



Sheehan's Rd, Newcastle West Co. Limerick, Irl EirCode: V42 EE38

info@limerickcil.com [069 77320](tel:06977320) www.limerickcil.com

WEST LIMERICK INDEPENDENT LIVING

30/05/2024

EDITION 14

IN TOUCH

A WORD FROM MARGARET

Welcome to our 14th Summer edition of our In-Touch magazine. We extend an invitation to you all to enjoy our magazine after the prolonged Winter and Spring. Here's to looking forward to longer sunny days and evenings, providing the ideal chance to recharge our batteries. Our Summer edition is bursting with activity featuring the debut of our new Solar Panels, to Cycling without Age on our greenway, to meeting our New Employee of the Season and welcoming new employees to the company. In addition to everything mentioned there's also an exciting competition with the opportunity to win a Kindle and books. Best of luck to everyone participating.

I'm thrilled to reveal the recipient of our latest Employee of the Season award. With three incredibly deserving candidates, making this decision was tough. After careful consideration, I'm excited to announce that our Summer Employee of the Season is Ethna O'Brien. Ethna truly embodies dedication and diligence in her client services, setting a remarkable standard for excellence.

As we bid farewell to our bus driver, Caroline, we reflect on her remarkable commitment to our passengers. For over two decades, she has played a pivotal role in our passenger transport service, leaving an indelible impact on countless individuals. We extend our best wishes to Caroline as she embarks on the next stage of her life. With the introduction of our new pay rates, we urge all employees to look at our, refer a friend scheme. Refer to the inside for more details. We're delighted to welcome our new PA's to WLIL! We're eager to collaborate with them to reinforce our dedication to our clients and to benefit from fresh ideas from new team members.

I'd like to encourage both clients and staff to submit their nominations for the Employee of the Season promptly, deadline is June 30th, 2024. We welcome feedback, suggestions and articles for inclusion in our magazine. We would love to hear from you; simply send an email to margaret@limerickcil.com or call 06977320.

Kind regards,

Margaret O'Connor Manager



Harnessing the Sun: Solar Panels and Sustainable Upgrades *by Gerard O'Connor*

As a nation with limited natural resources, Ireland faces unique challenges in meeting its energy demands. With limited gas supply and no domestic oil sources, our reliance on imported fuel strains our economy. The gradual phase-out of peat bogs due to environmental concerns further underscores the need for self-reliance.

West Limerick Independent Living recognizes this reality and has made a strategic decision to invest in solar energy. By harnessing the power of the sun, we not only meet our growing energy needs but also contribute to a greener future. It's a win-win—a sustainable choice that benefits both our organization and the environment.

In recent years, our office building has undergone a remarkable transformation fueled by our commitment to sustainability. While we've upgraded insulation, windows, doors, and roofing, the true star of our eco-friendly journey is the solar panel system that graces our rooftop.

Solar Panels: Generating Clean Energy

Our solar panels, like diligent sunflowers, follow the sun's path, converting its rays into electricity. With a capacity of 16 kilowatts, they're more than mere fixtures—they're our silent partners in energy conservation. On sunny days, they work overtime, powering our offices and even contributing surplus energy back to the grid.

Reducing Our Carbon Footprint

By harnessing the sun's inexhaustible energy, we've significantly reduced our reliance on fossil fuels. Our

carbon footprint has shrunk, leaving a lighter mark on the planet. It's a small step for our office, but a giant leap for our environmental responsibility.

Sustainable Upgrades: A Holistic Approach

Our insulation remains a cornerstone of our upgrades. It keeps us warm in winter and cool in summer, all while minimizing energy consumption. Our staff appreciates the consistent comfort, and our energy bills reflect the savings.

Windows and Doors: Balancing Light and Temperature

Our new windows and doors are more than aesthetic enhancements—they're energy-efficient marvels. They allow natural light to flood our workspaces, reducing the need for artificial lighting. The delicate dance between light and temperature ensures a pleasant atmosphere for our team.

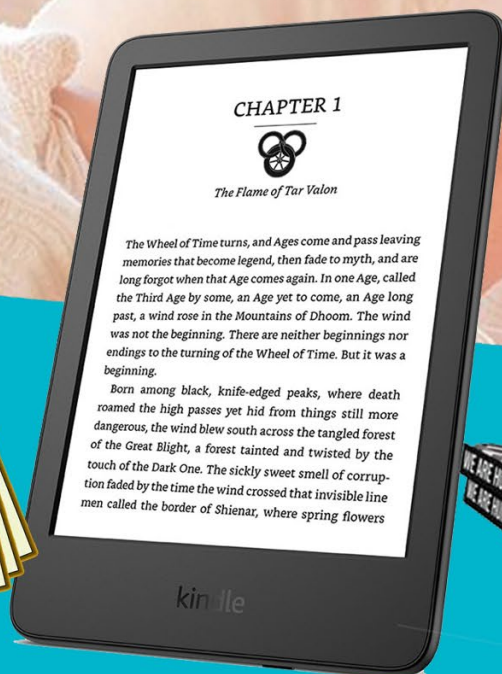
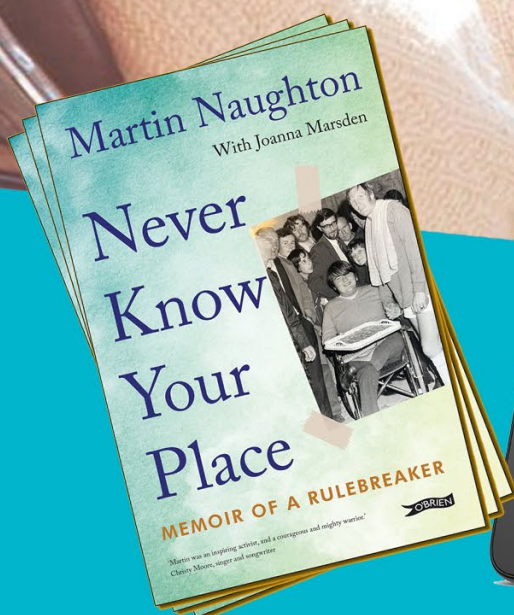
Smart Roofing Investment

