

ABILITY Matters

ABI Ireland Celebrating 10 Years
Making a difference 2000 – 2010

Issue 3 • Autumn 2010

Home Sweet Home

Two new houses for ABI Ireland Residents in the Mid West

12th July, 2010 was a great day for the eight young men in Co. Clare who moved into their new homes in Clarecastle. An important milestone too, in the development of ABI Ireland's *Assisted Living-Residential Services*.

Funded through the Department of the Environment's CAS (Capital Assistance Scheme) the building project was the result of collaboration between ABI Ireland and Anvers Housing Association. Great team work, involving the superb services and support of Clare County Council and M. Fitzgibbon (Builders) Ltd., which resulted in the development of two lifetime adaptable houses in the community.

Mid West Regional Manager, Lucia Power, commends residents and staff for their patience and dedication to the project, while Barbara O'Connell, CEO of ABI Ireland, acknowledges the support of ABI families in their desire to bring ABI Ireland services to the area. Special thanks are also expressed to the community, in the greater Ennis area, especially those who gave time, expertise and generous funding to help make this dream come true.

There's more work ahead, creating homely surroundings including great gardens, but for the moment everyone is simply happy to reflect on a job well done and the journey so far.



Settling in to home in Creggaun Na Hilla

We know our readers will join with us in wishing each resident good health, happiness and contentment in their new homes in Clarecastle.

The Journey to Creggaun Na Hilla features as ABILITY Matters Service Profile this season on page 3

ASPIRING TO EXCELLENCE



CARF Accredited
Rehabilitation Services

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Parrot by Anne O'Connell, Midwest Region from *Capturing the Now* Art Exhibition, Kerry.

Comedy Night support

This publication has been kindly funded by Damian McCann as a result of a Comedy Night held in the Laughter Lounge, Dublin. Damian together with his friends and colleagues from St James's Hospital raised a total of €1,000. We really appreciate their interest, support & generosity.



An Autumn Message from the CEO : CARF 101 Training



My sincere thanks to everyone involved in the Anvers Housing Project to design and construct two wonderful new houses in Clarecastle, Co. Clare. The project was an excellent example of how the organisations involved worked together for the benefit of people with ABI. We are delighted to have the two purpose-built homes completed this summer and hope that they will be a blueprint for further ABI *Assisted Living* – Residential developments in other parts of the country.

As we move into the last quarter of 2010, ABI Ireland is focused on next year and beyond, in terms of managing, developing and evaluating our services. Our budgetary process for 2011 has already commenced and the shape of the financial landscape makes us acutely aware that public finances remain under severe pressure. We, like other *not for profit* organisations, anticipate further cuts to our revenue budgets next year.

To help us prepare for the future, ABI Ireland is planning to carry out a Strategic Review, with a view to putting in place a Strategic Plan for the period 2011 – 2014. There are still many different ways in which we can develop and it is vital that we explore the best options open to us, including identifying the most appropriate strategic direction to meet identified national unmet ABI needs.

Our forthcoming strategic plan will take into account all relevant factors, putting the needs of people with ABI and their families at its core. In addition, it must also reflect our service requirements, the wider health and social services sector, including other key stakeholders, as well as the limited resources available.

I look forward to your continued support and commitment to ABI Ireland's services.

Barbara O'Connell
Chief Executive, October 2010

An Post, Delivering a Safety Message

ABI Ireland welcomes An Post's recent introduction of mandatory cycle helmets to protect over 1,600 of their staff who make deliveries on bikes. Manufactured from ultralite fibre the helmets comply with industry safety standards and are in the An Post colours, branded with their company logo.

Katherine Murray, Safety and Environment Manager with An Post notes: "I am pleased that we have seen this project through to the finish with the support from the Communications Workers' Union (CWU). We have all agreed that the wearing of helmets will be mandatory in order to provide the greatest level of protection to our employees".



Longford Postman Richard Mooney

An Post's Mails Operations, Safety & Environment and Purchasing departments helped to identify the best headgear available. Two types of helmets were put through a trial and the Met Helmet, as used by An Garda Síochána, was chosen.

