

Spring

the season of new beginnings



Sheehan's Road, Newcastle West Co. Limerick, Ireland
EirCode: V42 EE38 ✉ info@limerickcil.com ☎ 069 77320
🌐 www.limerickcil.com

WEST LIMERICK INDEPENDENT LIVING
09/03/2022
EDITION 5

IN TOUCH

A WORD FROM THE MANAGER

Welcome to the 5th edition of our In Touch newsletter, spring is finally here, the season of new beginnings. There are encouraging signs that the most intensive phase of our battle against the novel coronavirus is succeeding. As we moved tentatively into the 2022 with renewed hope that we would return to some form of normality after almost 2 years of lockdowns and uncertainty, we were suddenly faced with the shocking developments in Ukraine.

Unfortunately the shortage of PA's and care workers is responsible for a developing crisis in the homecare sector. It is difficult to tell people where hours are allocated to them by the HSE, that we cannot deliver their service due to a shortage of qualified workers. It is so bad at the moment that staff out sick leave, sometimes no replacement is available.

On a more positive note, we are delighted to announce the latest employee of the season, congratulations to Carmel Murphy who was selected as the Winter 2021 winner. Carmel is an valued staff member and is a worthy winner. I remind all clients and staff members to get their nominations for the employee of the season in on time.

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

Kind regards,

Gerard O'Connor

Manager

Did you Know?

- **RRS - Regular Rural Bus Services**
- **DRT - Door-to-Door Service**
- **Free Travel Pass Accepted**
- **U5's Travel FREE**
- **Tickets Start from €1 for Students**



**Our Office & Social Media
Platforms are operational during
Office Hours**

Mon-Thurs 8.30am-5.00pm

Fri - 8.30am-4.00pm

**Our Timetables
are on**

www.locallinklc.ie



Tel: 069-22311 or 065-6719101
limerickclare@locallink.ie



Photo: Alison Oldfield Service Coordinator and Carmel Murphy Personal Assistant

Congratulations to Carmel Murphy who was selected as the employee of the season for winter 2021, Carmel is a very experienced PA, she has been with West Limerick Independent Living since 2010 and has worked with many clients over that time and is well liked and respected by clients and colleagues alike. Carmel is an excellent, valued staff member and is a worthy 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 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. Also 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.

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

**€400 in
PRIZES**

Nomination Closing Date 31 March 2022

Hubert McCormack RIP

Hubert McCormack was one of the founders of the Independent Living Movement in Ireland and has been a huge presence in the campaign for equality for disabled people for over 30 years. Born in Co. Longford, Ireland, Hubert experienced living in institutionalised care during his childhood – as was the norm for so many disabled children at the time.

A pioneer of the Irish Independent Living Movement, Hubert got involved in the campaign for Independent Living to achieve control over his life and the lives of other disabled people. He was one of the 'original seven' to spearhead the fight to move from residential "care" to environments where disabled people could gain full and total control over our own lives. Hubert passed away suddenly on the 28th February, may he rest in peace.



Government Seeks Public's Views on Providing More Changing Places Toilets for Disabled People

The Minister of State for Local Government and Planning at the Department of Housing, Local Government and Heritage, Peter Burke, TD, launched a public consultation on a proposed amendment to the Building Regulations to make provision for a changing places toilet in certain buildings.

A changing places toilet offers larger supported facilities that address the needs of people for whom current accessible sanitary accommodation is inadequate. This public consultation is the culmination of the work of a Working Group that DFI participated in and was established by the Department in December 2020 to examine the provision of a changing areas or a changing places toilet in certain buildings. The Department would like to hear the views of all members of the public including people with disabilities and from all construction and business sectors.

Submissions should be emailed to buildingstandards@housing.gov.ie by 5pm on Thursday, May 12th, 2022. To assist in this process, please go to www.gov.ie for further information.



Calling all Personal Assistants (PAs)! Are you currently employed as a PA? Have you an interest in sharing your experience of working with disabled people to live independent lives?

