

ABILITY Matters



Great News from ABI Ireland

First Neuro Rehabilitation Residential Service in North East Region Commences

ABI Ireland is delighted to announce the commencement, on 7th June last, of our very first community based Neuro Rehabilitation Residential Service in the North East Region. This is an important milestone in the development of ABI (acquired brain injury) specific services in Ireland.

The establishment of the service reflects the very significant efforts, over a long period of time, of staff and management in ABI Ireland who are supported by the Health Service Executive in Louth. Moreover, the event was particularly poignant for one man, who had waited patiently, over a number of years, to move back into what was his family home in Lisrath, Co Louth.



Ann, Derek and Ray settle in to Lisrath, June 2011

In reflecting on the service development Donnchadh Whelan, our Regional Manager, highlights "The one constant throughout this process has been our ABI Case Manager in Louth, Fiona Barrett. She, together with Local Services Manager Niall Higgins, Team Leader Jan O'Leary and the Rehabilitation Assistants have ensured a smooth transition for all clients into their home "

The new service is located just outside Drogheda and aims to maximise quality of life, personal growth and functional independence for each of the residents. In time we hope it will become a hub for the development of further ABI services in the North East.

We all wish each resident the very best of health, happiness and rehabilitative success in their new home.



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No kidding its a great service!



Read how these two goats joined the Residential Rehabilitation Service in Wexford, page 3

Summer Support

We extend heartfelt thanks to a number of people and organisations that have supported this publication . . .

- The Whelan Family, Dublin
- Foróige & people in Athlone
- ABI Family, Dublin - *Quiet Donation*



ABI Global Views

CEO Summer Message



Summer is here and we are delighted to see developments on two new services for people with an acquired brain injury, the Neuro Rehabilitation Residential Service in Lisrath near Drogheda, Co. Louth, and the ABI Clubhouse service in Castlebar, Co. Mayo.

The Louth service has been a very long time in planning and we are delighted that the first residents have now moved in. The Clubhouse in Castlebar started in April and is now in operation 2 days a week. Both services are wished every success.

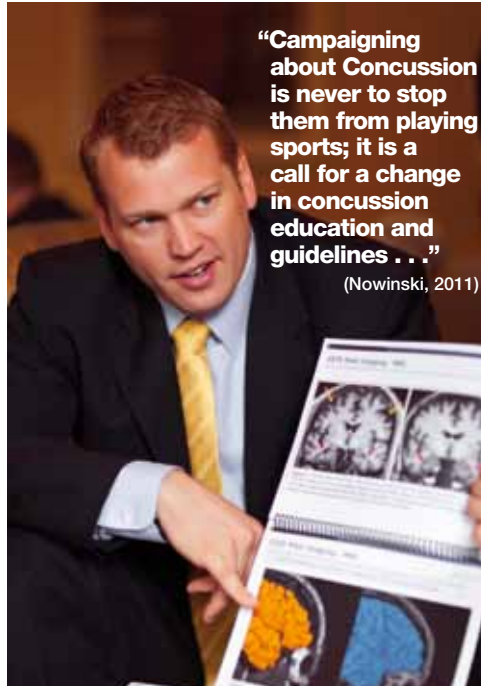
Recently, our 'Mind Your Head' campaign has focussed on concussion in sport. Therefore, we were thrilled to meet USA Concussion Campaigner Chris Nowinski, here in Dublin, to discuss Post-Concussion Syndrome. Chris, a Board Member of the BIAA (Brain Injury Association of America) and our own Regional Manager for the East North East, Donnchadh Whelan, took part in a RTE Radio 1 Programme specifically dedicated to highlighting concussion issues.

Finally, our Pobal managed project 'Brain Aware' Family Carer Training comes to an end soon on the completion of all 16 programmes. I would like to thank each of the participants and presenters for their enormous contribution to a very successful initiative. We look forward to reviewing the external evaluation report, when it is completed, to give us guidance on future training needs. We hope to follow up on the training programme with a carer's conference, later in the year, to address some of the many suggestions brought up during Brain Aware. We are also thrilled to have recently secured Government funding to help sustain ongoing provision of selected carer training over the next three years.