Our high-standard roofing materials protect us from the elements, but they also contribute to energy conservation. Leaks and drafts are minimized, and our roof stands as a testament to longevity and practicality.

A Brighter, Greener Future

We are proud of our sustainable upgrades, and our clients appreciate our commitment to responsible practices. Together, we're writing a greener chapter—one that harmonizes with nature. Let's continue our journey toward an environmentally friendly workplace! 🌱 🏢 ☀️

GIVEAWAY



Summer Great Prize a chance to win a Kindle and Books

CELEBRATE
SUMMER
with great prizes

To enter answer the following question.
What year was West Limerick
Independent Living founded?

(A)1987 (B)1997 (C)2007

Email your answer to info@limerickcil.com
with your name and contact details.

Closing Date: Friday 12 July 2024

Competition open to Clients and Employees of West Limerick Independent Living only.
Be in early to have a chance of winning.





Local Link Limerick Clare: Connecting Communities

Local Link Limerick Clare is a not-for-profit company funded by the Department of Transport, Tourism & Sport and administered by the National Transport Authority. Their mission? To keep rural communities connected through accessible and reliable transportation.

Clare Routes

- 🚌 [318](#): Ennis to Limerick via Quin & Broadford (Daily service)
- 🚌 [331 \(1\)](#): Ballyvaughan to Ennis (Daily service)
- 🚌 [331 \(2\)](#): Ballyvaughan – Lisdoonvarna – Ennistymon to Ennis (Monday to Friday)
- 🚌 [335](#): Ennis to Kilrush via Doonbeg & Kilkee (Monday to Friday)
- 🚌 [337](#): Ennis to Kilrush via Kildysart (Daily service) and many more!

Limerick Routes

- 🚌 [520](#): Ballyorgan to Ardpark – Charleville – Doneraile (Daily service)
- 🚌 [521](#): Newcastle West to Charleville (Daily service)
- 🚌 [593](#): Ballingarry to Newcastle West via Glin & Shanagolden (Daily service)

Wheelchair Accessibility

All Local Link Limerick Clare buses are wheelchair accessible. They prioritize inclusivity, ensuring that passengers with disabilities can travel comfortably and independently. Whether it's a trip to the market or a doctor's appointment, everyone is welcome aboard.



Community Impact

Local Link Limerick Clare's accessible routes have transformed lives. From connecting students to schools to enabling seniors to visit friends, their impact is immeasurable. Let's praise the drivers, staff, and passengers who make this service thrive!

Office Address: 1 Market Place, Newcastle West, Co. Limerick. - Email: limerickclare@locallink.ie - Phone Numbers: Limerick: 069 22311 - Clare: 065 6719101 - Text, WhatsApp, and Telegram: Mobile: 087 937 4148

Opening Hours: Monday to Thursday: 8:30 am to 5:00 pm - Friday: 8:30 am to 4:00 pm - Saturday & Sunday: CLOSED

Note: The information provided here is based on available data and may be subject to updates. For the most current details, visit the Local Link Limerick Clare website www.locallinklc.ie and the Transport for Ireland booklet.



The Government Halts Proposed Changes in Disability Benefits *by Gerard O'Connor*

The government has announced **the abandonment of proposed alterations to social welfare benefits** for individuals with disabilities. The contentious proposals, outlined in a recent Green Paper, aimed to introduce a tiered allowance system pegged to one's ability to work and the nature of their disability.

Critics, particularly disability activists, opposed the plan, they argued that such measures would contravene the principles of the UN Convention on Human Rights, advocating for a social model approach over a medical one. Moreover, activists highlighted the systemic barriers faced by disabled individuals in accessing employment, asserting that the proposed tiered system would not address these issues effectively.



Social Protection Minister Heather Humphreys, in a recent statement, acknowledged the significant apprehensions surrounding the proposals. She affirmed that, following extensive consultations, the government would not proceed with the Green Paper recommendations. Taoiseach Simon Harris has promised the establishment of a new special Cabinet Committee on Disability. He stated "As a Government, we now need to have a fresh look at how we can best support people with disabilities and I believe this will be best done on a whole-of-Government basis through the new Cabinet committee."

