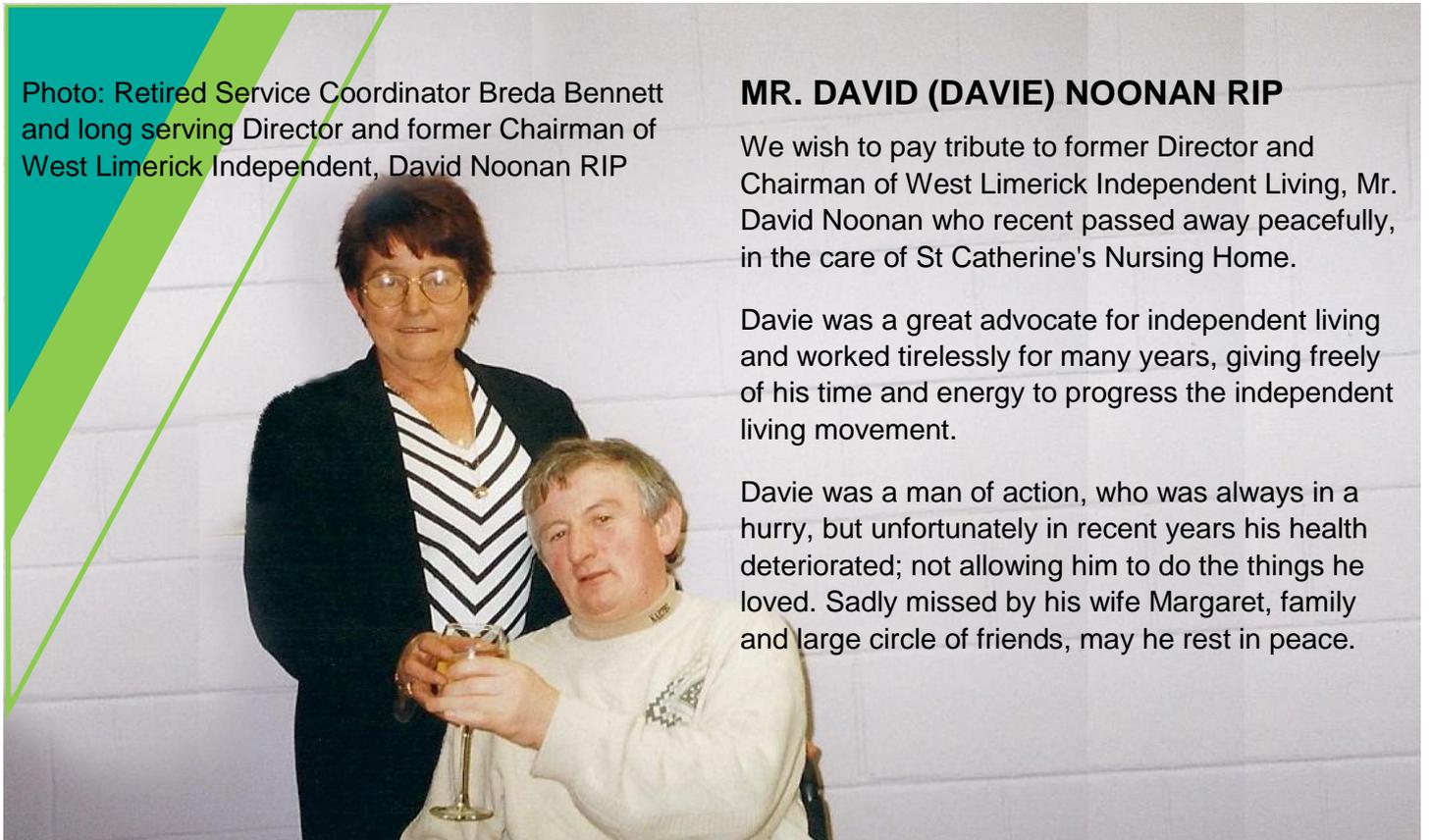


Photo: Retired Service Coordinator Breda Bennett and long serving Director and former Chairman of West Limerick Independent, David Noonan RIP



MR. DAVID (DAVIE) NOONAN RIP

We wish to pay tribute to former Director and Chairman of West Limerick Independent Living, Mr. David Noonan who recent passed away peacefully, in the care of St Catherine's Nursing Home.

