly tender but still somewhat holding their shape.
3. Meanwhile, make the creamy filling. In a large bowl, whisk the cream until stiff peaks form and fold through the remaining ingredients.
4. Once the apples are almost ready, add in the lemon juice and tablespoon of whiskey. Allow to cook for a few minutes more before taking off the heat.
5. For the crumble, in a small saucepan bring the butter and golden syrup to the boil. Add the oats and allow to simmer and bubble for approximately 4-5 minutes or until the sauce thickens. Set aside.
6. Assemble the pots by arranging six serving glasses and layering them with oats, apple compote and topping with the cream.

For the cream:

- 350ml double cream
- 100mls mascarpone
- 1 tablespoon whiskey
- 1 tsp vanilla bean paste or extract



Men's Health Week (MHW) has become a permanent fixture on the HSE Health & Wellbeing calendar and once again in 2022 it was delivered in collaboration with many partners led by the Men's Health Forum in Ireland. The idea of the week is to encourage men to take positive action when it comes to their health. The theme for MHW 2022 in Ireland was 'Mission is Possible', with a call to action 'The Action Starts with You'. It focused on asking everyone (men themselves, service providers and policy makers) to take on realistic and achievable 'missions' (tasks, actions, goals, and objectives) to improve men's health.

Many of the key statistics, crystallized in the www.mhfi.org website publications show that:

- Local men continue to die, on average, younger than women do.
- Poor lifestyles (including smoking, drinking, diet, and lack of exercise) are responsible for a large proportion of chronic diseases.
- Males have higher death rates than women for almost all the leading causes of death, and at all ages.
- Men's mental health needs are often under the radar and remain unmet.
- Late presentation to health services can lead to several problems becoming untreatable.

One of the highlights of the week was the HSE hosted the [Masculinities and Men's Health Webinar](#), available on www.youtube.com which had over 200 attendees. Speaking during the webinar, Paul Ferris, Men's Health Week 2022 Ambassador, ex-professional footballer with Newcastle United, and award-winning author, said:

"From my personal experience of living with health and wellbeing issues, I appreciate that men and boys need both opportunities to improve their health, as well as support to do so. Men's Health Week offers an ideal time to focus our attention upon the needs of males, and to make a positive and meaningful difference to their lives. We all need to commit to realistic missions which will improve both our own health and the health of males generally. Everyone has a part to play in achieving this."

With over 60 partners helping to create an awareness about Men's Health by organising various virtual and live events and demonstrations, it was a truly inspiring week. One such initiative involved, the HSE Health & Wellbeing funder partner, parkrun working with HSE Health Promotion Officers to encourage all men and boys of all ages to join their local free weekly parkrun. Over 14 events happened nationwide, along with many other parkrun's joining in to encourage everyone to attend their free local 5k run.

Other highlights from the week include when colleagues Dr. Noel Richardson was interviewed on [Ireland AM](#), Dr. Bobby Smyth working with Alcohol Action Ireland got great coverage in many media outlets including the [Sunday World](#) and Finian Murray, senior Health Promotion Officer for Men's Health did the day in the life piece with the [Irish Examiner](#).

MY GIRLS by Eithne Foley

What can I say except a huge THANK YOU to my many PA's. Reliable, flexible, well trained, respectful at all times. AABCD Always Above and Beyond the Call of Duty. The West Limerick Independent Living service, providing me such excellent experienced GIRLS, allows me to truly live independently in my own home every day 7 days a week. As a 54-year-old single female with MS many things in my life can't be predictable and symptoms can change daily but thankfully my service and MY GIRLS work AABCD. I believe organisations like West Limerick Independent Living must be supported as it is an essential service for people like me in the community. I welcome the opportunity to write for the In Touch magazine!

BEYOND LIMITS

LIMERICK

Free event for
children with disabilities
and their families

Saturday 15th October
University of Limerick Arena

Hosted by
Ellen Keane

We'll hear inspirational
stories from:

- Jack Kavanagh
- Padraig O'Callaghan
- Colman Noctor
- Adam O'Brien
- Ian O'Connell
- Performance from John Nolan,
Dancing with the Stars

Workshops & Activities



Yoga



Quiet Space



Drama



Gaming Station



Art



Music



Cooking



IRFU



GYMNASTICS
IRELAND



Music
Generation



Special Olympics
Ireland

Get your tickets at
beyondlimits.ie



ombudsman
do leanaí
for children

Dear Readers,

At a West Limerick Independent Living board meeting last November 2021, I notified the Chairman and the Board of my intention to step down from my position as general manager. I agreed with the Chairman that I will step down in 2022, facilitating a period to select a successor. I made this decision with a heavy heart, having previously worked in different places, working in West Limerick Independent Living has been by far the greatest period in my career. It has been truly rewarding leading an organisation whose staff come to work every day to make people's lives better.

