

Photo: West Limerick Independent Living Employee of the Season Spring 2021, Kathleen O'Grady Personal Assistant with Gerard O'Connor Manager and Eimear Carroll Service Coordinator.



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🌐 www.limerickcil.com

WEST LIMERICK INDEPENDENT LIVING
26/04/2021
EDITION 2

IN TOUCH

A WORD FROM THE MANAGER

Welcome to the 2nd edition of our newsletter. With the summer coming and the restrictions easing, hopefully we will be able to get out and about a bit more and if the sun shines, there really is no better place in the world than Ireland. We were delighted with the feedback for our 1st edition and we are sure you will enjoy the latest newsletter which contains contributions from Marie Killowry, Leigh Gath, Margaret O'Brian, Eimear Carroll and I.

We are thrilled to announce the winner of the Employee of the Season, congratulations to Kathleen O'Grady who was selected as the spring 2021 winner. Kathleen's excellent performance, her great enthusiasm to learn and grow professionally, the effort and the time she has put into your job since she commenced employment with West Limerick Independent Living make her a worthy winner.

I would like to extend my sympathies to the late Danny Aherne's family, Danny who recently passed away at his home in Raheenagh was not alone a client with West Limerick Independent Living for over 20 years; he was also involved in the establishment of the company back in 1996. May he rest in peace

As always we welcome feedback and suggestions and sincerely appreciate our readers' attention. Any client can unsubscribe to this newsletter at any time, it's easy to unsubscribe via email info@limerickcil.com or phone 069 77320. I hope you enjoy this newsletter and find it both interesting and useful.

Kind regards,

Gerard O'Connor
Manager

Employee of the Season

(Spring, Summer Autumn & Winter) 2021

What Makes a Great Employee?

Great employees bring many attributes to their work; usually we think of reliability, hard work, and be nice to everyone, however that is only the tip of the iceberg. A great employee can be someone who anticipates problems that might emerge on the job. Great employees address conflict rather than avoiding it while maintaining respect for everyone in the mix. Great employees notice what is going on around them at work, and they integrate their constant learning into the way they do their jobs. Great employees form great relationships with people inside and outside the company, they know more than just the procedures their job requires. They know the reason their job exists, and that knowledge lets them work more effectively.



**Nomination Closing
Date 30.06.21**

**€400 in
PRIZES**



WEST LIMERICK INDEPENDENT LIVING CLG

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

*For further information on the requirements
of the employee of the season or an application form
contact one of our Service Coordinators on Tel: 069 77320 or
Email: info@limerickcil.com*



Danny Aherne RIP

MR. DANNY AHERN (RIP) BY EIMEAR CARROLL

We wish to pay tribute to a time-honored client of West Limerick Independent Living, Danny Aherne, who recently passed away at his home in Raheenagh. Danny was not alone a client with WLIL for over 20 years; he was also involved in the establishment of the company back in 1996. Danny was a strong advocate for the independent living movement in Ireland, a movement led by disabled people, promoting a rights-based social model of disability, challenging a charity/medical view of disability. Danny was a well-known figure within the locality and our organisation and was a character that was keen to make a friendship with all of the PAs who dedication and hard-work ensure Danny always received wonderful support. Danny was a man that wanted to make sure the job was done but was determined to make sure it was done while having a laugh and a joke. Sadly missed by his family, PA team and all at West Limerick Independent Living.

SEEKING SUPPORT BY MARIE KILLOWRY

Good afternoon my name is Marie Killowry and I am a full time Carer for my husband John who has a range of physical and mobility issues associated with type 2 Diabetes. We both have received tremendous support from West Limerick Independent Living. Having this support has been and continues to be invaluable. I would like to take this opportunity to thank everyone in WLIL for their continued assistance and advise. I never feel truly alone as there is always some member of the team at the end of a phone.

In the beginning while I was caring for John, I was unaware of the organisation called Family Carers Ireland however when I made contact with them, I felt I had found a space for me as a carer with people who understood me. This is especially important as being a carer is often very isolating. My confidence was at an all-time low. Initially I began to engage with Monthly coffee mornings in Limerick city. This has now been developed in Newcastle west Co. Limerick. From there I attended a range of different workshops from mindfulness to Assisted Technology Webinars. I am very much involved with the Limerick office and have developed close friendships and a solid support structure.