Davie was a great advocate for independent living and worked tirelessly for many years, giving freely of his time and energy to progress the independent living movement.

Davie was a man of action, who was always in a hurry, but unfortunately in recent years his health deteriorated; not allowing him to do the things he loved. Sadly missed by his wife Margaret, family and large circle of friends, may he rest in peace.

Sheehan's Road, Newcastle West Co. Limerick, Ireland
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🌐 www.limerickcil.com

WEST LIMERICK INDEPENDENT LIVING
15/02/2021
EDITION 1, VOLUME 1

IN TOUCH

A WORD FROM OUR MANAGER

Happy New Year to you all; how many of you are delighted to say goodbye to 2020! Welcome to the 1st edition of our newsletter. We hope this newsletter will provide you with an accessible and user-friendly means of accessing up to date information on West Limerick Independent Living.

As everyone is not on social media today, we decided to produce a newsletter, containing news concerning the activities of our organisation that may be of interest to our members, clients, employees or other interested individuals. As this is our first issue, I want to mention some things you might see in this annual quarterly newsletter. This newsletter will generally contain topics that may be of interest, we want to make a personal connection with our readers.

We hope to include topics on issues that would be of interest to people with disabilities, locally and nationally. You can expect to see articles on our services and hopefully in upcoming issues, contributions from our clients and personal assistants.

We welcome feedback and suggestions and sincerely appreciate our readers' attention. Any client can unsubscribe to this newsletter at any time, it's easy to unsubscribe via email lynda@limerickcil.com or phone 069 77320. I hope you enjoy this newsletter and find it both interesting and useful.

Kind regards,

Gerard O'Connor

Manager

COVID-19 Community Call Helpline



Here for you if you need ...

- ✓ Food, household items, fuel, medications collected or delivered
- ✓ Someone to talk to or other social supports
- ✓ Meals delivery
- ✓ Response to Garda related concerns
- ✓ Help with other medical or health needs



 0818 222 024

 gov.ie/communitycall

SUPPORT VULNERABLE PEOPLE 7 DAYS A WEEK 8AM – 8PM

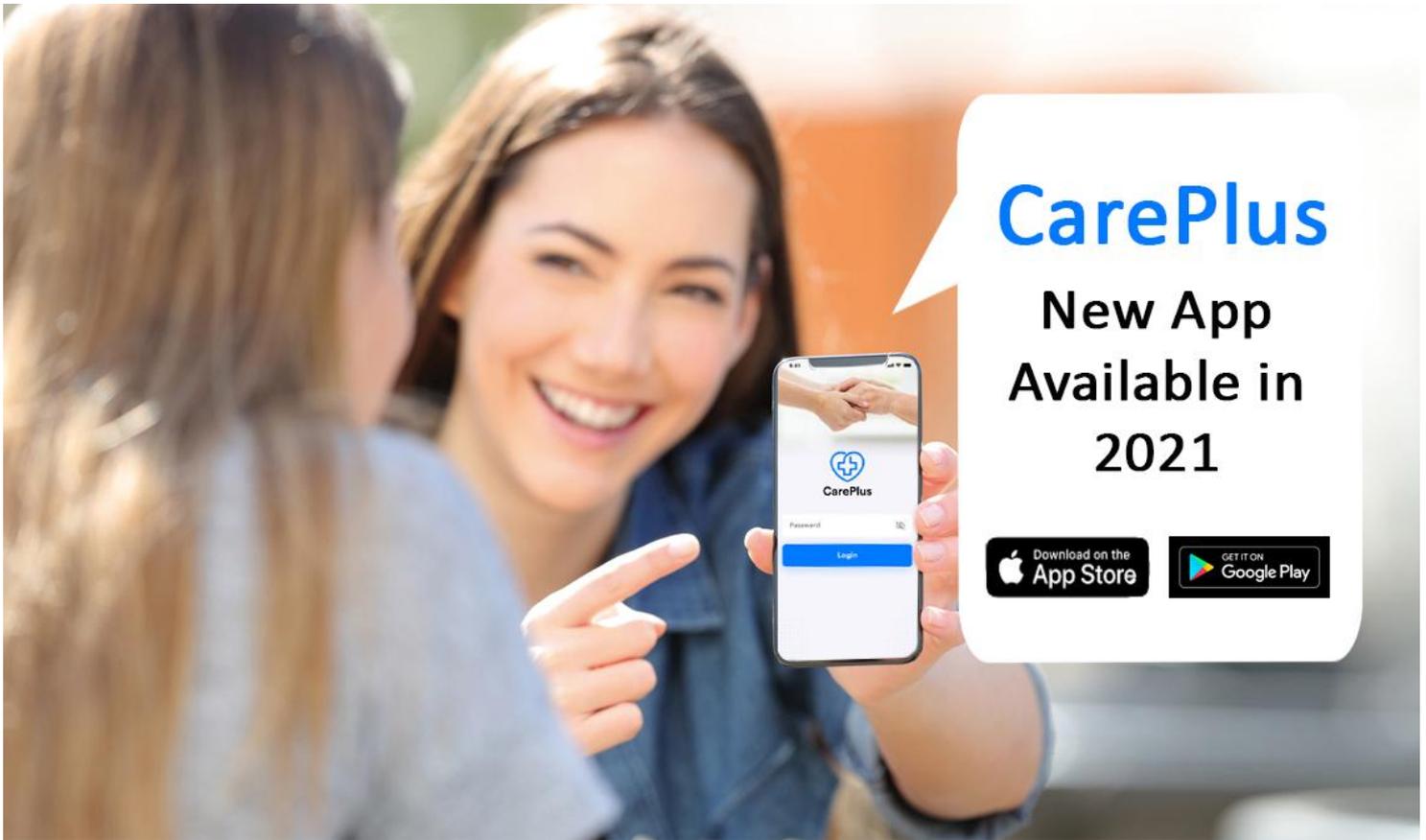
If you know someone who would benefit from help with collection and delivery of essential items like food, 'meals-on-wheels', fuel or medicine or who are socially isolated you can call the Community Call line (0818) 222 024. Community Call has been significantly expanded to reach out to anyone who is vulnerable or isolated regardless of age or location. Community Call is supported by the HSE, An Garda Síochána, Local Authorities, An Post, charities and residents associations. Further information available on: web.gov.ie