Everyone, on cycle delivery routes, is required to wear the Met Helmet, in compliance with An Post's staff safety policy.

With thanks to *An Postnews* 2010

A two day training course on the 'CARF' Standards of Excellence in Medical Rehabilitation' was held recently in Dun Laoghaire. Forty participants came from Europe, Canada and USA and included Irish representatives from both Headway and ABI Ireland.

This course is delivered, annually, in a different European location and we were delighted that this year CARF chose Ireland. Programme topics included:

- An overview of the CARF accreditation process
- Accreditation as an effective business management strategy
- Preparation for a successful CARF survey
- Programme standards including: Inpatient, Stroke, Brain Injury, Pain, Paediatrics etc

Training was delivered by Ms. Chris MacDonnel, Managing Director for Medical Rehabilitation, CARF International and ABI Ireland staff provided logistical support.



Our picture shows Ms Chris MacDonnel, (5th from left); with a number of the course participants & ABI Ireland staff members.

¹ Commission on Accreditation of Rehabilitation Facilities

Circulate & Communicate

Your Editorial Team invite you to circulate your copy of **ABILITY Matters** to your friends, family, colleagues & community. Pass it on locally, nationally and internationally. This is not only an environmentally friendly action but also helps to raise awareness of ABI and Ireland, bringing information to those who need it most. Thank You.

Come on everybody lets . . . Circulate & Communicate ABILITY Matters!

ABI Ireland Service Profile: Assisted Living – Residential Service, Co. Clare



Joanne Farrell

Clarecastle: A reflection on New Beginnings

By Joanne Farrell, Local Services Manager ABI Ireland, Mid West Region



A new home in Clarecastle

Here begins a new journey and the end of an old one in Ros na Rí and Ard Aoi bhinn . . .



Shane Hayes - Home at Last!

Clients were excited, eager and happy about the prospect of moving, it became the highlight of their daily conversations. Many resident meetings were held in the weeks up to the move in order to decide who was going to live in house number 37 or 38, which residents would share en-suites and who would have their own? Tensions rose, but compromises and decisions were made and everyone was looking forward to the move – with maybe just a little apprehension!

On the 12th of July we travelled together to Clarecastle sharing a barrel of mixed emotions. Anxiety was setting in and some residents experienced it more than others. The doors were open and they surveyed their new surroundings. Reality set in. Wide corridors, a long distance from bedrooms to living space, fear of getting lost within the house. This again created an atmosphere of anxiety and a sense of isolation and disorientation.

• Slowly, however, these feelings disappeared and the settling in period has begun. Clients have introduced themselves to their new community; neighbours have called to the houses offering gifts of cakes and new friendships. Welcoming us all to Clarecastle. As the weeks pass we have put our own stamp on the houses, pictures are hung, personal affects are scattered throughout the houses, all bringing a sense of familiarity to the new spaces. Families and friends call to offer support and to congratulate everyone on their move.

• It is important for us all to recognise the emotional and social impact of moving house. We have found that one of the most emotional effects is leaving the familiar behind. Familiarity enables us to feel grounded and connected, makes us feel safe within our neighbourhood and community. Residents have been supported in walking into Ennis town from Clarecastle, locating landmarks so they might have a sense of where they are, familiarising themselves with the area. For those who cannot walk too far it's a five minutes stroll into the village, to meet neighbours in shops, post-office and the local pub. This has all added to our sense of belonging within a new community.

• Home in Clarecastle, with state of the art equipment, now provides new opportunities for learning new skills and re-kindling old ones. We now look forward to an exciting future, which brings encouragement and hope for each of our residents as they continue to rebuild their lives in their new homes.

Assisted Living – Residential Services

• ABI Ireland's *Assisted Living* Residential services provide individualised, community-based support designed to maximise the quality of life of each person living with ABI. The service also fosters autonomy, personal growth and development of our residents. Our service model is based on individual need and over time residents learn to maximise their own abilities and in time reduce their dependence on support from ABI Ireland's rehabilitation staff.