Every good wish for summer 2011.

Barbara O'Connell,
Chief Executive

USA Concussion Expert Visits Ireland



"Campaigning about Concussion is never to stop them from playing sports; it is a call for a change in concussion education and guidelines . . ."

(Nowinski, 2011)

ABI Ireland met Concussion expert and former WWE Pro Wrestler and Harvard University American footballer Chris Nowinski this month. As part of an Eisenhower Fellowship (www.efworld.org), Chris was in Ireland meeting with sporting bodies and brain injury specialists, to discuss the issue of concussion and brain trauma management in Ireland.

Nowinski is a co-founder of the non-profit Sports Legacy Institute and co-director of the Center for the Study of Traumatic Encephalopathy at Boston University School of Medicine.

Speaking with Declan O'Donovan, Donnchadh Whelan and Karen O'Boyle, of ABI Ireland, Nowinski said *"In 2004, at the age of 25, I was forced to retire from wrestling due to Post-Concussion Syndrome. I didn't*

understand concussions and so I wanted to learn more about the issue that had taken my career. From here I began researching, educating and advocating about concussion and the importance of taking it seriously",

"Campaigning about Concussion is never to stop them from playing sports; it is a call for a change in concussion education and guidelines, and an increased awareness among young players, coaches, and parents. We can play sports more safely, and therefore better protect the brains, and futures, of children", he added.

Both Nowinski and ABI Ireland staff concluded that the consistent message is that; 'Concussion is manageable, and most people recover normally, but better ongoing ABI education is needed. In America, the NFL (National Football League) & USA Football, the sport's national governing body, have been advocating for youth education and upgrading guidelines for concussion recently. Below we have highlighted the impressive progress to date.

Concussion Legislation by State, USA

As of June 2011, 21 states (plus the city of Chicago) have adopted youth concussion laws while four states have passed legislation and are awaiting respective governor's signatures. The NFL supports and recognizes the laws as they represent the main principles of the Lystedt Law model legislation including:

1. Inform and educate young athletes, their parents and guardians, requiring them to sign a concussion information form.
2. Remove from play any young athlete who appears to have suffered a concussion; or who you suspect may be concussed.
3. All young athletes are required to be assessed and cleared by a licensed health care professional, trained in the evaluation and management of concussions, before returning to play or practice.

We invite our readers who are in a position to influence changes in relation to Sports Concussion in Ireland, to join ABI Ireland's Sports Ambassadors at www.concussion.ie along with Chris Nowinski, to make a change, and protect the sporty brains of Ireland.

ABI Ireland Service Profile: Residential Rehabilitation, Wexford



Yvonne Rossiter

Our focus is on empowerment and individual rehabilitation

by Yvonne Rossiter, Local Services Manager, South East Region

The Wexford Service is based in the village of Ballymurn. It started 4 years ago in late 2007, with the opening of the Residential Rehabilitation Service and then grew in 2008 to include a Home and Community Rehabilitation service. Since that time it has gone from strength to strength.



Enjoying the Summer Ball, May 2011

Within the first two months of opening two ladies with very different rehabilitation needs moved in. One lady required full time care and was dependent on staff for feeding, drinking and personal care. At first, given her very high support needs it was not possible to contemplate moving in more than two clients. Then, early in 2008, a structured plan was put in place to ensure that this client had a service which not only met her own needs but which also ensured she had every opportunity for ABI rehabilitation. A Behaviour Specialist was employed, on a sessional basis, and now we have a highly skilled staff team who can manage the needs of people with complex and challenging behaviours.

For the resident, described above, to progress safely in an appropriate environment she required independent accommodation and again staff rose to the challenge. Through fundraising and a HSE¹ Lottery grant we were able

to raise the finance to build a separate living apartment which has full access to the main house. She happily moved, in January 2010, and her behaviour support plan has been a success story. When her behaviours changed she was more able to focus on relearning lost skills; such as how to eat using a fork, drinking from a cup and how to clean her teeth. All independently! These skills have been learnt eight years after she sustained her brain injury, a credit not only to her but also to the staff team who have supported her fully and have never given up on her.