A MESSAGE FROM OUR CHAIRMAN MR. BEN LENIHAN



Mr. Ben Lenihan, Mr. Donal Cooper, Mr. John Creedon and Mr. John Killowry

On behalf of the Board of West Limerick Independent Living, I would like to take this opportunity to wish all of our staff and service users a happy and healthy new year for 2021. There is little doubt that we are living in unprecedented and uncertain times. However, looking forward to the year ahead, we are hopeful that the recent commencement of a national vaccination programme will bring peace of mind and re-establish safe living and working conditions for us all. In this way, we can ensure that West Limerick Independent Living will continue to offer essential and quality support to the community that it has served for decades. Just as we have always endeavoured to adapt to the circumstances in which we find ourselves, the introduction of this newsletter is an example of how West Limerick Independent Living is constantly seeking out new ways of communicating within our community. We hope that it will be a useful forum for discussion, as well as a convenient way to keep everyone informed regarding events, policies and changes that may impact us all. Thank you to all those involved in introducing it, and best wishes for future editions of this newsletter.



CAREPLUS OFFICE MANAGEMENT INFORMATION SYSTEM

West Limerick Independent Living have been working with the software developers of the CarePlus Office Management Information System with a view to overhauling the entire software. We have been using this system for a number of years, now we are developing a mobile system with features that meet the future needs of our personal support services.

Some of the amazing new Features include:

- Available in the APP Store and Google Play for both Android and Apple compatibility.
- Improve notetaking on the WEB and Mobile applications.
- Personal Assistants ability to view colleague name and Service Coordinator for that client visit.
- Personal Assistants in remote locations with poor mobile coverage will be able to log in and out as normal, when the PA is back in an area of good coverage, the system will update automatically.
- An Incident report template form will be available on the APP for immediate reporting.

HOUSING ADAPTATION GRANT FOR PEOPLE WITH A DISABILITY

Limerick City and County Council operates a Disabled Persons Grant Scheme to assist persons to make alterations or modifications which will help to alleviate their disability or illness. As there is a limited budget for these grants, applications received will be approved in order of priority. Applications should be submitted to your local office at Limerick City and County

Council Offices

Merchant's Quay/Dooradoyle, Limerick. Phone: 061 556000

The Courthouse, Kilmallock, Co Limerick. Phone: 063 98019

Aras Smith O'Brien, Newcastle West, Co Limerick. Phone: 069 62100

New Line, Rathkeale, Co Limerick. Phone: 069 64047

<https://www.limerick.ie/council/services/housing/grant-schemes-housing/housing-adaptation-grant-people-disability>

Employee of the Season

(Spring, Summer Autumn & Winter) 2021

What Makes a Great Employee?