West Limerick Independent Living welcomes this decision of the government. There now needs to be a focus on delivering meaningful positive change to address ongoing disability poverty, and the rising extra cost of disability. Given that 1 in 2 people unable to work due to disability currently live in deprivation, reform is urgently needed.

☀ REFER A FRIEND AND GET REWARDED! ☀

Do you love working here? Share the love with your friends and earn rewards! Our Refer a Friend program is back, and it's better than ever. Here's how it works:

1. Refer: Tell your friends about our great company culture, valued work, and fantastic team.
2. They Apply: When your friends apply for a position here, make sure they mention your name during the application process.
3. Win: For every successful referral, you'll receive a 🎁 €200 gift card as our way of saying thanks!

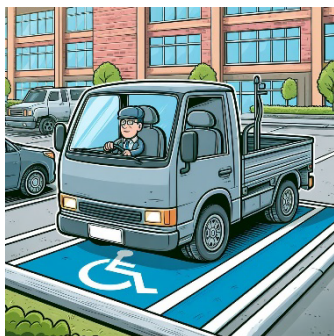


Spread the word, boost our team, and treat yourself to something special. Let's make our workplace even better together!

Questions? Contact your Service Coordinator or Manager. Happy referring! 🙌



DDAI LAUNCHES TEXT ALERT CAMPAIGN TO TACKLE ILLEGAL PARKING BY GERARD O'CONNOR



The Disabled Drivers Association of Ireland (DDAI) has initiated a campaign aimed at addressing the persistent issue of illegal parking in accessible bays. In response to the pressing need to combat illegal parking, DDAI has rolled out a text alert campaign to empower communities to take action against offenders.

Survey Insights: Recent surveys conducted by DDAI revealed that fear of physical and verbal abuse, alongside concerns for personal safety, deterred many from confronting illegal parkers. A staggering 94% of respondents expressed support for the implementation of a text alert system.

Text Alert System: Already proven successful in certain regions, the text alert system allows individuals to report instances of illegal parking swiftly and securely via text messages. This innovative approach provides a safe and convenient solution to address the issue. For further information on this story go to disabled drivers' association website ddai.ie

employee of the Season for Summer 2024



Alison Oldfield with Ethna O'Brien


West Limerick independent Living is delighted to announce the recipient of the Summer 2024 "Employee of the Season" award. The prestigious recognition celebrates exemplary dedication, exceptional performance, and a steadfast commitment to excellence among our team members. Following a thorough evaluation process involving client and colleague nominations assessed by a panel of coordinators, Ethna O'Brien emerged as a deserved recipient of this season's honour.

Ethna's exceptional capability, and unwavering determination to exceed expectations has significantly contributed to the quality of the services. Ethna's outstanding performance and positive influence on the team and West Limerick Independent Living have positioned her as an invaluable member of our team.

The Employee of the Season award underscores our commitment to acknowledging and honouring excellence within our workforce, reflecting the dedication and hard work of our employees who uphold the core values driving our organization's achievements.

West Limerick Independent Living extends heartfelt appreciation to all employees who continuously strive for excellence and contribute to our collective advancement. Congratulations again to Ethna O'Brien for being selected "the Employee of the Season" Summer 2024.

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





SABRINA DORAN
Counselling & Psychotherapy Services


Specialises: Mental Health, Addiction Services,
Trauma, Loss, Relationships, Career & Job
Stress


Integrative Therapist
BA Hons MAPCP
Limerick
t: 087 9233461
e: sabrinadoran7@gmail.com

*** **SEEKING** ***


PERSONAL ASSISTANCE
West Limerick Independent Living

 Bike to Work Scheme Service Awards Employee Wellness	 Employee of the Quarter Award Refer a Friend scheme Newsletter
--	---

 We Offer Employees
Competitive rates of pay €18.00 - €24.00 per hour. Travel Expenses and Pension Scheme.
Subsidised Training QQI Fetic Level 5

 A personal assistant can provide practical support to individuals with disabilities in various ways, including physical assistance, daily living tasks, communication support, transportation, household chores, workplace assistance, advocacy, and help with adaptive technology. The goal is to empower the person with a disability to lead an independent and fulfilling life.

ALL APPLICATIONS WELCOME
Tel 069 77320 or
Email margaret@limerickcil.com

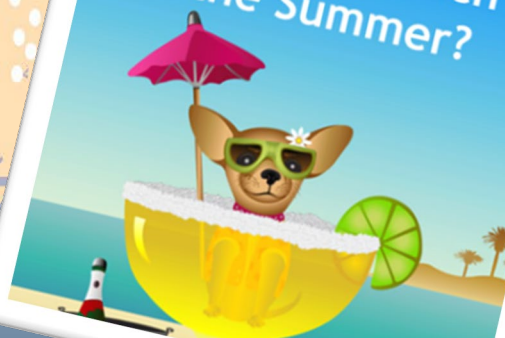


Summer Activity Page

Why do bananas use sunscreen?



What do you call a dog on the beach in the Summer?



HELLO SUMMER!