There are now five people living in Ballymurn. Our focus is on empowerment and individual rehabilitation and therefore when one person wanted chickens, we adopted six chickens. The next request was for goats so we approached Bothár and are now fostering two female goats that will be leaving us for Africa in December. Where our growing farm will end? We just don't know!



No kidding its a great service!

Our Home and Community Rehabilitation service has also developed and we currently provide a Rehabilitation Assistant service to seven people living in their family homes. In addition we run community projects and this have included a car maintenance project, a percussion group, BBQ's, and afternoon tea parties. In May we held our first Summer Ball which was a huge success. Activities for summer '11

include horticulture and horse-drawn carriage driving and anyone with an ABI is welcome to join us.

So what does the future hold for Wexford? Well, our hope is to open an ABI Day Resource Service in Wexford town. A place where people can come for peer support, socialise, attend group work sessions and where their families can seek help, advice and support. There is an increasing need for this service and we are currently exploring funding options, so any fundraising ideas or funding donations will be gladly received.

¹ HSE: Health Service Executive



Liza Minelli (Aka Martina Keane) & Co...
Celebrity Wannabe, Wexford

ABI Ireland Services

- ABI Awareness & Information
- ABI Case Management
- ABI Training & Education
- Assisted/Transitional Living – Residential
- Clinical Neuro Rehabilitation Team
- Day Resource
- Family Support
- Home & Community – Outreach
- Home Liaison/Social Work
- Friendly Advice & A Listening Ear
- Psychology – Cognitive Behavioural Therapy, Stress Management, Counselling

ABI Know How

BRAIN AWARE UPDATE

Phase 1 ending but Brain Aware to Continue

The current phase of the **Brain Aware Family Carer Training Project**, funded by the Government through the Dormant Accounts funds and managed by Pobal, is due to end this Autumn. Over the last two years the ABI family carer programme has included ninety six training sessions for over two hundred and forty carers in sixteen different locations nationally.

During the first phase **Brain Aware** achieved a commendation through the Irish Healthcare Awards 2010 and has recently gained more recognition as the winner of the Astellas Pharma *Changing Tomorrow* Award in the category of **Hope**.

The final months of the Project (June – September 2011) include:

- Completion of Family Carer Training in Letterkenny, Co Donegal.
- Design, print and distribution of a 'Tips & Thoughts for Family Carers' Book (see below)
- Completion of internal research project entitled 'The effectiveness of a brief psychoeducation and information programme for carers of individuals with an acquired brain injury on carer distress, burden and family communication'
- Completion and presentation of External Evaluation Report by Development Options Consultants, September 2011
- Carers Conference, Autumn 2011 (Details to be posted on www.abiireland.ie)

Sincere congratulations and thanks to each ABI family carer who completed the programme, many of whom were simultaneously struggling to come to terms with the effect of ABI within their family.

The interest, passion and determination of everyone involved in this programme not only ensured that the project has been such a success but has also helped to secure funding to support *Brain Aware* over the next three years. (See below)

Great News for Brain Aware

Government to invest in ABI Family Carer training programme 2011-2013

ABI Ireland is one of sixty three National Community and Voluntary Organisations which have just been recommended for funding by Phil Hogan T.D., Minister for Environment, Communications and Local Government.

This is most welcome news, and the finance will enable ABI Ireland to support the post of a National Training Coordinator (2011-2013). The coordinators role will encompass both 'Brain Aware' family carer training and CBIS (Certified Brain Injury Specialist) staff training Programmes.

Sincere thanks are extended to the Department's proposal assessment team for their confidence in the ABI Ireland brain injury specific training programmes.

Dear Carer ... Participants of the **Brain Aware** Family carer training programme (09-11) have shared their *Tips & Thoughts*, on coping with ABI, in order to help other families in similar situations. These are being made into a book which will be free of charge to Brain Aware Participants from September '11

ABI Clubhouse Mayo

New Acquired Brain Injury Service Opens

History was made in Co Mayo on Wednesday 13th April when ABI Ireland's new Clubhouse service opened its doors in Castlebar. The Clubhouse is a twelve month pilot service located at the Parish Centre, Chapel Street in Castlebar. Due to its pilot nature the service is only available to between five and six members on Mondays and Wednesdays. The Clubhouse offers a range of services directed by its membership including independence skills, and discussion/support groups. There is a **Drop In Social Club** included in the service on Mondays between 11-12pm.