Great employees bring many attributes to their work; usually we think of reliability, hard work, and be nice to everyone, however that is only the tip of the iceberg. A 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.



For further information on the requirements for the employee of the season or an application form, contact Lynda on Tel: 069 77320 or Mobile: 085 257 8688 or Email: lynda@limerickcil.com

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info@limerickcil.com Tel: +353 (0)69 77320 www.limerickcil.com*

Care Assistants

**Now Hiring
Staff in
Limerick City
& County**

We are
HIRING

Those interested may email their CV's to lynda@limerickcil.com and add JOB: STAFF to your email subject

Available - Relief & Regular hours

Morning afternoon and evening calls available...



IT'S ALL ABOUT YOU... MAKE MEMORIES IN YOUR HOME COUNTY!

5 unique things to do in Limerick

When taking some time out this spring/summer have a look at our own door step and enjoy what Limerick has to offer!

1. Angela's ashes walking tour - The walk is based on Frank McCourt's best-selling memoir of his childhood in 1930s Limerick and visits locations such as Windmill Street, Barrack Hill, site of the former Roden Lane, South's Pub, Leamy's School and the churches mentioned in the book. C-19 update: Tours must be pre-booked from the Limerick Tourist Information Office on Arthur's Quay.

2. The Milk Market - Visit the bustling, colourful Milk Market in Limerick city which is the oldest weekly market in the country. The quadrangle, built-in 1792 as an extension to the old city walls, has become a popular place for local produce, artisan foods, fashion, and craft surprises. The complex was refurbished in the 90s, and sits under a large canopy or "big top" which has become a stage for live music, which mostly takes place on Friday and Saturday.

3. Visit the Magical Terra Nova Fairy Garden - Not only are magical woodlands home to pixies, fairies and other elementals, you can also visit Thai House with tropical plantings, a Hobbit Tea House based on Bilbo's Bag End and the acres of sensational seasonal plantings.

4. Take a Tour of Thomond Park Stadium and Munster Rugby Museum - Follow in the footsteps of your Munster heroes by taking a look behind the scenes at the historic Thomond Park Stadium.

5. Old Irish Ways Museum - Old Irish Ways is a folk museum with a collection from the last 200 years of country life in Ireland. An Aladdin's cave of nostalgia, stories and tales. Visit the cobblers, the shop, the school and the kitchen and reminisce about the 'way things were'. Located in Bruff, check out their Facebook page for more info.

“COVID-19 & THE CHALLENGES IN SERVICE DELIVERY”

**Everyone stay at home.
Everyone has the power
to Stop COVID-19.**



Trish Kavanagh
Senior Service Coordinator

On February 29th 2020, the first case of COVID-19 arrived on our shores. Since then we have seen vast challenges for our communities; from health, social, and economic challenges that have tested our wellbeing. We see the difficulties experienced for those in residential settings who have had restricted access to visitors, funeral and wedding numbers have been severely restricted, family and partners are not allowed to visit those in hospital, travel has been curtailed. We are sacrificing so much of our lives but in doing so we are keeping others safe.

2021 has arrived and with it another lockdown. We are seeing a huge rise in COVID-19 cases within the Community. However, there is light at the end of the tunnel with the rollout of the COVID-19 vaccine, which has already commenced in many acute settings.

During this time you may be feeling anxious or worried and this is normal. There are many resources available through the HSE wellbeing programme, you can check these out on www.yourmentalhealth.ie or text 50808 if you are in need of more immediate support.

Be mindful of how much news you are consuming and only rely on trusted sources, exercise regularly, a walk in nature does wonders for the mind. Physical distancing is important, yet remember you can still remain connected to loved ones by phone or video call.

We continue to face ongoing staffing difficulties as a direct result of COVID-19. We have also experienced challenges to accessing supplies of PPE due to unprecedented demand.

To our clients and Personal Assistants, you have been steadfast in ensuring we reduce the risk of the transmission of COVID-19 within our Service. You have been working together tirelessly in ensuring we all stay safe. We appreciate all you continue to do, so we can continue to deliver support in this manner despite huge challenges and adversity.