C S J R G S W I M S U I T S X Z X B
L B M I S U N S H I N E A Z P I F U
F E E S A N D C A S T L E S R B L Y
R A M P R E L A X F R U I T A P O L
I C O O Z N L C A M P I N G Q O W E
E H R U N F I R E W O R K S R O E M
N O I Y U A R J F U N V A J F L R O
D T E K Q L D S W I M M I N G G S N
S P S V N Q C E F L I P F L O P S A
I K P O P S I C L E S E W P Y F C D
G B A R B E C U E X O W A J B M S E
U A M V A C A T I O N B I K E S H R

BARBECUE
BEACH
BIKES
CAMPING
FIREFWORKS
FLIPFLOPS
FLOWERS
FRIENDS

FRUIT
FUN
HOT
LEMONADE
MEMORIES
POOL
POPSICLES
RELAX

SANDCASTLES
SUNSHINE
SWIMMING
SWIMSUITS
VACATION



Welcoming New PA's

Greetings from West Limerick Independent Living. We are delighted to announce the addition of new members to our team of Personal Assistants. These individuals bring with them a wealth of experience and a shared commitment to our mission: empowering our clients to lead independent lives within their communities. Please join us in extending a warm welcome to our newest colleagues. We encourage all to reach out to them and make the new members feel welcomed.

Below is a glimpse into the fresh perspectives from our new team members as they share their initial impressions and excitement about their roles:



Natalie Keane

"My name is Triona Sexton, and I started working with WLIL in January this year. Having cared for my late Mum and Aunt in recent years I felt that a career in the caring sector was something I would love. After fifteen years out of work looking after three kids and caring for my mum and aunt, I knew this was the right job for me. Nearly six months employed with WLIL I quickly adjusted into the life of caring for people with special needs. I find the job very rewarding and fulfilling."



Triona Sexton

"The clients I go to are very appreciative of the help I give them. The coordinators and Personal Assistants I work with are very professional and their support and knowledge has helped me greatly. I am currently doing training courses within the job to better my skills. The hours are suitable to my own needs which is also very helpful. I would recommend anyone who is seeking work in the caring sector to do what I am doing as it's a rewarding fulfilling job in the client's home environment!" ~Triona



"I'm loving the role and the team we have" ~ Bridie

"I am very grateful for the opportunity and support from WLIL, and I am very happy to have such wonderful colleagues, who have guided me through my beginnings. I'm glad to be a part of a community dedicated to helping others" ~ Veronika

Veronika Kubale

Also, we send our heartfelt wishes to two of our Personal Assistants, Amanda Keane and Camila De Lima, as they bid farewell to West Limerick Independent Living. As you embark on new journeys, we want to express our gratitude for the positive impact you've had during your time at West Limerick Independent Living. We wish Camila and Amanda all the best in their future endeavours. May your paths be filled with success and fulfilment.

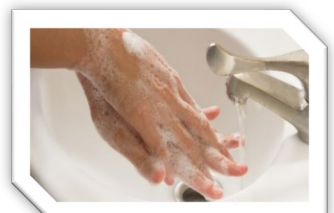


Bridie Dalton

Additionally, we would like to extend our recognition and gratitude to all our Personal Assistants for the exceptional support they provide to both clients and fellow employees. Thank you for your dedication and commitment to making a positive impact on the clients we support.

At West Limerick Independent Living, we are constantly seeking to expand and enhance the services we provide to our clients. We believe that every individual has the right to live independently and with dignity, and our dedicated team of Personal Assistants plays a crucial role in making this possible.

Hand Hygiene: Did you know handwashing can prevent 1 in 3 diarrhoeal illnesses and 1 in 5 respiratory infections, like colds or the flu. Proper hand hygiene using alcohol-based handrubs can reduce infections and related deaths by 50%. These points highlight the critical role of handwashing in maintaining public health. Clean Your Hands campaign by WHO, celebrated annually on May 5th, emphasizes the importance of hand hygiene in health care.



Empowering Inclusion: The Intersection of Technology and Disabilities in Ireland *by Alison Oldfield*

In Ireland, in recent years, there have been significant developments in technology to support people with disabilities hereby assisting them to live a more independent life. Earlier this year, it was announced by the government that a further €750,000 in funding was approved for projects under the HSE's CREATE (Cooperative Real Engagement for Assistive Technology Enhancement) initiative.



This is in conjunction with Ireland's Digital Roadmap and goal to make the country one of the most digitally inclusive states in Europe. Therefore, In the future, there will be further improvements in this area which is positive news for people living with a disability and the disability sector. Over the years, there have been a number of areas of advancement which include assistive devices, accessible technology, digital inclusion and innovation in technology.

Assistive devices are far ranging from simple devices i.e. hearing aids to more complex devices i.e. AAC (augmentative and alternative communication devices). These devices have transformed how people living with a disability navigate their daily lives by assisting ability. The future will continue to see improvements in assistive devices that will be more advanced and accommodate a wide spectrum of needs.