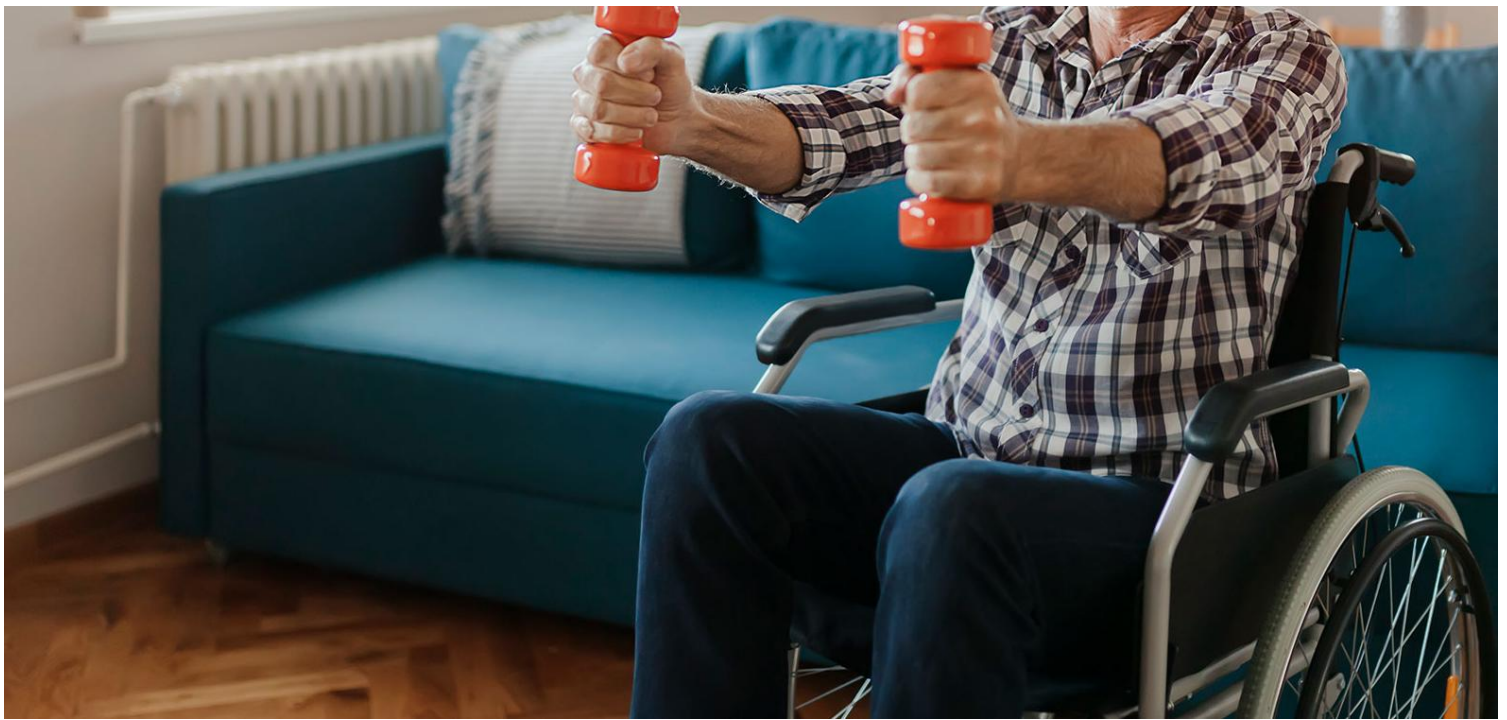
The FCI organisation provides a range of services for Carers, from the provision of supports to Family Carers to the provision of Respite Hours to over 65 years. Their website www.familycarers.ie will explain these in more detail. Since Covid all of the support services under the guidance of Jean Ryan Family Carer Support Manager (061 310434) or (086 7807892) jryan@familcarers.ie are now online.

In terms of living with Covid for John & I, it has been made easier and a lot more manageable by the continued assistance from C.I.L in our home and also by the range of online supports provided by FCI on Zoom.

The amount of supports provided during Covid is testament to the hard work of this organisation every week there a number of sessions that Carers can avail of these range from Chair Yoga, Music, quiz nights, Mindfulness and Meditation & Bingo & Peer Support groups.

Counselling services are provided by FCI which is a very important support to family Carers. In conjunction with University of Limerick and the Access Campus in Roxboro a number of initiatives have been organised from Occupational Therapy and exercise classes to yoga to name but a few.

Other types of supports include information workshops on specific areas e.g. Dementia & Autism etc. while also providing regular updates on Rights and entitlements of Carers. It is hoped post Covid that we as family carers will be back doing most of these activities in person. To conclude I believe awareness of what supports are available to us is very important once we are aware, we can choose to avail of services and supports.