The pilot Clubhouse is supported by Imelda Walsh, Clubhouse Facilitator and Steve Orme, Regional Manager. For further information contact ABI Ireland's Regional Office 091 700210.

CBIS Training 2011

Two CBIS (Certified Brain Injury Specialist) Training Programmes are to be run between July-November 2011. Learners are currently being selected for the upcoming programmes from ABI Ireland staff who have expressed an interest in the training.

The course consists of nine weeks of self-study based on the *Essential Brain Injury Guide* and review days will be held throughout the programme. This will be followed by two classroom based training days and a written examination, which is held in Dublin.

For CBIS Training & Exam Dates see Diary Dates page 8

ABI Publications

ABI Ireland publications are available on www.abiireland.ie or contact your ABI Ireland Regional Administrator (see pg 8)

Tips & Thoughts

available September 2011

- **ABI Ireland an ABI Information Guide**
- **ABI Ireland Annual Report 2009**
- **Journeys to Recovery through Community Rehabilitation*** (ABI Ireland, Northwest)
- **Our Organic Garden*** (ABI Ireland, Northwest)
- **Thinking Past Yourself – Poetry Book*** (ABI Ireland, Southeast)

*€7 (inc.p&p) donation if print version requested by post



ABI & Gardening: Mighty Oaks from Little Acorns Grow¹

Inspired by ABI Irelands Regional Gardeners

There is international recognition² of the multiple benefits of growing your own shrubs, flowers, fruit and vegetables and the gardeners involved in ABI Irelands numerous community garden projects are experiencing this first hand.

From Letterkenny to Macroom and from Limerick to Tallaght it seems that there's no end to the imagination, creativity and rehabilitative progress that is being made from being at one with nature.



ABI Ireland's organic gardeners, in Sligo, are so passionate about growing that they have even produced a booklet entitled "Our Organic Garden" to record their own achievements and to encourage others to garden. In Ennis the focus is on allotments, in Dunlaoghaire a sensory garden and in Waterford pumpkins fit for Cinderella!

Being involved in meaningful activities is vital for self-worth so gardening is a perfect hobby or vocation. The rewards are numerous and in ABI Ireland lead to an abundance of affordable herbs, vegetables and fruit; resulting in cookery projects, shared meal experiences and fabulous memories.

For people with brain injury gardening can have many positive effects in terms of:

Physical

- Improved energy, strength, stamina, mobility
- Improved hand-eye coordination & dexterity
- Stimulated senses

Cognitive

- Enhanced attention, concentration and memory
- Improved organisational skills & work habits
- Improved problem solving and planning skills
- Improved written and verbal communication e.g. labelling plants, keeping a seasonal diary
- Learning or relearning skills, acquiring knowledge e.g. plant names

Social

- Increased social integration e.g. daily/weekly interactions with people from ABI Ireland and the wider community
- Involvement in group activities and team work e.g. sharing tasks to achieve a common goal
- Setting and achieving team goals e.g. planning and designing a flower bed

Psychological

- Setting and achieving individual goals
- Reduced anxiety, stress, and tension
- Improved coping skills & Motivation
- Improved work habits and attitudes
- Increased confidence, hopefulness, positive thinking

Every one of the ABI Irelands gardening projects is different and that's because the gardeners have different skills, interests, abilities and personalities. They have shown us that there can be fantastic benefits in connecting with nature, so go on try it this summer yourself. Even if it's simply to plant some sunflower seeds, the results and benefits may surprise you!

"Where flowers grow so does hope" (Lady Bird Johnson³)

¹ Troilus & Criseyde, Geoffrey Chaucer, 1374

² <http://edis.ifas.ufl.edu>.