Accessible Technology includes technology i.e. voice recognition and screen readers. Screen readers allow people with visual impairments to access information on technological devices. The use of accessible technology will continue to grow in Ireland, making daily tasks easier for individuals with disabilities. Organisations including the HSE have initiated projects which train staff and support service users in Assistive technology (AT). Digital inclusion covers education, training courses and resources which have been developed to cater to the needs of people with a disability and ensure they have the necessary skills to use technology for assistance. For example, many universities in Ireland including UL have embraced digital inclusion with accessibility hubs and digital inclusion courses.



Additionally, major companies such as Oracle have assistive technology and disability inclusion programmes to promote hiring and supporting people with disabilities in the workplace. Innovation in Technology includes partnership between various stakeholders on initiatives and projects which is key to driving advancement. By collaborating and sharing ideas which includes involving people with disabilities, it will lead to further advancements in technology which is solutions focused. One partnership includes Google's recent opening of the "Accessibility and Discovery Centre" in Ireland which is leading research and innovation in Assistive technology including a section on virtual reality and gaming where virtual reality is used as a tool to create amazing experiences for people who are visually impaired and have other impairments.

In conclusion, the future of technology and disabilities in Ireland is bright, with advancements in assistive devices, accessible technology, digital inclusion, and innovation in technology which will continue to drive positive change and social inclusion. However, it is crucial for continued investment and education in this area, for Ireland to become more digitally inclusive.

A Summer's Evening

As the evenings grow long,
We embrace the summer light,
Sitting outside in the garden,
Enjoying the evenings bright.
Listening to the bird song,
And the children play sing along.
Watching the pretty wildflowers,
With the breeze they sway.
The scent of fresh cut grass
Is carried through the air.
Without a worry or care,
Time is slow to pass,
On a Summer's evening.

by Alison Oldfield



SAFETY AT WORK AND OUTSIDE OF IT: *by John O'Farrell*

Following an invitation to Spinal Injuries Ireland to address a group of workers who were involved in the construction of a new and very large facility in Limerick, I was asked to take part.

On the appointed day, we were told that there was over 2000 skilled traders' people on site. Together with two other reps from SII we spoke of safety in the workplace and everyday life. I spoke of the consequence of spinal cord injuries. I told them of the changes to my own life and my family. Daily activities like getting out of bed and showering were now only possible through the care and professionalism of WLIL and its caring and capable staff.

My lifelong passion for gardening and growing things had to take a back seat. Future plans for travel with my family also changed, which leads me back to consequences of driving tired after a hard day. Why not take a quick 15-minute power nap where you can safely pull off the road. Why not turn off your mobile phone when driving, or when at work think about your safety and those of your work colleagues.

Most Accidents are just that – Accidents but many more are consequences of not doing the right thing or the safe thing.

Our audience of about 60 listened carefully and asked pertinent questions which was encouraging.

I could with some thought write a lot more of these issues, but just think safe and practice safe.



**Save the Date for
Make Way Day
on Friday 27 September 2024**

**www.makewayday.com
#MakeWayDay24**

Make way on our streets for people with disabilities!

A Moment for Mindful Visualization Techniques: *by Laura Mulqueen*

Mindful visualization techniques involve the deliberate use of mental imagery to enhance relaxation, focus, and overall well-being. These practices integrate mindfulness, which is the focused awareness of the present moment, with visualization, where one creates vivid and detailed mental images.

By combining mindfulness with visualization, individuals can reduce stress, improve concentration, and foster a more positive mindset.

One might visualize a serene beach, imagining the sound of the waves, the warmth of the sun, and the feel of the sand to induce relaxation.

Another technique is the "Mountain Visualization," where one envisions themselves as a sturdy mountain, unwavering and calm despite external conditions, fostering resilience and stability.

Another good technique for when life becomes busy, is to visualise a backpack, or bag of choice. See yourself carrying it, feel the weight of the bag and its contents aka: "the to do's", feel the bag against your back or in your hand, feel the straps of the bag close against you, it may be pulling a bit against your skin, feel the texture of the weave of the straps indenting your skin, fill in all the details as if you were physically carrying a heavy bag. Once your mind recognises the weight, visualise yourself putting it gently down in a place of your choosing. Step back and notice the difference of how you feel without the weight of the bag on your back or in your hand. It's a great way to check in with yourself to make a conscious decision of whether to add another "to do" to the bag.

Róisín Ní Ríain: A Rising Star in Irish Para Swimming

by Gerard O'Connor

A big congratulations to all the Irish para swimming team who have recently achieved remarkable success with an impressive medal haul at the Para Swimming European Championships in Madeira, Portugal. Over the course of the week, the six swimmers secured 12 medals, including three gold medals between Róisín Ní Ríain and Nicole Turner. This successful performance serves as a crucial test ahead of the Paralympic Games in Paris later this year. It's a proud moment for the Irish para swimming team and an inspiration to many!