Perhaps you previously worked in the role and would like to share your knowledge and expertise on your experiences? If so, we want to hear from you! ILMI are currently developing a new project around the work of PAs and how we can further promote it as a career option. If you are interested in taking part or need more information, then please contact our Policy Officer James at jamescawley@ilmi.ie



HISTORIC OSCAR NOMINATION FOR ACTOR WITH DISABILITY BY GERARD O' CONNOR

CODA is a 2021 coming-of-age comedy-drama film written and directed by Sian Heder. CODA became the first film starring a mostly deaf cast in leading roles to be up for best picture when the nominations were announced recently. A film prominently featuring people with disabilities is making history with multiple Academy Award nominations. Actor Troy Kotsur, who stars as a fisherman and family patriarch in the movie, became the first deaf male actor to receive a nomination with his nod for best supporting actor.

CODA which stands for child of deaf adults, centers on 17-year-old Ruby who is the only member of her family who can hear. Ruby often acts as an interpreter for her parents, played by Kotsur and Marlee Matlin, and is divided between her family obligations and her desire to pursue her own dreams as a singer.

Ruby works mornings before school to help her parents and brother keep their fishing business afloat. But in joining her high school's choir club, Ruby finds herself drawn to both her duet partner and her latent passion for singing. The winners of the Academy Awards will be announced March 27.

Spring Waking's by Margaret O' Connor

The first day of spring is called the vernal equinox. The term vernal is Latin for "spring" and equinox is Latin for "equal night." According to a study, couples are most likely to break up in the spring and two weeks before Christmas. The lowest breakup time was Christmas Day and from August through October. The temperature gets warmer so that's quite nice and the flowers are in bloom. When the weather is better, everyone is happier too. Spring is a good time to do things outside - to enjoy the long evenings, take a walk in the park. During Spring, the environment is lush green with bright leaves, beautiful flowers, buzzing bees, and colourful butterflies. The Spring is a healthy season with fresh air and sunshine. This season creates happiness, motivation, and positivity among all people and paves the way for creative thinking.



It also brings:

- Longer days bring brighter moods. Now that the days are getting longer, you're less likely to be going to—and coming home from—work in the dark. ...
- Outdoor adventure awaits. ...
- Spring produce pops back up. ...
- Life gets growing again. ...
- Renew your relationships. The order of spring flowers. Snowdrops are brave pioneers, nosing through frozen ground at our places as early as January. ...
- Nest-building. ...
- Frogspawn. ...
- Lambs. ...
- Tree buds, catkins and blossom. ...
- Early butterflies and bees. ...
- First lawn-cut.

Coloring
Welcome Spring



email CV to
info@limerickcil.com

Care Assistants

Are you Available - 20 hours per week

**Pallasgreen &
Caherconlish area**



RASPBERRY RHUBARB CROSTATA (INA GARTEN)

Pastry (makes 2)

2 cups all-purpose flour

¼ cup granulates sugar

½ teaspoon salt

½ pound very cold unsalted butter, ½ inch diced

¼ cup ice water

Filling

¼ cup cornflour

1 ¼ pound ½ inch thick sliced fresh rhubarb

2/3 cup granulated sugar

6 oz fresh raspberries

¼ cup fresh squeezed orange juice

1 extra large egg beaten for egg wash

Demerara sugar for decoration

Pastry

Place the flour, granulated sugar, salt in the bowl of a food processor fitted with steel blade. Pulse a few times to combine. Add the butter and toss carefully with your fingers to coat each cube with the flour. Pulse 12 – 15 times, or until butter is the size of peas. With the motor running, add the ice water all at once through feed tube. Keep hitting the pulse button just until dough comes together. Turn onto a well-floured board, cut in half and form into two disk. Wrap and refrigerate for at least an hour (Wrap the second dough well and freeze if not using)

Filling:

Place 3 tablespoons of water in small bowl, whisk in the cornflour and set aside. In a large heavy bottomed saucepan combine the rhubarb, raspberries, granulates sugar, orange zest and orange juice. Cook over medium heat for 5 – 6 minutes, until some of the juices are released. Stir in the cornflour, bring to boil, lower the heat, and simmer for 2 minutes. Refrigerate for 30 minutes, until cool. Preheat the 200 degrees line a sheet pan with parchment paper. Roll the pastry into 10-12-inch circle on a lightly floured surface and transfer to the prepared sheet pan. Pile the raspberry rhubarb mixture onto the pastry, leaving a 1 ½ inch border all around. Fold the border up over the filling, pleating if necessary and pressing lightly. Brush the pastry with beaten egg, Sprinkle just the pastry with demerara sugar and bake for 30 -35 minutes, until the pastry is browned and the filling is thickened. Cool for 30 – 35 minutes and serve warm or at room temperature with whipped cream or ice cream. I make this regularly and it is fool proof a nice change from rhubarb or apple tart.



A GROWING SHORTAGE OF STAFF ACROSS THE HOMECARE SECTOR

by Gerard O' Connor

In recent years we have seen a severe shortage in the numbers of people working in the home care sector. So you ask the question, Why?

The pandemic has made home care staffing nationwide even scarcer than it already was. People with disabilities, families with older relatives and home care service providers are finding it difficult to find home care staff because such workers are in short supply.

COVID-19 compelled some people on lockdown to cancel their home care assistants, some fearing that would bring the virus into their homes however even before the pandemic, turnover rates in home care was high.

In many cases, family's have no option but to become caregivers, this is not what people with disabilities want, potentially straining relationships with the people you love the most and damaging careers.

While some home care workers have found more lucrative jobs and may never return to the home care sector, many have joined the HSE where pay is better.

In recent months, West Limerick Independent Living has handed back support packages to the Health Service Executive (HSE), the funding is available to provide support hours to keep people in their own homes, but the workers aren't available. This is extremely frustrating and stressful, despite ongoing recruitment there is increasing difficulties in recruiting suitable staff.

West Limerick Independent Living has been pushing to boost the pay of Personal Assistants and Home Care Assistants for some time now with little success. The average wage of home care workers needs to increase substantially to keep up with inflation, as energy prices soar and households across the country face increased costs we are calling for the Government to ensure standardised pay and conditions across the HSE and its contractors.

Improved conditions of employment are necessary to meet an anticipated growth of 48 per cent in the need for homecare, over the next two decades, we need to see a pay rise and are encouraged by the establishment of a Government cross departmental task force, which is looking at pay and conditions in the sector.



The Government cross departmental task force will need to consider why people are getting out of the sector; it is usually pay and conditions as the vast majority love the work and find it very rewarding. However when faced with the rising cost-of-living, people have to take difficult decisions.

We regularly face criticism over the lack of provision of homecare supports, where people who desperately need assistants cannot get the support they need from us. Many people when they contact us are disbelieving when we tell them that we do not have the staff to deliver their service. The hours are there but the staff are not.

We are delighted to announce the appointment of Denise Lennon to the Community Outreach Team at Spinal Injuries Ireland (SII). Denise is based in Cork and will support service users and their families in Cork, Limerick, Kerry, Clare and Tipperary.

Our community outreach officers are here to provide support to help navigate the pathway of care and signpost different supports that are available for those with a spinal cord injury (SCI). Using the principles of active support our community outreach officers work with service users to set and achieve realistic goals, showing them that, while life is different, it is still very much worth living.

Those who sustain a SCI may face challenges returning home, dealing with housing issues, interpersonal relationships, employment opportunities, transport and having their personal care needs met. This is where our community outreach officers are instrumental in directing them to resources available to address some of these challenges. Our team works with the injured person in setting achievable goals which are categorised into short, medium and long term. Goals are unique to the individual and are influenced by many factors such as age, gender, family dynamics, material circumstances, employment status and the physical effects of the injury.