³ www.wildflower.org

Rebuilding My Life

By Peadar McGlynn, ABI Ireland, Home & Community Service, Mid West Region



My name is Peadar McGlynn from Nenagh, Co Tipperary. After being a marine engineer for many years I decided to work underground in a mine so that I could live with my wife and children. I started mining in January 2000 and

in May of 2008 I experienced a very severe head injury as a result of a fall. I injured my lungs, ribs, left shoulder, right hip, left knee and was unconscious in hospital for eight weeks. I was operated on to cure all my damaged body parts at Beaumont Hospital in Dublin. Next I was sent to the National Rehabilitation Hospital in Dun Laoghaire so as to put normal life back into me again - which did happen, thanks be to God.

Since 2009 I have been supported by staff from Acquired Brain Injury Ireland. I have received direction and support in my life to get back to my wonderful abilities. Each day I get my own breakfast, feed our hunting dogs and clean their pen. Our cat must be fed daily as well. I listen to mass on the radio and listen to the news, go to the local paper shop to buy a paper and milk.

At Christmas 2010 I was able to perform the critical job of repairing my frozen and burst water pipes in the attic of my house. Since Christmas I have been able to visit all my brothers and sisters and relatives and friends so as to bring back our relationships once again. My car was parked idle for the past three years, but now I drive my own car there and back.

I have a huge interest in history and have recently become a member of Tipperary Historical Society.

If you, your family member or a friend have been affected by ABI and would like to contribute to this column please email abilitymatters@abiireland.ie

A Bright Idea!

Congratulations to ABI Ireland's *Side By Side* Day Clubhouse members in Dunlaoghaire who recently published their first newsletter *Any Bright Ideas*. This seasonal publication is edited by John Costello johnmjcostello@gmail.com and its aim is to circulate news, opinions, comments and other forms of expression between members of Side by Side. It is an internal communication by *Members for Members* with everyone having an opportunity to be a sub editor. We wish the team all the very best in the future.

ABI Ireland: HR Quality & Standards

Staff Profile

Lisa Spogler
Local Services Manager
Cork & Kerry



I started with ABI Ireland in December 2005 as Local Services Manager. I remember meeting our first Kerry & Cork clients that were due to start a new life journey within our Cork Assisted Living services, in January 2006 and being very overwhelmed by each person's story. Whilst they both came from very different backgrounds, and their lives had taken very different paths, there was an unfortunate similarity in the huge impact that brain injury had made on their lives. Their stories were the same in respect of the feelings of loneliness, isolation, frustration being echoed.

Since then, I have seen the positive change ABI Ireland has made for many of the clients attending Assisted Living and Home & Community Services in Cork & Kerry and have shared many more inspirational life stories along the way. We now have good working links with other care service providers, increasing supports for people using our services. We currently provide services to over 36 clients within the Residential and Community based Neuro-rehabilitation services in Cork & Kerry.

In 2010 we moved residence in Macroom to a more suitable house, opened the Resource Centre in Castleisland and had great success with a Regional Art Exhibition held in the Kerry Library with over 80 pieces created by the clients throughout the counties of Cork, Kerry, Limerick, Tipperary and Waterford.

However the greatest measure of success is through feedback from the individuals we work with and their families. It is a privilege to walk and share their large and small steps in rehabilitation and makes me appreciate and value my role. I have worn many different hats and played many different parts in advocating for the clients I work with ranging from Case Manager to Hairdresser & Style Coach!

I thoroughly enjoy my role and look forward to new journeys and sharing in future service developments of ABI Ireland.

Contact Lisa: 086 172 07 44

Quality Assurance (QA) in ABI Ireland

We are now half way through our current CARF Accreditation which runs to November 2012. To ensure continuing quality assurance (QA) we have recently completed our QA audit of nineteen services for 2011, involving a site-visit in each of our four regions.

The annual survey helps ABI Ireland to assess a range of service delivery areas, across our regions, in order to confirm compliance with CARF standards. It also helps us identify areas for development for the coming twelve months.

Thanks to all staff for their preparation and participation in the 2011 QA audit.