In the realm of para swimming, Róisín Ní Ríain has emerged as a formidable force, captivating audiences with her extraordinary performances. Hailing from Drombanna Co. Limerick, Róisín secured an impressive three medals, she won two gold medals in the 100m backstroke S13 and the SB13 100m breaststroke events, and also claimed a silver medal in the 100m butterfly. Her outstanding performances showcased her talent and determination in the pool. 🏊‍♀️ 🥇 🥇 🥈



Róisín Ní Ríain

As a student at UL, Róisín's unwavering commitment to swimming has been nurtured by the support of her local community, serving as a beacon of inspiration for aspiring athletes in the region. With a steadfast focus on continuing her trajectory of success and further solidifying her standing in para swimming, Róisín's journey serves as a testament to the power of perseverance and dedication. Her spirit and remarkable skill set her apart in the world of para swimming, with the whole community eagerly awaiting her future triumphs.

Róisín's narrative serves as a reminder that dreams are within reach for those who dare to pursue them with unwavering commitment and passion. As we eagerly await her next chapter in the pool, let us celebrate her journey and the impact it continues to have on the world stage.

Caroline Murphy: A Legacy of Commitment by Gerard O'Connor

Caroline Murphy's unwavering commitment to West Limerick Independent Living passengers has left a lasting mark, for over two decades, she has been an integral part of our passenger transport service, touching the lives of countless individuals. Caroline's journey began as a passenger assistant on our accessible transport service. Her warm smile and genuine care made her popular among passengers. Whether it was helping a person board the bus or ensuring a passenger with mobility difficulties felt comfortable, Caroline approached her role with empathy and dedication.

Caroline's path intersected with that of the late Dennis Leonard, a mentor and friend. Under Dennis's watchful eye, she navigated the challenges of her driving test. His patient guidance and unwavering belief in her abilities fueled her determination. When Dennis sadly passed away, Caroline stepped into the driver's seat.



Margaret O'Connor & Caroline Murphy
receiving her presentation.

Caroline's transition from passenger assistant to driver was nothing short of inspiring. She conquered nerves, honed her skills, and embraced the responsibility of transporting our passengers safely. Caroline's bus became a hub of laughter, stories, and shared moments. Whether it was a friendly chat about the weather or a comforting smile during a challenging day, Caroline made everyone feel valued.

Recently, Caroline revealed her intention to depart. As she embarks on a new chapter, we express our deepest gratitude. Her dedication, resilience, and compassion have shaped our transport service. Remember that sometimes the most profound impact is made by those who quietly work, leaving behind ripples of kindness and connection. We wish Caroline well on her next adventure.

Cycling Without Age

*Everyone should have the opportunity to get out and about,
to enjoy life in their community, to have fun, freedom,
and the chance to become an active citizen again.*



Clara Clark, CWA Ireland founder with passengers.

Cycling Without Age

Limerick Sports Partnership have recently purchased two Trishaws (One for Limerick city and the other for West Limerick on the Greenway). It is a method of being outdoors on a bicycle for those with reduced mobility. The Trishaw will be available to book through Barnagh Hub for free once pilots are trained.

The volunteer pilots give their free time, their energy, they create inter-generational links, and keep fit! We invite companies, organisations, Local Sports Partnerships, care homes and community units to join us in getting people out into their neighbourhoods, having fun and the freedom to enjoy the fresh air on these specially designed trishaw bicycles. WWW.CYCLINGWITHOUTAGE.IE

Pilot training will be happening, you can see more details here - [Trishaw Pilot Training | Limerick Sports Partnership](#), so please let us know if you would like to know more. It is a brilliant initiative for someone with a disability or reduced mobility to get outdoors and enjoy a cycle along the Greenway!

If you have any questions please do not hesitate to reach out,

Sally Wilson
Sports Inclusion Disability Officer
Limerick Sports Partnership
T: 061- 524 976
E: swilson@limericksports.ie
W: www.limericksportspartnership.ie



Clara Clark & Charles Mollan are volunteers who love cycling and brought this voluntary initiative to Ireland in 2017.



CONTACT US: Cycling Without Age Ireland founder: Clara Clark. Tel: 087-2515439 Email : clara@cyclingwithoutage.ie

Alzheimer's disease prevention

Let's explore some evidence-based strategies for Alzheimer's prevention. While there's no guaranteed way to prevent Alzheimer's disease, adopting a healthy lifestyle can significantly reduce your risk. Here are some key practices:

1. Physical Activity:

- Be Active:** Regular physical activity is essential. Engage in aerobic exercises like walking, swimming, or jogging for at least 150 minutes per week.
- Benefits:** Exercise improves blood flow to the brain, supports brain health, and may reduce the risk of cognitive decline.

2. Blood Pressure Management:

- Control Hypertension:** High blood pressure (hypertension) is a risk factor for cognitive decline. Aim to keep your blood pressure within a healthy range.
- SPRINT-MIND Study:** Lowering systolic blood pressure (the top number) to below 120 mmHg (rather than the standard 140 mmHg) reduced the risk of mild cognitive impairment (MCI).
- Brain Health:** Good blood pressure management supports brain health and reduces the risk of dementia.

3. Healthy Diet:

- Balanced Nutrition:** Consume healthy, balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Omega-3 Fatty Acids:** Include foods high in omega-3 fatty acids (e.g., fatty fish, walnuts) to support brain function.
- Antioxidants:** Antioxidant-rich foods (such as berries) may protect brain cells from damage.