The team can link both service users and family members in with our trained peer support volunteers. They provide advice and information based on the lived experience of a spinal cord injury. The peer support volunteers offer a different and unique perspective. They can relate to you in a way that only someone who has “been there and done that” can.

Service users can join in our virtual education sessions, take part in our vocational programme with the NRH, apply for funding, and, if necessary, access our free counselling service. Our website is interactive with options to connect directly to the SII team or chat to others on our SII Connect Forum.

Some feedback from service users.

“I came away feeling very motivated and very positive”

“You will never know how much you helped us emotionally, financially and socially.”

“It was great to speak in plain English about what I could expect my new life to look like”

If you, or someone you care about, has sustained a spinal cord injury please contact us at 01 6532180 or if you are in the Cork or Limerick area, contact Denise on 085 8584246 or denise@spinalinjuries.ie or visit spinalinjuries.ie



Denise Lennon



No Magic Pill

Casting Call

Seeking Disabled Actors

NO MAGIC PILL - CASTING CALL - SEEKING DISABLED ACTORS

Disabled actors wanted: A male actor with a physical impairment (18+) and a female actor with a physical impairment (18+)

To audition for a stage play inspired by the life of wheelchair-user Martin Naughton. Anyone who wishes to be considered to audition should send their CV or a letter outlining their experience to date, including any brief disability equality drama thoughts and comments, to nomagicpill@gmail.com.

Selected candidates will be invited to attend a workshop/audition on Wednesday, March 16th, at Carmichael House, North Brunswick Street, Dublin 7.

People with chronic pain want access to medical cannabis widened

by Gerard O'Connor

A campaign has been launched to widen the criteria for medical use cannabis, as people with chronic pain say the current scheme is too restrictive.

The 'What About Us' campaign are calling on the Department of Health to expand the use of medical cannabis to include those with chronic pain. They are calling for the drug to be made available for medical use, they outline that many people suffering from chronic pain such as endometriosis and neuropathic pain and they claim cannabis is the only effective relief.

In Ireland we have a Medical Cannabis Access Programme, this programme makes it possible for a consultant to prescribe medical cannabis for people in three specific cases. This means people with spasticity associated with multiple sclerosis, intractable nausea and vomiting associated with chemotherapy and severe, treatment-resistant epilepsy can avail of the drug if it is prescribed to them.

The government has moved in recent months to make the pharmaceutical grade of Epidyolex (pure CBD - Medicinal Cannabis) available to Irish patients who qualify. The drug is being made available through what is called the High Tech Hub which is an online application method that the HSE uses to reimburse expensive medications.

Many people argue that this criteria is too restrictive, it's only benefiting a handful of people and GPs should be enabled to prescribe medical cannabis. Individuals that suffer from chronic pain want to be able to go to a doctor and get a pharmaceutical grade prescription.

Some medical practitioners warn that there is insufficient evidence to support the widespread use of medical cannabis. However, others have a different view. More quality research to find out both the positive and negative effects of this drug is needed, investment is essential as there is little good quality research. Strong medical evidence must be at the heart of any decision to expand the use of medical cannabis. Medical cannabis is currently legal in many EU countries including: Germany, France, the UK, Spain, Italy, Portugal, and Austria.

1992 - 2022

**30 Years of
Independent Living
in Ireland...**

P A S N O W

**Join us online
on March 23rd,
from 11am to 1pm,
for a #PASNOW
Campaign Information
Session**

**Learn how you can be part of the
change and ensure our right to
PAS NOW...**

**Email
susanobrien@ilmi.ie
to register your interest**

Supporting Our Community



www.csdcu.ie

info@csdcu.ie

OUR OFFICES:

Church Street,
Askeaton, Co. Limerick
T: 061-392237

North Quay,
Newcastle West, Co. Limerick
T: 069-62700

Main Street, Glin,
Co. Limerick
T: 068-34512

Sub Offices: Foynes, Kildimo, Pallaskenry, Shanagolden, Tarbert.

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