ABI Ireland Induction Training



(L-R) New staff members: Kathleen Burke, Josephine McEvoy, Rehabilitation Assistants, Lisrath, Co. Louth (See Cover Story) and Mary Holleran, Administrative Assistant, Cashel attending ABI Ireland Induction Training, May 2011

Emma & Louise Take the Clinical Road

By Declan O'Donovan, HR Manager, ABI Ireland



We are pleased with the news that two of our Assistant Psychologists have secured places on this year's intake into the Doctorate Clinical Psychology Courses. Emma Daly who works with Dr. Brian Waldron in ABI Ireland's East/NE Region has secured a place on the Doctorate Clinical Psychology course in University of Limerick while Louise Peoples, who works with Dr. Donal Fortune in the South/Midwest Region, will be heading to the similar course in Trinity College Dublin.

"It can take time to attain a place on the Doctorate Clinical Psychology Course due to the limited number of places. My own journey included a variety of settings and clinical populations from previous employments, in which I gained the foundational skills required to be a Trainee Clinical Psychologist. However it was the opportunity to work as an Assistant Psychologist, in ABI Ireland, that ultimately led to my success in gaining a place on the course in Limerick."

(Emma Daly B.A., M.Sc., Assistant Psychologist, ABI Ireland)

Emma and Louise bring to nine the total number of Assistant Psychologists, from ABI Ireland, who have gone on to a Doctorate Clinical course over the past five years. We hope that the experience of working in neuropsychology in ABI (acquired brain injury) will further influence their career direction, we hope to see them back working in ABI as qualified clinical psychologists of the future. Sincere thanks are extended to both and we wish them every success in their advanced studies.

ABI Ireland: People & Places



Abbott has a Heart of Gold

Croí an Óir translates as Heart of Gold and staff at Abbott Nutrition in Ballytivnan, Co Sligo demonstrated this spirit of generosity by holding a Raffle and raising €966 to support ABI Ireland. Sincere thanks to the fundraising team, led by Abbott Plant Trainer Therese Keaney,



**Presenting a Golden Cheque
Abbott Ireland Team Croí an Óir, & ABI Ireland, Sligo**

Pictured above, Brid Beirne, Una McTiernan, Muriel Morrison, Maria Devenney, Therese Keaney, Colin Henehan, Dr Caroline Mc Grath, Teresa O Boyle, Nuala Rooney, missing from photo Carmel Brennan, Suzanne Kiely, Patricia Mc Cormack & Theo Bourke

Abbott Ireland's national volunteering programme, Croí an Óir or "heart of gold," aims to support and inspire Abbott Ireland employees' giving and volunteering efforts in their local communities. Local site teams find, organise, and support volunteering events for employees across Ireland. For more information, please visit www.abbott.ie



Stephen Murphy (Front Left), organiser of the Enniscorthy Charity Celebrity Wannabe, presenting the winners cheque to ABI Ireland's Local Services Manager Yvonne Rossiter, Riverside Park Hotel. Also pictured winning Wannabe Martina Keane (Liza Minnelli herself, see page 3) Ex International footballer Paul McGrath, behind left & ABI Ireland Team, Wexford & Supporters. Thanks to all involved and Congratulations LiZa with a Z!

ABlility Matters Apology
In our Spring Issue, page 7, the harpist in the Café Society piece was in fact Patricia Roche and not Anne Coyne as stated. Our sincere apologies to both ladies for this error.



Recent Skillvec Graduates Lynn Geuvens & Con Lee Team Leaders, ABI Ireland Services East North East Region

Norwood Completes 26k



Pictured above: Kingfisher gym member Robert Norwood, Waterford Services, completed the Cashel to Waterford 26k cycle on an exercise bike to raise vital funds for ABI Ireland. (See also Cashel Rocks with Cyclists)

Cashel Rocks with Cyclists

ABI Irelands Cashel to Waterford Sponsored Cycle attracted 57 keen cyclists and raised almost €5,000 to support ABI Ireland locally.

Event organisers Katie and Thomas Cunningham were supported by hundreds of people including, Rock Rebel Motorcycling club & Tom Cahill, the Order of Malta & Garda Mick Byrne, Cahir. Sponsors included Tesco's, Supervalu, JJ Carroll's, Tipperary, World Wide Cycles, Seamus Mulcahy Buses, The Punters Rest, The Apple Farm, Cashel Heritage Centre, and the Bake House & Spafield Resource Centre.



Pictured above (centre) is young TJ Cunningham whose parents are considering making this an annual event!