• *Assisted Living* residences, like those in Clarecastle, are conveniently located with access to local shops, transport and amenities. The service promotes independence & integration into the community, which can provide natural circles of support and empower individuals to rebuild their lives with dignity and respect.

• "I was given the opportunity to move into ABI Ireland's *Assisted Living – Residential Service* in Ennis and this was the start of a new and more positive stage in my life" Keith Conway, see My Journey on page 5.

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 – First Year Completed & Evaluated!

"As a Carer, you are such an inspirational individual; believe in yourself and what you do every day for your loved ones"

(Family Carer, Tullamore Brain Aware)

The *Brain Aware* Project team is delighted to announce the successful completion of the first year of the project. Eight training programmes, for family carers, ran between May 2009 and June 2010 in Kilkenny, Blanchardstown, Castlebar, Tullamore, Killarney, Slane, Limerick and Sligo. 135 people attended, exceeding the project's planned target of 120, and feedback from participants has been consistently positive across all locations.

The *Brain Aware* Project team would like to extend a heartfelt 'thank you' to all ABI Ireland staff and external trainers who delivered the programmes throughout the year. The professionalism and enthusiasm of the trainers ensured carers had both an educational and enjoyable experience. External trainers included Anne O'Loughlin, Principal Social Worker, and her Social Work colleagues in the NRH Kathleen McCarthy, Sheila MacGowan and Mary Regan, Sonya Walsh, Counselling Psychologist at Headway and Paula Bradley; independent Speech & Language consultant and trainer.

Internal and external evaluations of the programme, were carried out through feedback questionnaires, trainer's reports, informal discussion with participants and trainers and focus group meetings with participants. This has provided ABI Ireland and the project's funders¹ and stakeholders with vital information, resulting in appropriate improvements being made to the programme in year two.

The *Brain Aware* project team is currently delivering programmes in Wexford and Dublin with 6 more programmes planned for 2010/11.

Contact Project Coordinator Una Kinane Tel: 01 280 4164 Ext.207

¹ Supported by the Government through the Dormant Accounts Fund & Managed by Pobal

Next Programme: Galway (Westwood House Hotel, Dangan)
3rd, 10th, 17th & 24th, November 2010 and 1st & 8th December 2010

2011 Brain Aware Programme

Mullingar	– February/March 2011
Cavan/Monaghan	– February/March 2011
Macroom	– April/May 2011
Thurles	– April/May 2011
Letterkenny	– May/June 2011

We are delighted that the **Brain Aware** project has just been shortlisted as a finalist in the Best Education Project – *Non Pharmaceutical* category of the 2010 Irish Health Care Awards. Results will be announced by Minister Mary Harney T.D., during an award ceremony in Dublin, on 28th October.



Securing Knowledge through Training

Staff Success in SkillVEC Training

Congratulations to ABI Ireland staff below who recently completed their SKILLVEC Training with VEC's :

Health Service Skills Award (FETAC Level 5)

- Catherine Doyle (Rehabilitation Assistant, South East Region)
- Harris Knopf (Rehabilitation Assistant, East Region)

Harris and Catherine did particularly well obtaining distinctions in all 8 modules. This is no mean feat and it shows the level of commitment and hard work invested in the programme. Well done to both!

Advanced Certificate in Supervisory Management Skills Award (FETAC Level 6)

- Andrea McMonagle (Community Services/ Case Manager, East Region)
- Con Lee (Team Leader, East Region)
- Derek O'Farrell (Team Leader, Midwest Region)
- Lynn Geuvens (Team Leader, East Region)
- Rob Martin (Local Services Manager, South East Region)
- Yvonne Rossiter (Local Services Manager, South East Region)

SKILL stands for Securing Knowledge Intra Lifelong Learning. The aim of the SKILL Programme is to: educate, develop and train support staff in the health services to the optimum of their abilities in order to enhance their role in the quality of service to patients/ clients.

Another two ABI Ireland staff have registered for the SKILL Programme starting this Autumn and we wish them every success. Expressions of interest in this training will again be called for in January/February 2011.