I believe very few organisation will ever match the commitment and dedication to go beyond the call of duty that I have witnessed as we battled Covid and the current staffing difficulties in the home care sector.

After 25 years at the helm, I felt that it is the right time for new leadership, someone with the energy to take the organisation into the years ahead, I believe that West Limerick Independent Living was entering a new phase and that the appointment of a new leader was now timely.

I would like to pay special tribute to current and former staff and clients of West Limerick Independent Living, your patience during the difficult challenges we have faced and continue to face is a credit to each of you.

I would like to sincerely thank Mr Ben Lenihan the Chairman of West Limerick Independent Living and the Board for their relentless dedication and professionalism and all of the organisations members and Directors since its foundation back in 1997, some sadly no longer with us.

This is not goodbye; as I have no immediate career plans, I will remain with the organisation in a part time role looking after finances. To conclude I would like to congratulate my successor, Ms. Margaret O'Connor who many of you will know as she has been with West Limerick Independent Living for many years in her role as service coordinator, and I would like to take this opportunity to wish her well in her new role as General Manager.

Wishing you all health and happiness,

Gerard O'Connor



Mr. Gerard O'Connor

The Song of Autumn by Alison Oldfield

Walking through the sleepy forest
Where nobody knows who I am,
Here I find rapture and calm.
The birds sing above me
To the mellow song of Autumn.
Leaves flutter through the air
Falling from the tall oak trees,
Covering the path in a dazzling
Sea of golds and rusty browns,
Illuminated by the distant sun.
They rustle at my feet,
Crunching as I take another step.
I inhale the crisp fresh air.
I listen to the gushing water
Flowing from the hidden stream.
The earthly season of Autumn,
Oh how it warms my heart.
A gust of wind hurries my stride.
Feeling the chill in the breeze,
I think to walk towards home.
I stop and look around me.
Home, I have come.

We are Hiring!
Care Assistants

Email: Manager
margaret@limerickcil.com
or call Tel: 069 77320

 WEST LIMERICK
INDEPENDENT LIVING CLG

A color portrait of a young woman with blonde hair tied back, smiling. She is wearing a purple top.

YELLOW STICKER CAMPAIGN: AN INVITATION TO JOIN TOGETHER



Usher Syndrome Ireland and the Anne Sullivan Foundation have joined together to raise awareness of the challenges faced by people living with combined hearing and vision loss whilst accessing health and social care services. For people with dual sensory loss, attending their medical appointments can be stressful, anxiety-provoking, and difficult and that is before they get to see their medical consultant.

These experiences may be primarily due to a lack of awareness by staff on how best to accommodate the communication and mobility needs of a patient with dual sensory loss. The solution - the Yellow Sticker campaign - to help medical and administrative staff be aware and prepared for a patient's visit. This will benefit all patients while attending their appointments, thereby creating a more positive experience for all. If you would like to join us in this campaign, please contact yellowstickercampaign@gmail.com

The Tobacco Free Ireland Programme

The HSE Health and Wellbeing, hosted a conference to mark World No Tobacco Day on the 31st of May 2022. This conference, Tobacco Endgame: Nobody Left Behind explored the key elements and strategies for a Tobacco Free Ireland. Over 170 delegates from across the HSE, local authorities, community, voluntary groups, and private industry gathered at the Aviva stadium to learn how tobacco control continues to evolve in Ireland.

Take home messages from the conference included:

- Recent trends underscore the need for continuing efforts to build a Tobacco Free Ireland.
- Smoking still causes over 4,500 deaths each year.
- There is a widening gap in smoking prevalence across socio-economic groups which means that the burden of smoking-related harms falls heaviest on most the vulnerable in society.
- 75% of public support the goal of ending the harm caused by smoking in Ireland completely (support varies for different Tobacco Endgame tactics).
- An Taoiseach Micheál Martin addressed the conference and emphasised the importance of “Leaving No One Behind” as we move towards a Tobacco Free Ireland.

The Tobacco Free Ireland Programme used this conference platform to publish a new Programme Plan (2022-2025) setting out actions across the health service to tackle the harm caused by smoking at a conference on how to end tobacco related harm. An accompanying State of Tobacco Control Report (2022) examines recent trends in smoking in Ireland, tracks progress and highlights emerging challenges. Also launched at the conference is the first Tobacco Endgame study of public views on potential proposals which could help deliver the goal of a Tobacco Free Ireland.

Tribute to Gerard: Ben Lenihan Chairperson Board of Management



Mr. Ben Lenihan
Chairman

2022 will bring the end of an era. Gerard O'Connor has announced he will be retiring from the general manager position at West Limerick Independent Living after 25 years at the helm. I remember first meeting Gerard roughly 20 years ago, shortly after I was discharged from the National Rehabilitation Hospital in Dun Laoghaire.

