



Summer

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WEST LIMERICK INDEPENDENT LIVING

16/05/2022

EDITION 6

IN TOUCH

A WORD FROM THE MANAGER

Welcome to the 6th edition of our In Touch newsletter, summer is approaching and there is a sense of normality returning although Covid has most certainly not gone away.

Most services now have returned to normal, however the shortage of PA's and care workers in general is causing great difficulties for many, this crisis in the homecare sector needs a practical action plan to deal with the problem right now. New care workers are needed and also existing care workers need immediate pay rise and travel to help retain these frontline working in the sector and to make care work a more attractive career option.

Extra funding on its own wont solve the problem, the Department of Employment Affairs and Social Protection need to relax income and working hour's limits for part-time homecare workers in receipt of social welfare benefits.


On a more positive note, we are delighted to announce the latest employee of the season, congratulations to Marian O'Flynn who was selected as the spring 2022 winner. Marian is a respected staff member and is a very popular winner. As always may I remind all clients and staff members to get their nominations in on time for the employee of the season.

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



#593 serves.....

**NCW-Ardagh-
Rathkeale-Askeaton-
Creeves Cross-
Shanagolden-Foynes-
Loughill-Glin-Dromin-
Carrigkerry-Old Mill-
NCW**

Did you Know?

**Our #593
Service now
operates 7
days per week**



Office & Social Media Hours

Mon-Thurs 8.30am to 5.00pm

Fri - 8.30am to 4.00pm

Tel: 069-22311

www.locallinklc.ie





Photo: Sabrina Doran Service Coordinator and Marian O'Flynn Personal Assistant

Congratulations to Marian O'Flynn who was selected as the employee of the season for spring 2022, Marian like all our previous employee of the season winners is a very experienced and competent PA, she has been with West Limerick Independent Living since 2011 and has worked with many clients over that time and is well liked and respected by clients and colleagues alike. Marian 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 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 30th June 2020





IT'S TIME TO SAY GOODBYE AS I BID YOU FAREWELL

I have decided that it is time for a change of roles within the social care sector. For now I have decided to return to working in residential care and who knows what the future holds, by the time you see this I will have finished working with West Limerick Independent Living. Writing this on my last week with my last day being May 13th 2022.

I want to take this opportunity to firstly, sincerely thank, my dedicated, caring colleagues working as personal assistants without you we would not have clients. I would like to thank my clients who I had the joy of getting to know over the past five and a half years. We have had highs and lows as we ensured to always provide a safe delivery of service that met your needs. I would like to thank my manager Gerard who made West Limerick Independent Living possible for all of us and continues to work tirelessly to keep the show on the road.

Lastly, I want to thank my supportive friends in the office who I leave you in the safe hands of. Below I will leave you with a poem called 'star fish story' which is the motto I try to work from each day. I want to wish each and every one of you and your family's good health and happiness. Let's hope the sun shines bright this summer.

Best wishes,

Laura

The starfish story *by: Loren Eiseley*

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean. Approaching the boy he asked, "Young man, what are you doing?"

"Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die," the boy replied. The man laughed to himself and said, "Do you realize there are miles of miles of beach and hundreds of starfish? You can't make any difference."

After listening politely, the boy bent down to pick up another starfish and threw it into the surf. Then, he smiled at the man and said, "I made a difference to that one."



Farewell Message to Laura

You've been nothing but diligent, dedicated, and dependable. It's going to take a while for us to adapt to you leaving us, as you have become an important part of the team. As you move onto the next stage of your career, remember that you can achieve any goal you set in life for yourself. It was a pleasure having you work here, and I hope you reach your future aspirations.

Best of luck from all at West Limerick Independent Living

Gerard O'Connor

BE SUNSMART AND PROTECT YOUR SKIN FROM THE SUN

Most people living in Ireland have fair skin, the type which burns easily and tans poorly, so are at high risk of UV damage and skin cancer. Exposure to UV radiation during childhood is particularly harmful so protecting skin during childhood is extremely important.



The SunSmart campaign is run by the HSE's National Cancer Control Programme (NCCP), in collaboration with Healthy Ireland and cross-sectoral partners. We are working together to support people to reduce their risk of skin cancer by protecting their skin from the sun. This is the third year of the campaign and each year it continues to grow. The aim of the campaign is to increase awareness of the steps you, your family, friends and colleagues can take to protect your skin from the sun. Skin cancer is the most common form of cancer in Ireland with 13,000 cases diagnosed annually. The number of people being diagnosed with skin cancer in Ireland is rising rapidly. Yet skin cancer is largely preventable by protecting skin from UV rays. Protecting your skin from the sun whether at home or abroad can reduce your risk of skin cancer.