¹ VEC: Vocational Education Committees

ABI Publications

ABI Ireland publications are available on www.abiireland.ie or contact your ABI Ireland Regional Administrator (see page 8 **ABILITY** Matters)

• 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



Driving After a Brain Injury

Highlighted by Imelda Walsh – ABI Ireland West Resource/Family Liaison Worker



Trea Koty (L) Returning to Driving, pictured with Imelda Walsh, Resource Worker

Driving, following a brain injury, can be a great challenge and wonderful goal to aim towards. By learning to drive again you can gain independence, be self reliant and just simply be more mobile within your community.

However brain injuries can impact on our ability to learn or re-learn skills. People may experience, cognitive, physical/sensorial and emotional difficulties which impact on their functional abilities. For example:

- Fatigue / Tiredness
- Poor concentration
- Impulsiveness / poor self control
- Epilepsy/other medical conditions
- Impairment to the senses i.e. auditory or visual / spatial awareness difficulties (e.g. road positioning, not seeing / hearing other vehicles or pedestrians/passengers)
- Poor judgement / decision making / self management
- Poor reflex actions / slow reactions to challenging / emergency situations
- Physical difficulties (e.g. turning the steering wheel, braking, accelerating)

Driving Assessments & Reassessments

When learning to drive or returning to driving after an ABI, it is vital to be assessed in the context of your skill and safety levels. **In most circumstances it is best to wait to drive, until a period of recovery and reassessment has been carried out.** In some cases an individual with one or more of the issues listed above, may still be deemed fit to drive. The Irish Wheelchair Association (IWA) provides a nationwide driving assessment and tuition service. Assessments are held in Clontarf, Clane, Navan, Mullingar, Kilkenny, Limerick, Cork, Galway, Carrick on Shannon and Manorcunningham www.iwa.ie.

Other Essential Driving Information:

- **Compulsory for all drivers with ABI:**
 - Before driving consult your GP or consultant, especially when there is a risk of epilepsy.
 - Get a Medical Report Form (D.501) from your Motor Taxation Office. GP's complete this form.
- **First time Drivers:** Must pass a Driver Theory Test & obtain Learner Permit (D.201) from the Motor Taxation office.
- **Accessible Vehicles:** Adaptations or modifications can be made to a vehicle. A Motorised Transport grant is available. A VAT/VRT relief scheme for driver or passengers with disabilities. Contact the National Mobility Centre in Clane, Co Kildare on 045 893 094, email maats@iwa.ie or visit IWA website.
- **Training:** The DDAI (Disabled Drivers Association of Ireland) offers a three week, intensive, residential training course for people with a physical disability. Funded by a capitation fee from the HSE (Health Service Executive). Contact (094) 936 4054/936 4266.
- **Motor Insurance:** Shop around for competitive quotes. Declare your ABI, or epilepsy, as failure to do so could mean that your policy could be null and void, in the event of an accident. For more information on insurance cover contact the Irish Insurance Federation of Ireland on 01-676 1914 or email fed@iife.ie or visit www.iif.ie
- **Safety:** Check if your medication affects your driving.

My Journey

By Keith Conway
ABI Ireland Midwest Region

In 1997, I was a passenger in a car which was involved in a crash. I was initially brought to Cork University Hospital and later I spent a few months in the National Rehabilitation Hospital. Before this I had grown up and gone to school in Limerick, then gone over to Florida to work for a while. As a result of the crash I had an ABI, which would change the course of my life.

2008 was a particularly difficult year for me, but fortunately I was given the opportunity to move into Acquired Brain Injury Ireland's *Assisted Living* –Residential Service in Ennis where this was the start of a new and more positive stage in my life. The months in Ennis gave me the opportunity to focus on my rehabilitation, practice everyday household tasks, meet new people and re-evaluate my life. Then in late 2008, I moved back to Limerick and with the support of a Community Rehabilitation Assistant, I got my own apartment and I really enjoyed having my own space and a chance to start thinking about my plans for the future.



I returned to full-time education in September 2009 and have now successfully completed the Access Course in Humanities at the University of Limerick. The course was a new beginning for me and also felt like a bit of an adventure. The mature student access office played an important role by providing me with the necessary information and support throughout the year. The disability section within the university was another key area of support, as they provide software to make it easier for students to access information. I will be returning to the University of Limerick in the coming weeks to commence a degree course.