Diary Dates

Please note the following events in your diary and tell friends, family and colleagues too!

- **Mondays 11am -12pm**
ABI Clubhouse Mayo, Social Club
Contact: Imelda Walsh 087 784 0192
- **15 July**
Birdies for Brain Injury, Golf Classic, Roscrea Golf Club
Contact Declan 086 806 7905
- **26 August**
Closing Date People Power Photographic Competition
(Internal competition for ABI Ireland Clients & Staff Only)
Contact: Siobhan Campbell (01) 280 4164 Ext. 211
- **September:**
⇒ CBIS Training Days – 26th & 27th September (See page 4)
✓ Exam Day – 28th September
Contact: Carol Rogan (01) 280 4164 Ext.206
- **9 September**
Deadline for submissions Autumn ABILITY Matters
Contact: Christine Flynn (01) 280 4164 Ext 201
or abilitymatters@abiireland.ie
- **15 October (11am)**
Run-A-Muck Challenge to support ABI Ireland
Clonkeeran House, Co Kildare
Register NOW www.runamuckchallenge.com
Once Registered Contact: cbrack@abiireland.ie
or (01) 280 4164 Ext: 203 for Sponsorship Pack
- **November:**
⇒ CBIS Training Days – 28th & 29th November (See page 4)
✓ Exam – 30th November
Contact :Carol Rogan (01) 280 4164 Ext.206

**MORE
DETAILS
BELOW**

RUN-A-MUCK FOR ABI IRELAND Calling all fun loving people . . . **The Run-A-Muck Challenge** is a Cross Country running event over a wet and mucky course. It has various manmade and natural obstacles including bale” jumps” net scrambles, Tarzan swings, bridges, ditches, streams, tyres, and tunnels designed to test your mental and physical strength. **Register NOW** www.runamuckchallenge.com and put a big muddy grin on your face and raise vital funds for Acquired Brain Injury Ireland! Once registered contact Christine Brack, 01 280 4164 (Ext 203) for sponsorship pack

ABI Ireland Links Our readers may find the following links & resources useful

- | | | |
|------------------------------------|--|--------------|
| • ABI Ireland Fundraising | www.fundraising@abiireland.ie | |
| • Beaumont Hospital School | www.beaumonthospitalsschool.ie | |
| • Bri | www.briireland.ie | 01 235 5125 |
| • CARF International | www.carf.org | |
| • Headway Ireland | www.headwayireland.ie | 1890 200 278 |
| • National Rehabilitation Hospital | www.nrh.ie | 01 235 5000 |
| • National Football League (USA) | www.nfl.com | |
| | (Highlighted on page 2) | |
| • Quest Brain Injury Services | www.acquiredbraininjury.com | |

See www.abiireland.ie for full list of related links

ABI Ireland National Office

Ph: 01 280 4164
E: info@abiireland.ie

East / North East Region

Ph: 01 280 4164
E: eastnortheastadmin@abiireland.ie

West / North West Region

Ph: 091 700 210
E: westnorthwestadmin@abiireland.ie

Midlands / South East Region

Ph: 062 64544
E: midlandssoutheastadmin@abiireland.ie

Midwest / South Region

Ph: 066 714 2993
E: southmidwestadmin@abiireland.ie

Read more about ABI Ireland and

Concussion in Sports

www.abiireland.ie
www.concussion.ie



Paul McGrath giving ABI Ireland & Wexford Resident, Michael Dawson, the thumbs up!

A message from the Editorial Team

*ABILITY Matters Your Newsletter,
For You...By You...With You*

Once again it's been a busy season with wonderful feedback and comments, including constructive criticism, from **ABILITY** Matters readers . . . Thank you so much.

In the midst of the economic crisis and Ireland's struggle to reinvent itself we are delighted to bring you many good news stories from ABI Ireland and from friends in your communities. Great to see a new ABI residential rehabilitation service starting in the North East and to know that six people in Co Mayo now have an ABI Clubhouse two days a week. Early days for both these services but as our ABI and Gardening feature, page 5, says **Mighty Oaks from Little Acorns Grow!**

Wishing you a good summer and remember keep your News, Views and Comments coming.

abilitymatters@abiireland.ie