Follow the Healthy Ireland SunSmart 5 S's to protect your skin

Sunscreen is an important sun protection measure, but should not be used as the first or only line of defence. It should be used in conjunction with other sun protection measures such as using shade, wearing protective clothing, hats and sunglasses and limiting time outdoors in the mid-day sun. As well as the 5 S's it is important to remember: In Ireland, the ultraviolet (UV) radiation levels from the sun are high from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11:00am to 3:00pm

- Do not deliberately try to get a suntan
- Avoid getting a sunburn
- Never use a sun-bed



Slip on clothing that covers your skin, long sleeves, collared t-shirts



Slop on sunscreen on exposed areas using factor 50+ for children



Slap on a wide-brimmed hat



Seek shade - especially if outdoors between 11 am and 3 pm



Slide on sunglasses to protect your eyes

Be SunSmart



nccp
National Cancer
Control Programme



in the race to build infrastructure to support the switchover to electric cars, is access for all considered.....



EV CHARGING ACCESSIBILITY: IS IRELAND FAILING DISABLED DRIVERS

For some people living with disabilities their car can be a lifeline, providing independence and greater freedom of movement that may not currently be catered for in Ireland's public transport system. With 13% of people in Ireland living with a disability, the need for accessibility in EV charging facilities must be a priority.

So how is Ireland doing regarding meeting the accessibility needs of disabled drivers when it comes to EV charging. At present, there are just four wheelchair accessible ESB EV chargers in Ireland. A further four are under construction and are due to be completed by 2023, with a total of 50 multi-EV charger sites planned in the long-term. The reason I have singled out ESB, given their prominence as a state-owned company, they are far from alone in not meeting the necessary accessibility requirements for EV chargers in Ireland.

When considering the issue of accessibility in Ireland's electric vehicle charging network to understand the challenges that EV drivers with disabilities face, we must consider the various needs of EV charging users when expanding the infrastructure in Ireland. The space to fit a wheelchair alongside your car isn't the only issue that people with disabilities might face. The height and weight of the charger can be prohibitive depending on a person's ability, as can the height of the screen and the payment touch pad.

Then there is the issue of cover from the elements at Irish charging points, which might not be an issue for able bodied people, who can easily pop in and out of the car to attach a charger in the rain, wheelchair users or people with other movement disabilities, this can leave them exposed to the elements for an extended period of time. EV chargers are often located away from the main facilities at service stations and are rarely covered from the elements.

When it comes to incentives to move away from fossil fuel vehicles, the Drivers and Passengers with Disabilities Scheme offers a fuel grant based on a per litre rate of €0.602 for petrol and €0.495 for diesel. Without an equivalent financial support for EV drivers with disabilities, the scheme can be seen to be incentivising the use of fossil fuel vehicles over zero-emissions cars. Also a discussion needs to occur by car manufacturers, to consider the needs of wheelchair users when designing, building or retrofitting EVs to make them more accessible.

If we want to work towards a society and economy that is inclusive for all, then accessibility must be a priority. As the adoption of EVs increases, we must consider the needs of all users when we develop infrastructure and ensure accessibility and future-proofing of the network. West Limerick Independent Living is calling for electric charging points to be made fully accessible from the outset, rather than retrospectively. We must ensure that no one is left behind in the essential green revolution, and sadly people living with disabilities are already so often overlooked in society. The future must be both sustainable and accessible.

THIS IS MY BEAUTIFUL HOUSE: Culture, Dignity & Future Models of Home Care this was part of the Bealtaine Festival run by Age Opportunity Ireland - *ILMI eBulletin Friday 13th May 2022*

Age Opportunity Ireland to join in a conversation about future models of homecare for older people in Ireland, the seminar was chaired by Professor Eamon O Shea, and other speakers included Niamh O'Rourke - Head of Standards at the Health Information and Quality Authority, Fiona - Weldon PA service user and Liam Burke - actor.

Eamon opened the session by asking us about the importance of place and home and its importance to us. We all agreed that this concept is intrinsically linked to our identity. It is also about freedom, having choice, feeling safe, and having a belongingness - these are all critical to our independence – age does not factor in to the equation.

There was a unanimous agreement that older people need more choice and control over the supports that they need to live good lives. Fiona told the audience that she directly employ's a Personal Assistant (PA) to do the things she cannot do – they don't "care" for her, they support and assist her. She is in control, she recruits, trains and directs her PA.