4. Mental Stimulation:

- Cognitive Skills:** Keep your brain active! Engage in activities that challenge your memory, problem-solving, and thinking skills.
- Learn New Things:** Learn a new language, play musical instruments, solve puzzles, or read regularly.

5. Social Engagement:

- Stay Connected:** Maintain social connections with family, friends, and community.
- Social Activities:** Participate in social events, clubs, and group activities to stimulate your mind and emotional well-being.

6. Quality Sleep:

- Prioritize Sleep:** Aim for 7-9 hours of quality sleep each night.
- Brain Restoration:** Sleep is crucial for memory consolidation and overall brain health.

7. Avoid Smoking and Excessive Alcohol:

- Quit Smoking:** Smoking harms blood vessels and increases the risk of cognitive decline.
- Limit Alcohol:** Excessive alcohol consumption can negatively impact brain health.

8. Head Injury Prevention:

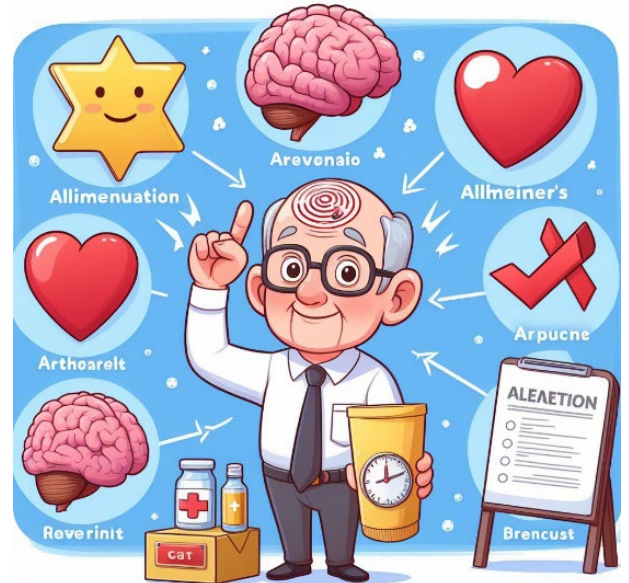
- Protect Your Head:** Avoid head injuries. Use helmets during sports or activities that pose a risk of head trauma.

9. Manage Chronic Conditions:

- Diabetes Control:** Manage diabetes effectively, as uncontrolled diabetes may increase dementia risk.
- Heart Health:** Cardiovascular health is linked to brain health. Reduce cardiovascular risks through diet, exercise, and regular check-ups.

10. Stay Mentally and Emotionally Resilient:

- Stress Management:** Chronic stress may affect brain health. Practice relaxation techniques, mindfulness, and stress reduction.
- Seek Support:** Reach out to friends, family, or professionals if you're feeling overwhelmed.



Remember that these practices contribute to overall well-being and may help reduce the risk of Alzheimer's disease. Consult with healthcare professionals for personalized advice and guidance. For further information on Alzheimer's disease prevention - HSE.ie. <https://www2.hse.ie/conditions/alzheimers-disease/prevention/>.

Facts about Sunscreen

Choose a broad-spectrum (provides UVA and UVB protection) water-resistant sunscreen:



SPF 30 plus for adults
SPF 50 plus for children
SPF protects against UVB



Reapply every 2 hours,
or more often after
swimming, towel drying
or sweating



Star rating of 4 or more
to protect against UVA
or has a UVA logo on
the bottle



The higher the price of
sunscreen **does not mean**
a better product or better
protection



Apply 20 minutes
before going into
the sun



No sunscreen offers 100%
protection from UV radiation;
it should be used as the last
line of defence after clothing,
a wide-brimmed hat,
sunglasses and shade.



Apply generously
and use more than
you think you need



Check the sunscreen's
expiry date and store in
a cool dry place



National Cancer
Control Programme



For more information on being SunSmart visit www.hse.ie/sunsmart

Follow the SunSmart
5 S's to reduce your
risk of skin cancer



Slip on clothing that covers
your skin



Slop on sunscreen on exposed
areas using factor 30+ for adults
and 50+ for children



Slap on a wide-brimmed hat



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



Slide on sunglasses

Do not deliberately try to get a suntan.
Avoid getting a sunburn. **Never use a sunbed.**

Be SunSmart
www.hse.ie/sunsmart



National Cancer
Control Programme

STOP

It's never ok to use a sunbed

Sunbeds produce Ultraviolet
(UV) radiation that can damage
your skin.



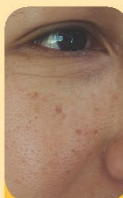
Using sunbeds can cause:



Increased
risk of skin
cancer



Sunburn



Age spots,
pigmentation,
freckles



Wrinkles and
other signs
of premature
ageing



Leathery
skin



Be SunSmart



National Cancer
Control Programme

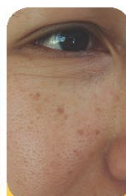


Protect your skin from UV

Ultraviolet (UV) radiation from the sun and
sunbeds damage your skin and can cause:



Sunburn



Age spots,
pigmentation,
freckles



Increased
risk of skin
cancer

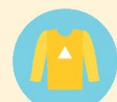


Leathery
skin



Wrinkles and
other signs
of premature
ageing

Before you go outdoors, check the UV index at met.ie/uv-index
If it is 3 or above follow the SunSmart 5 S's. Especially between the
hours of 11am and 3pm, from April to September in Ireland.