KEEPING ACTIVE THROUGH LOCKDOWN BY GERARD O'CONNOR

With Coronavirus dominating the headlines exercise is probably the last thing on your mind. However, exercise is the perfect way to keep your mind and body healthy during the COVID-19 lockdown. Many people are being requested to stay at home and self-quarantine. Fitness centers and other locations where individuals are normally active, remain temporarily closed.

Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. Sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being and quality of life of individuals. Self-quarantine can also cause additional stress and challenge our mental health. Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time.

The World Health Organisation recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space. The following are some tips on how to stay active and reduce sedentary behaviour while at home in self-quarantine:

Follow an online exercise class. To stay active many people have gone on-line and follow keeping active websites where people can take part in regular exercise, gym classes, yoga etc. Take advantage of the wealth of online exercise classes. Many of these are free and can be found on YouTube. If you have no experience performing these exercises, be cautious and aware of your own limitations.

If you can; push your wheelchair or walk. Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least a 2-meter distance from other people.

Short bouts of physical activity add up to the weekly recommendations. Some suggested to - stay active every day, dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.

Reduce your sedentary time by standing up whenever possible. During leisure time prioritize cognitively stimulating activities, such as reading, board games, and puzzles. While relaxing, meditation and deep breaths can help you remain calm. Also it is also important to remember to eat healthily and stay hydrated.



MAKE WAY DAY WILL TAKE PLACE ON FRIDAY, SEP 24TH, 2021. SAVE THE DATE

“Make Way Day” is a campaign that brings the disability and wider community together to consider the needs of people with disabilities in the public spaces we all share. It is led by the Disability Federation of Ireland and is a unique collaboration across Ireland and the voluntary and local government sectors. But most of all it’s about people with disabilities. But everyone can get involved. And everyone should get involved because we’ve discovered thoughtlessness is the big issue. We’ve compiled a terrible top three of obstacles that stop people with disabilities in their tracks. Cars parked on footpaths, Bicycles illegally parked and Bins left on footpaths. “Hey, this blocks my way!” is the message. For further information go to makewayday.com

10 THINGS – YOU KNOW YOUR IN IRELAND WHEN:

1. Tea will solve all your problems
2. Everyone is a big bit obsessed with the weather.
3. You accept the fact that the main evening news is on at a minute past six, no questions asked.
4. You believe that “your man” and “your one” are perfectly valid descriptors of people.
5. You don’t question the existence of red lemonade.
6. Your always ‘grand’
7. You wouldn’t dare leave the immersion on.
8. A proper dinner must consist of potatoes
9. Granny must light a candle to make sure you pass your exams
10. Finally and the most important.....Flat 7up cures all illnesses.



Just when the caterpillar
thought the world was
ending, it turned into
a butterfly

Confidential Recipient

Do you feel safe?

Are you worried
about a loved one in this service?

Have you seen
something that you want to report?



**My name is Leigh and I am
the Confidential Recipient.**

If you are worried about a vulnerable adult in this or any HSE funded residential service, or if you are a resident and you need help or advice - **you can talk to me in safety and confidence.**

**LoCall:
1890 100014**

My job is to help anyone who feels they are being treated badly in HSE funded residential services. I am independent of the HSE, and you can contact me by phone, email or post at:

leigh.gath@crhealth.ie
Vocational Training Centre,
Dooradoyle, Co. Limerick.

CONFIDENTIAL RECIPIENT

My name is Leigh Gath. I am a mother, wife, author, disability activist and advocate. I also have a disability (no arms or legs) and use PA services through West Limerick Independent Living to allow me to live the life of my choosing independently. This enables me to work full-time as the Confidential Recipient for the Health Service Executive (HSE).

My role is to act as a voice for people with disabilities and/or older people who receive services funded or partially funded by the HSE. This means if someone feels that they, or someone they know, is suffering abuse, bad practice or neglect in the services they receive, they can report this through my office. It is then my job to make sure this concern gets to the correct person in the HSE. They then report back to me on how they solved the concern or what they are doing to solve it.

My job is national, so pre-covid times I would find myself driving all over the country to support people at meetings. Presently it is all done via telephone meetings, or zoom or team meetings online. To date, there has never been a concern about West Limerick Independent Living. If you have a concern, please feel free to call me on 087-6657269 or email leigh.gath@crhealth.ie

Leigh Gath

Confidential Recipient

independent living

Personal Care Assistants

Now Hiring Staff in
Limerick City & County

Email CV to
info@limerickcil.com

STAFF WANTED



Available - Regular hours
Morning and afternoon calls...