This model of support could be used in older person's services. This would enable them to live both inside and outside of their home and enjoy life to the fullest. This would also support older people to stay living in their own homes. Dancing, singing, nurturing creativity, and having access to the Arts were all highlighted as important to older people. The importance of regulation must be grounded in a rights-based approach to supporting older persons. Older people want their rights respected. Having autonomy and having a real say must input into any new models of support provision. Unless older people (who require support) have access to person-centred support services that meet their needs, they will continue to live in controlled environments - having access to services that only cater for their basic needs - getting up, going to bed and eating.

To see the whole of Fiona's statement please email her directly on fionaweldon@ilmi.ie and you can watch the full video on this link This Is My Beautiful House: Culture, Dignity & Future Models of Home Care – YouTube <https://www.youtube.com/watch?v=JQMKwHSIfq0>

Watermelon & Rocket Salad (serves 6)



Ingredients

- ½ pound Rocket Salad Leaves
- 2 pounds Seedless Watermelon
- ½ teaspoon freshly ground pepper
- ½ Pound chunk Parmesan cheese
- 1/3 Cup of Olive Oil
- ¼ cup freshly squeezed lemon juice

Method

1. Place the rocket and watermelon in a large bowl.
2. In a small bowl whisk together the olive oil, lemon juice, salt, and pepper.
3. Pour enough dressing on the rocket to moisten. Toss well and place on 6 salad plates.
4. With a very sharp knife or a vegetable peeler shave the parmesan into large shards and sprinkle them on the rocket and watermelon.
5. Sprinkle with salt and pepper.

Lovely on its own or as aside with barbeque

SPACEFINDER APP FOR DISABLED DRIVERS



A new app is set to help disabled drivers find parking spaces across Limerick. Limerick City and County Council is the first local authority in Ireland to begin using the SpaceFinder service, which has been developed by local firm ParkMagic, supported by the Disabled Drivers Association of Ireland. This additional service is completely free to Limerick EParking Customers - Just download the App, register and you're good to go!

The app can pinpoint vacant accessible parking spaces, the revolutionary new SpaceFinder app will ensure that disabled drivers no longer need to search for accessible parking bays only to find them occupied. By using the app, available on Apple and Android, they will instead be able to pinpoint vacant accessible spaces and for those with Apple CarPlay, provide real-time navigation to the nearest available space.

The council's traffic department installed small sensors at accessible parking bays in its city centre business district, information from which provides real-time updates on the SpaceFinder and Limerick eParking apps about whether or not it is available.

For the first time ever, the system will enable local authorities to collect real time information on accessible bay usage and turnover. Such data is key in planning the provision and location of accessible spaces in the future.

QUIZ QUESTIONS

Answers on Page 10

1. WHAT COLOUR ARE AIRCRAFT BLACK BOXES?
2. WHOSE ASSASSINATION IN JUNE 1914 SPARKED THE FIRST WORLD WAR?
3. WHO DIRECTED JAWS?
4. IN WHAT YEAR WAS THE CHERNOBYL DISASTER?
5. WHO DISCOVERED PENICILLIN?
6. WHAT IS THE COLLECTIVE NOUN FOR A GROUP OF GIRAFFES?
7. GEORGE CLOONEY STARRED AS DOUG ROSS ON WHICH US MEDICAL DRAMA?
8. PHOEBE WALLER BRIDGE'S FLEABAG POPULARISED WHICH ALCOHOLIC BEVERAGE?
9. WHO IS THE QUEEN'S YOUNGEST CHILD?
10. HOW OLD DO YOU HAVE TO BE TO STAND FOR US PRESIDENT?
11. THE IRISH TRICOLOUR IS THE FLAG OF WHICH AFRICAN COUNTRY WHEN TURNED BACKWARDS
12. FORT KNOX IS LOCATED IN WHICH US STATE?
13. WHAT IS THE NAME OF THE FINAL BOOK IN THE HARRY POTTER SERIES?
14. HOW MANY COUNTRIES ARE THERE IN THE WORLD?
15. FIFTY SHADES OF GREY WAS ORIGINALLY FAN-FICTION BASED ON WHICH YOUNG ADULT BOOK SERIES?
16. ON THE PERIODIC TABLE, WHAT SYMBOL STANDS FOR SILVER?
17. WHAT WAS THE SCORE AT THE 2018 WORLD CUP FINAL?
18. WHAT IS LADY GAGA'S REAL NAME?
19. NAME THE MOST NORTHERLY & SOUTHERLY POINTS IN IRELAND?
20. WHAT ARE THE NAMES OF KIM KARDASHIAN AND KANYE WEST'S CHILDREN?