Gerard has always proven to be an intelligent, hard-working, honest man with the best interests of our organization at heart, particularly those of the people therein. Fair, considerate, practical, professional, approachable, open-minded, knowledgeable, and quick-witted are just a few of the characteristics I would use when describing Gerard.

ever one to shy away from difficult decisions, and with a keen eye for investment opportunities, Gerard possesses every attribute one could hope for in a manager. Gerard, you will be missed. Here's to a wonderful career and the hope that we can continue to build on the trojan work that Gerard has done throughout his career at WLIL.




Digital Public Services Questionnaire



IPUBLIC CONSULTATION ON DIGITAL PUBLIC SERVICES FROM THE DEPARTMENT OF PUBLIC EXPENDITURE AND REFORM

The Department of Public Expenditure and Reform are looking for your help on how they can improve Irish public services by making it easier for you to use public services digitally. Do you have ideas for improving public services as we put them online? Are there reasons you don't use public services online? Are there public services you think should be available online? If so, then this consultation is for you! [Minister McGrath and Minister of State Smyth launch public consultation to gather views on Digital Public Services \(www.gov.ie\)](http://www.gov.ie)



**WHEN YOUR 'SPECIAL NEEDS'
ARE ANARCHY AND LOVE**

NO MAGIC PILL

BY CHRISTIAN O'REILLY
DIRECTED BY RAYMOND KEANE

27th – 30th Sept at 8pm	4th – 8th Oct at 8pm & 9th Oct at 3pm
ttht.ie 091 569777 Tickets €20/18	civictheatre.ie 01 4627477 Tickets €25/23

www.nomagicpill.ie

NO MAGIC PILL' THE MARTIN NAUGHTON'S PLAY

'No Magic Pill' the Martin Naughton's play will be performed in Galway (27-30 September) and Dublin (4-8 October). Visit Dublin reviews the play as 'based on the real life of Martin Naughton and his campaign for independence for disabled people in Ireland. 'No Magic Pill, written by Christian O'Reilly and directed by Raymond Keane, is a joyful, shameless, no-holds-barred story of one man's fight for justice and love'. The DFI Board of Directors are delighted to be project partner in the production of the play supporting awareness of disability through multiple mediums. For further check out www.nomagicpill.ie



Quit Mid West

Do you want help to quit smoking but can't find the time?

FREE stop smoking support is available by phonecall or video chat at Quit Mid West

email
quit.midwest@hse.ie
to request a call back from an advisor

HSE **QUIT** **hi** **HSE Mid West Community Healthcare**

Quit Midwest

Quitting smoking is one of the most important actions people can take to improve their health. This is true regardless of their age or how long they have been smoking. Quitting smoking improves health status and enhances quality of life, reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer, benefits people already diagnosed with coronary heart disease or COPD, benefits the health of pregnant women and their fetuses and babies, reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.

Quit Mid-West is a free HSE Stop Smoking Service that supports people who wish to quit smoking across Clare, Limerick and North Tipperary. Quitting is much more likely to be successful with the right support, but many people still try to quit alone. This month we want to let you know that FREE support is available by phone call, video chat or face to face at a clinic near you. To request a call back from a stop smoking advisor phone Quit Mid-West on 065 6865841 or email quit.midwest@hse.ie



MAKE WAT DAY

“Make Way Day” is a campaign that brings the disability and wider community together to consider the needs of people with disabilities in the public spaces we all share. It is led by the Disability Federation of Ireland and is a unique collaboration across Ireland and the voluntary and local government sectors. But most of all it is about people with disabilities. But everyone can get involved. And everyone should get involved because we’ve discovered thoughtlessness is the big issue. Save the Date "Make Way Day 2022" - Friday 30th September. If you have any queries or suggestions for this year's campaign please contact Pierce at pierce.richardson@disability-federation.ie

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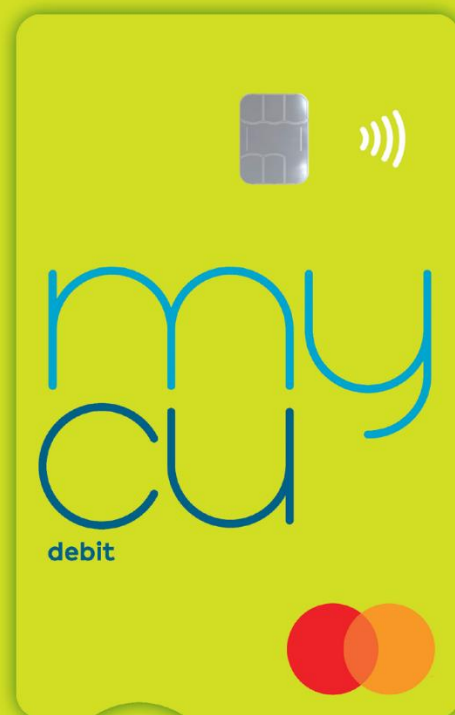
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