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

ABI Ireland: HR Quality & Standards

Staff Profile

Lorraine Maher,
ABI Ireland's
Human Resource (HR)
Generalist



I joined the ABI Ireland HR team in September 2006. In fact I became "the team", as up until that there was just the HR Manager here!

ABI Ireland's HR Department is responsible for putting in place the processes, procedures and systems that meet the needs and expectations of both the organisation and its' employees. We recognise the huge contribution our employees make and the HR Department strives to make ABI Ireland a great place to work.

My role, as HR Generalist, is to provide information guidance and assistance. For potential and existing employees, I am the first point-of-contact in relation to employment queries and issues. This includes recruitment and employee support e.g. advertising jobs, management of job applications, interviewing and job offer development. I am also the designated signatory, for ABI Ireland and other organisations for Garda Vetting purposes. (Under a DFI scheme)

HR is responsible for payroll administration support, absence management, pension administration and the information and document management systems which support the overall HR function. We have an on-going commitment to welfare and development; in conjunction with the Senior Management team, we continuously review and update our supports for employees. Using VHI Corporate Solutions we put in place an EAP (Employee Assistance Programme) which provides confidential support and information services, aimed to help employees in both their work and personal life. We are currently working towards updating our company Pension Scheme.

Before joining ABI Ireland, I qualified with a Diploma in Human Resource Management and worked as a Recruitment/HR Consultant within recruitment, retail, catering, public and ICT sectors. In ABI Ireland's busy HR Department, I work closely with the HR Manager, Training Manager Family Carer Training Coordinator and the Project Manager. We are based in the National Office in Dun Laoghaire.

Lorraine

What is Quality? By Steve Orme, Regional Manager

The term **quality** is often used in a vague way. If someone talks about **working on quality**, they may simply mean activities designed to improve the organisation and its services.

Quality is essentially about learning what you are doing well and continuously improving. It also means finding out what you may need to change to make sure you meet the needs of persons served. Quality is about:

- Knowing what you want to do and how you want to do it
- Learning from what you do
- Using what you learn to develop your organisation and its services
- Seeking to achieve continuous improvement
- Satisfying your stakeholders - those different people and groups with an interest in your organisation

ABI Ireland's Quality Initiatives 2009 - 2010

- ✓ Achieved continued CARF accreditation
- ✓ Conducted Internal Quality Survey related to CARF & HIOA standards
- ✓ Conducted Quality driven internal service inspections
- ✓ Development of ABI Ireland Quality Assurance Policy

ABI Ireland's Annual Quality Assurance Calendar

May:	ABI Ireland Annual Internal QA ¹ Survey
June:	Annual Internal QA Survey Visits
October:	ū·spēq [®] Survey
November:	Family Survey & Stakeholders Survey

¹ QA, Quality Assurance

ū·spēq[®] 2010

Thank you to everyone who just took part in our annual satisfaction survey. There was a tremendous response, with a return rate of up to 80%. The completed questionnaires have now been sent to ū·spēq[®] who will collate and analyse the responses. We will update further when we have received the final survey report.

Bike to Work Scheme

We are pleased to announce that Acquired Brain Injury Ireland has introduced the tax incentive scheme "Cycle to Work". The scheme facilitates employees to avail of the tax incentive towards the purchase of a bicycle for use on journeys to and from work.



The proposal is exempt from tax, whereby an employer and employee may enter into a salary sacrifice arrangement. The employee agrees to forego part of his or her salary to cover the costs associated with the purchase of the bicycle/safety equipment. If there is exceptional demand for the scheme in any one year we may phase in applications over the year. Contact: Lorraine T: 01 280 4164 Ext:205



ABI Ireland strongly recommends that helmets and hi-visibility clothing are always worn when cycling - *Mind Your Head*

ABI Ireland: People & Places

Cycling around the Ring

The annual Ring of Kerry Charity Cycle took place on the first Saturday in July. Now in its 27th year, the cycle raises money for locally based charities which this year, for the first time, included ABI Ireland South/Midwest Region. David McCarthy (pictured opposite), Administrator with ABI Ireland, Paul Hussey, Donna Doolan and Eimer Murphy all completed the 112 mile cycle to raise much needed funding for our services in Kerry.