Remember to restrict your movements, stay at home as much as possible to avoid contact with other people. We have to help frontline workers by staying at home and strictly following all of the public health guidelines under the current Level 5 restrictions. As you are aware, this situation is evolving very rapidly, so it is essential that you keep updated and please refer to the following websites regularly for updates: www.hse.ie/coronavirus and www.hpsc.ie

**Stay safe.
Protect each other. #HOLDFIRM**
hse.ie



Rialtas na hÉireann
Government of Ireland



reward **€200**

***West Limerick Independent Living is excited to launch our
new “Refer a Friend Scheme”
also known as an Employee Referral Scheme***

This internal recruitment focuses on sourcing new employees from the friends, family, college friends of current staff. The goal of a referral programme, is an opportunity for you to reach out to friends, family, and colleagues in our business and tell them about our company. This applies to a current staff member who refers/recommends a friend for potential PA role. Successful hire then employee receives a €200 gift voucher reward. The referred candidate must successfully complete their probation period (typically 6 months, unless extended by management) before voucher is issued.

The voucher will only be given if both employees are still employed with W.L.I.L after the successful probation period of the referred candidate. The referred candidate must be new to the company and not have been previously employed by us and must have granted the referrer permission to submit their details. The referred candidate must hold a valid visa to work in Ireland and if either party hold a visa that has expired, the scheme will be temporarily paused until a valid visa is produced. All referrals to go through and be approved by management.

W.L.I.L reserves the right to terminate this scheme at any time and W.L.I.L are not responsible for any vouchers that are lost, stolen or used without consent.

Contact Lynda: Tel: 069 77320 or
Mobile: 085 257 8688 or
Email: lynda@limerickcil.com





"He who fears he will suffer, already suffers because he fears."



"No one is perfect - that's why pencils have erasers."



"The secret of getting ahead is getting started."



2021		JANUARY						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
53 ●	●	●	○	○	1	2	3	
1	4	5	6	7	8	9	10	
2	11	12	13	14	15	16	17	
3	18	19	20	21	22	23	24	
4	25	26	27	28	29	30	31	

2021		FEBRUARY						
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8	22	23	24	25	26	27	28	
●	●	●	○					

2021		MARCH						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
9	1	2	3	4	5	6	7	
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12	22	23	24	25	26	27	28	
13	29	30	31	●	●	●	○	

2021		APRIL						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
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15	12	13	14	15	16	17	18	
16	19	20	21	22	23	24	25	
17	26	27	28	29	30	○	○	

2021		MAY						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
17	●	●	●	○		1	2	
18	3	4	5	6	7	8	9	
19	10	11	12	13	14	15	16	
20	17	18	19	20	21	22	23	
21	24	25	26	27	28	29	30	

2021		JUNE						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
22		1	2	3	4	5	6	
23	7	8	9	10	11	12	13	
24	14	15	16	17	18	19	20	
25	21	22	23	24	25	26	27	
26	28	29	30	●	●	●	○	

2021		JULY						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
26	●	●	●	1	2	3	4	
27	5	6	7	8	9	10	11	
28	12	13	14	15	16	17	18	
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30	26	27	28	29	30	31	○	

2021		AUGUST						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
30	●	●	○	●		1		
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32	9	10	11	12	13	14	15	
33	16	17	18	19	20	21	22	
34	23	24	25	26	27	28	29	

2021		SEPTEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
35	●	●	1	2	3	4	5	
36	6	7	8	9	10	11	12	
37	13	14	15	16	17	18	19	
38	20	21	22	23	24	25	26	
39	27	28	29	30		○	○	

2021		OCTOBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
39	●	●	○	●	1	2	3	
40	4	5	6	7	8	9	10	
41	11	12	13	14	15	16	17	
42	18	19	20	21	22	23	24	
43	25	26	27	28	29	30	31	

2021		NOVEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
44	1	2	3	4	5	6	7	
45	8	9	10	11	12	13	14	
46	15	16	17	18	19	20	21	
47	22	23	24	25	26	27	28	
48	29	30		●	●	○	○	

2021		DECEMBER						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
48	●	●	1	2	3	4	5	
49	6	7	8	9	10	11	12	
50	13	14	15	16	17	18	19	
51	20	21	22	23	24	25	26	
52	27	28	29	30	31	○	○	



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