IBCB SUPPORT FOR PEOPLE WITH DISABILITIES

The Irish Banking Culture Board, IBCB, are seeking support for their upcoming webinars that are aiming to raise awareness and provide information on disability with bank staff. These webinars are intended to raise awareness and inform member banks, with the aid of customer groups representing people living with a disability. They would like provide an opportunity for those who may need some additional support to talk about what they want and need from their bank, what would help them to be more independent, where they may experience problems, how they would like to communicate with their bank and how their bank can best communicate with them. If you wish to take part or get further information you can contact Jennifer Hughes by email on jennifer.hughes@ibcb.ie. You can also view the recently launched IBCB guide to Basic Bank Account supporting financial inclusion and access to banking by clicking on www.irishbankingcultureboard.ie

REFER A FRIEND — AND BE REWARDED —

West Limerick Independent Living through our "Refer a Friend Scheme" is delighted to announce that staff members, Elma Leonard and Mona Clancy have recently received the €200 gift voucher reward for successfully referring new employees to the company.



Elma Leonard and Mona Clancy



KEEP HYDRATED – NOT JUST FOR TODAY

Making sure you drink enough water is one of those daily habits that contribute to feeling really well, research suggests long-term health benefits as well. Your intake of water in middle age seems to have an impact on the risk of developing heart disease in later life. So it's important to be consistent about maintaining hydration!

It's commonly recommended that you drink roughly 2 liters' of water per day, if you don't stay hydrated, your physical performance can suffer. This is particularly important during intense exercise or high heat. Even mild dehydration can affect you mentally and physically.

Benefits of drinking plenty of water include energy levels and brain function, your brain is strongly influenced by your hydration status. Drinking water may also help prevent headaches; dehydration can trigger headaches and migraine in some individuals.

Research from the National Heart, Lung and Blood Institute found that consuming sufficient amounts of fluids throughout your life is not only essential to keep the body functioning properly, but may also reduce the risk of severe heart problems in the future. Their findings were published in the European Heart Journal.

The bottom line is that many people drink far less than they need, make sure that you get enough water each day, whether your personal goal is 64 ounces (1.9 liters) or a different amount. It's one of the best things you can do for your overall health.

QUIZ ANSWERS

1. Bright orange
2. Archduke Franz Ferdinand of Austria and his wife Sophie
3. Steven Spielberg
4. 1986
5. Alexander Fleming
6. A tower
7. ER
8. Canned gin and tonic
9. Prince Edward
10. 35-years-old

11. Ivory Coast
12. Kentucky
13. Harry Potter and the Deathly Hallows
14. 195
15. Twilight
16. Ag
17. 4-2
18. Stefani Germanotta
19. Malin head and Mizen Head
20. North, Chicago, Psalm, Saint.

HEALTH INFORMATION AND QUALITY AUTHORITY (HIQUA) COMMUNITY BASED

Margaret O'Connor

The Health Information and Quality Authority (HIQUA) is the statutory body established under the Health Act 2007 to drive high-quality and safe care for people using health and social services in Ireland. One of HIQUA's many functions is to set standards for health and social care services.

HIQUA recognises the importance of individuals receiving high quality and safe care in their own homes. As such, HIQUA is developing National Standards for homecare and support services in Ireland. The aim of these standards is to promote progressive quality improvements in home care and support services.

HIQA's role is to develop standards, inspect and review health and social care services and support informed decisions on how services are delivered.

The road ahead is challenging for us as a service provider, an employer, and you as a client, some changes and additional structures may need to be put in place to comply with the standards. Successful change is achievable by cooperation and transparency by all parties and communication is key for all stakeholders.



DANCE HELP FOR MS - NEW DANCE CLASSES FOR PEOPLE LIVING WITH MULTIPLE SCLEROSIS

The Orkney Islands have the greatest incidence of multiple sclerosis in the world: one in 170 women who live there has the condition and is the place where Scottish Ballet trialed their Elevate programme of dance for MS, the first of its kind in the UK. This pilot programme aims to improve the physical, mental and social wellbeing of people living with Multiple Sclerosis.

MS is a condition that affects the brain and spinal cord. In MS, the coating that protects the nerves is damaged, and causes a range of symptoms like blurred vision and problems with how people move, think and feel. Scientific studies have already shown that people who take part in structured dance classes find improvements in their balance, gait, co-ordination, leg strength, levels of fatigue and cognitive performance.

These fun classes are a chance to explore their creativity, expression, musicality, fluidity, balance and posture. Participants can take part seated or standing. Check out their YouTube video <https://www.youtube.com/watch?v=jhoKpG6br84&t=6s> or website www.scottishballet.co.uk/

Supporting Our Community



www.csdcu.ie

info@csdcu.ie

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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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