David reported that although there were tough sections of the race it was made easier by the company and chat of his mate Paul. ABI Ireland is indebted to the Ring of Kerry Charity Committee who presented ABI Ireland with a most generous cheque for €2,000 on 8th October. Congratulations and sincere thanks to everyone involved.



Rothwell Plaque Winner

Thomas Gilsenan is a resident in ABI Irelands *Assisted Living* residential service in Mobhi Road, Glasnevin. This year Tommy took part in the annual bowling competition run by the Active Retirement in the ALSAA sports centre, Santry. This competition took place over four weeks in July and Tommy finished up as the overall winner. He was presented with the Rothwell Plaque which he will return next year when he will also, hopefully, defend his title.



Welcoming Team at Sleazy Kelly Gig

Sleazy Kelly Gig

Our team in Tallaght organised a gig and raffle in the Garda Club Harrington Street, in aid of ABI Ireland on 6th August. Entertainment was provided by the band Sleazy Kelly, with vocalist Kate McGowan, who belted out amazing songs which had everyone on the dance floor throwing some impressive shapes!

It was a great social evening with clients, family members and friends all chatting, laughing and dancing the night away. Over €1,500 was raised through the event. Very special thanks are extended to the Garda Club, Sleazy Kelly, and local businesses for generous donations of venue, music and raffle prizes. The team also wish to thank everyone who turned up on the night and made the gig so memorable.

Co. Longford Tractor Run

1st August: Mostrim and District Vintage Club held a tractor run in Co. Longford & raised over €11,000 for Acquired Brain Injury Ireland. 104 tractors & drivers were greeted by Michelle Nulty (club secretary) and her husband Cormac for registration and breakfast in Edgeworthstown. Fifteen local volunteers, including Mary Heffernan, ABI Ireland's Regional Manager & her energetic team, did the roving bucket collection. The thirty mile route took in Ballinalee, Cullyfad, Longford Town, Moydow, and Ardagh ending up in Edgeworthstown for a barbeque in The Mostrim Arms. ABI Ireland was overwhelmed by the support and generosity shown by the local people. Our deepest gratitude is extended to the Mostrim and District Vintage Club and everyone who gave their time, energy and money to support this event. A DVD (€5) of the event is available. Contact Michael on 087 262 5134 or Andy on 087 214 5047 & support ABI Ireland.



ABI Ireland's Katie "Penelope Pitstop" Cunningham on a Massey Ferguson

New Resource Centre in Limerick

An Open Day was held on 31st August. This attracted many enthusiastic supporters who voiced their satisfaction with the establishment of the new service and made great suggestions for the service.



The centre was developed to enable people to meet, access information, link with our team, attend short training courses and participate in group work sessions. The centre is also the base for our Community Rehabilitation Team. A number of other exciting new activities have been planned for the rest of the year and 2011. Contact Alan O'Connell: 061-307073

Donegal to Sligo Cycle

On Sunday 29th August, 54 cyclists took part in the West/North West's inaugural fundraising cycle from Letterkenny to Sligo – a distance of 80 miles – to raise awareness and vital funds for ABI Ireland.



Collectors were on the streets as they travelled through Ballybofey, Bundoran and Sligo town. The weary travellers were greeted by applause, hot meal and a piper when they crossed the finishing line at ABI Ireland's Community Brain Injury Transitional Living Unit in Tonaphubble

The race coordinators wish to thank everyone involved, including the An Garda Síochána, Civil Defence, the media, local shops and communities as their combined efforts culminated in a well organised, successful and enjoyable day – raising over €14,000.

Rumour has it that another peddle along the N15 is planned for 2011.