Slip on
clothing



Slap on
a hat



Slop on
sunscreen



Seek
shade



Slide on
sunglasses

Be SunSmart



National Cancer
Control Programme



Accessible-Friendly Free Activities for Summer in the South of Ireland *by Laura Mulqueen*

The south of Ireland, known for its stunning landscapes, rich history, and vibrant culture, offers a plethora of free activities that are accessible-friendly. Whether you're exploring scenic parks, visiting historic sites, or enjoying cultural events, there are plenty of options to ensure an enjoyable and inclusive summer experience.

1. Exploring National Parks and Gardens

The south of Ireland boasts some of the most beautiful national parks and gardens, many of which are designed to be accessible for all visitors.

- **Killarney National Park, County Kerry:** This park is a jewel in Ireland's crown, offering accessible paths around Muckross House and Gardens. The paved paths provide easy access to the stunning lakes, mountains, and woodlands, making it perfect for a leisurely stroll or a picnic.
- **Fota Arboretum and Gardens, County Cork:** Located on Fota Island, these gardens are part of the larger Fota Wildlife Park. The gardens have wheelchair-friendly paths, allowing visitors to enjoy the diverse plant collections and beautifully landscaped grounds.



2. Historic Sites and Museums

Immerse yourself in Ireland's rich history by visiting its many accessible historic sites and museums, many of which offer free entry.

- **Cork Public Museum:** Situated in Fitzgerald Park, this museum provides accessible facilities and exhibitions that delve into the history and culture of Cork. The surrounding park is also accessible, with smooth paths and beautiful gardens.
- **Desmond Castle, County Limerick:** While the castle's interior may have limited accessibility, the surrounding grounds and some exterior areas are accessible, offering a glimpse into Ireland's medieval past.

3. Scenic Coastal Walks and Beaches

The south of Ireland is renowned for its picturesque coastline, with accessible beaches and coastal walks that provide stunning ocean views.

- **Inchydoney Beach, County Cork:** Known for its accessible boardwalks and facilities, Inchydoney Beach is perfect for a relaxing day by the sea. The gentle slope of the beach and the availability of beach wheelchairs make it an ideal spot for everyone.
- **Tramore Beach, County Waterford:** This popular beach offers accessible parking and pathways, ensuring that visitors can easily enjoy the sand, sea, and local amenities.

4. Nature Trails and Wildlife Parks

Experience the natural beauty and wildlife of the south of Ireland with accessible nature trails and parks.

- **Doneraile Wildlife Park, County Cork:** This park features smooth, accessible trails through scenic woodlands and grasslands. It's home to a variety of wildlife, including deer, making it a delightful spot for nature lovers.
- **Lismore Heritage Centre and Gardens, County Waterford:** While the historic buildings may have limited access, the gardens and surrounding areas are accessible, providing a peaceful and beautiful setting for a summer day out.

5. Community and Cultural Events

The south of Ireland hosts numerous free festivals and cultural events throughout the summer, with many ensuring accessibility for all attendees.

- **Clonmel Junction Arts Festival (July):** This vibrant festival in County Tipperary features a range of free events, including street performances, exhibitions, and workshops. The festival strives to make its events accessible with ramps, accessible seating, and facilities.
- **Cork Midsummer Festival (June):** A celebration of contemporary arts and culture, this festival includes many free, accessible events. Efforts are made to ensure venues are wheelchair-friendly and inclusive for all.

6. Accessible Picnic Spots and Scenic Drives

Enjoy a leisurely day out with accessible picnic spots and scenic drives that showcase the south of Ireland's natural beauty.

- **Gougane Barra Forest Park, County Cork:** This tranquil park offers accessible picnic areas and scenic trails, surrounded by lush forests and serene lakes.
- **Ring of Kerry Scenic Drive:** While the full drive may be challenging, many viewpoints and picnic spots along the route are accessible, providing breathtaking views of the Atlantic Ocean and the rugged Irish landscape.



JUNE 2024

Free Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health

Join us for our Recovery Education Workshops

Killaloe/Ballina Community and Family Resource Centre

**The Green
Killaloe
Co. Clare
V94 W7X6**



Weds. June 12th

10.30am – 1.00pm

Creativity for Wellbeing



In this workshop we will discuss how we can each tap into our creativity to enhance our daily lives and improve our wellbeing. We will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.

Weds. June 19th

10.30am – 1.00pm

Journaling for Wellbeing



In this workshop we will discuss how journaling can support our wellbeing and mental health. We will explore different ways to journal and learn tips and techniques to keep us motivated. Includes simple journaling prompts to get you started.

Recovery from Mental Health Challenges is Possible

For More Information or to Book a Place:

Contact: Marie Moroney – Family Support Worker

Email: marie@kbfric.ie

Phone: 061-374741