Diary Dates

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

- **Brain Aware – Family Carers Training (see page 4)**
3rd, 10th, 17th, 24th November – Galway (Westwood House Hotel)
1st & 8th December – Contact: Una Kinane, Tel: 01 280 4164 Ext 207 or Email: ukinane@abiireland.ie
- **October 23rd** - Charity Motorcycle Ride Out & Raffle (Sligo – Ballina – Sligo) in aid of ABI Ireland 1pm, meet Sligo Rovers FC
Contact: Flash: 087 966 5636 or Dermot 087 216 0655
- **October 25th** - Dublin City Marathon
Robert Smyth from Dundalk running for ABI Ireland
- **October 28th** - Irish Health Care Awards 2010, Dublin
- **Tus Nua** (New Beginnings) Social Club for persons with ABI – recommence Galway City. Contact: Imelda Walsh, Resource Worker ABI Ireland
Tel: 091 700 210 Email: iwalsh@abiireland.ie
- **Certified Brain Injury Specialist (CBIS)**
CBIS Course Workshop – 15th & 16th November, CBIS Exams – 17th November.
Contact: Carol Rogan, Training Manager, 087 905 9634
- **November 16th** - ABILITY Matters Winter Edition submission deadline
Contact: Christine Flynn: 087 1973740 or email: cflynn@abiireland.ie
- **December 26th** - Una Murphy and colleagues from Bank of Ireland NUIG doing Fields of Athenry 10k road race on St. Stephens Day.

- **ABI Ireland**
- National Office
- 43 Northumberland Ave
- Dun Laoghaire
- Co Dublin
- Ph: 01 280 4164
- E: info@abiireland.ie
- **East / North East Region**
- Northumberland Hall
- 13 Northumberland Ave,
- Dun Laoghaire
- Co Dublin
- Ph: 01 280 4164
- E: eastnortheastadmin@abiireland.ie
- **West / North West Region**
- Regional Office
- 7 Calbro House
- Tuam Road
- Galway
- Ph: 091 700 210
- E: westnorthwestadmin@abiireland.ie
- **Midlands / South East Region**
- Regional Office
- Town Hall
- Main Street
- Cashel, Co Tipperary
- Ph: 062 64544
- E: midlandssoutheastadmin@abiireland.ie
- **Midwest / South Region**
- Regional Office
- 29 Cahereens West
- Castleisland
- Co Kerry
- Ph: 066 714 2993
- E: southmidwestadmin@abiireland.ie

Read more about ABI Ireland
www.abiireland.ie

A message from the Editorial Team

Autumn is here and we are delighted to bring to you the third issue of **ABILITY** Matters.

Our summer issue highlighted to you that **ABILITY** Matters is your Newsletter and we encouraged readers to contribute to it. Since then we have been overwhelmed by your response. Your submissions highlight not only the challenges that ABI presents but also practical solutions and positive outcomes.

Thank you to each of our correspondents and artists and apologies to those not included this time. We aim to publish a cross section of news and views but it has not been possible to feature everything received.

We have scheduled a Readers Satisfaction Survey for 2011, to ensure we continue to meet and reflect the needs of our readers.

In the meantime keep contributing, reading & circulating **ABILITY** Matters.
cflynn@abiireland.ie

Seasonal Support for People with ABI

Christmas is coming, a time when we think of others. This Christmas please help us to make a difference to someone with an acquired brain injury. Place your orders **TODAY** for ABI Ireland Christmas cards and calendars. Thank you in advance for your vital support. Check our website for more details www.abiireland.ie



Snowmen – Artist Kathleen Poff,
ABI Ireland Mid West Region

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

- | | | |
|---|--|----------------------------------|
| • BRÍ Advocacy Service | www.briireland.ie | 01 235 5125 |
| • CARF International | www.carf.org | |
| • Headway Ireland | www.headwayireland.ie | 1890 200 278 |
| • Irish Insurance Federation of Ireland | www.iif.ie | 01 676 1914 |
| • Irish Wheelchair Association | www.iwa.ie | follow links to Motoring Section |
| • National Mobility Centre | maats@iwa.ie | 045 993 094 |
| • National Rehabilitation Hospital | www.nrh.ie | 01 235 5000 |

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