WHY IS THE NEED SO GREAT FOR PROFESSIONAL PA'S BY GERARD O'CONNOR

The demand for Personal Assistants — also referred to by some sections of the media as “home care workers”— has increase dramatically in recent times. Sadly, many organisations find it extremely hard to fill home care positions. To understand the problem, it helps to understand current conditions.

In home care - work schedule can differ greatly; a work schedule generally refers to the days per week and the hours per day that an employee works. There are several different types of work schedules, which vary based on the organization or the needs of the people that the organisation support. These work schedules are typically less than full-time employment. One benefit of this type of schedule, greater flexibility to maintain other responsibilities outside of work. Naturally many workers seek full time work for financial security.

Pay is a fundamental issue and it's important, many companies such as Bluebird Care and Home Instead Senior Care, as well as smaller local providers, pay an average of €12.50 an hour to their employees. We at West Limerick Independent Living pay our Personal Assistants a minimum of €14.00 per hour and the HSE, I think it's about €14.50 an hour.

So far in 2021 we have lost eight experienced employees to the HSE. Organizations are recruiting, and we are competing for frontline workers, some temporary changes that have been made since the start of the pandemic, which allow healthcare workers to be hired with a commitment that they reach the same level of qualifications as existing workers within 18 months. This has resulted in an increase since July, what it's done is it's allowed providers to hire from a larger pool of candidates. Nevertheless this measure, however welcome isn't meeting the health care assistant needs of many organisations who continue to attract frontline workers from providers who cannot compete. In principal West Limerick Independent Living doesn't have an issue with any organization trying to attract and hire the best, experienced health care workers they can get, after all it is an open market where workers are free to go wherever they choose.

Fortunately, West Limerick Independent Living have a great advantage when it comes to attracting new employees. Our ethos, values and vision help us attract the right people, people who value the person centered approach to service delivery we offer and this enables us not only to hold on to staff who have been with us for many years, but even attract back workers who had left for other employment.

As always West Limerick Independent Living will continue to recruit the best people we find to maintain our personal support services to people with disabilities across Limerick and I want to assure all our clients that we will make every effort to maintain our services in these challenging times. Our staff have been brilliant, right through the pandemic and we do recognise that they have a lot of challenges as they do every day of the year - to keep delivering critical support to people in our communities.

SELF-CARE AND WELLNESS BY MARGARET O'CONNOR

For anyone seeking to live a healthy, sustainable life, one vital habit is self-care. When we are living lives filled with activity, noise, and hurry, it is incredibly difficult to feel healthy and rested. When that is our overall experience with life, the result is that we become stressed and burned out. In order to nurture the health of our mind, body, and soul, we need ways to re-centre and restore. We need these in short spurts throughout the day, and also longer stretches. The thing about self-care is that it is a practice that requires you choosing to do it. It will not happen unless you intentionally make space for it. But the result is worth the effort. With a bit of self-care, you can experience more joy, rest, and soul-health.



A brief diagram explaining how you can practice self-care:

Most important take a day or time for yourself whether going for a walk having a long soak in a bath with a candle. Very simple inexpensive things that can help nurture your mind body and soul. Everyone finds their own relaxation mine is Family Time, enjoying planning what to do over the weekend. Also gardening and Cooking I am including below a very simple recipe here for you to try: maybe next quarter we will include some gardening tips.

CHICKEN TIKKA MASALA *SERVES 4, READY IN 45 MINUTES*



Juice of 1 lime	4 garlic gloves crushed
150g fat free yogurt	1 onion grated
5 tbsp. tikka curry powder	2 cm piece of root ginger peeled and grated
4 skinless chicken breasts cut into bite size chunks	1 red chilli, deseeded & grated
Low Calorie cooking spray	1 tsp ground cumin
1 tsp ground cinnamon	6 tbsp. tomato puree
6 tbsp. fat free natural fromais frais	Fresh Coriander to garnish
Boiled rice to serve	

1. In a large dish, mix the lime juice, yogurt and 3 tablespoons of curry powder. Season to taste, add the chicken and toss to coat well. Marinate in the fridge for 4 hours or overnight if you have time. **2.** When you are ready to cook preheat the grill to medium. **3.** Spray a large non-stick frying pan with low calorie cooking spray and place over a medium heat. Add the onion, ginger, garlic, chilli, cinnamon, cumin and remaining tikka curry powder, stir well and fry for 2-3 minutes. Stir in the tomato puree and 250ml of water. Bring to the boil, reduce the heat to low and simmer for 12-15 minutes, stirring often. **4.** Meanwhile, thread the chicken pieces on skewers (if no skewers place on tray) spray with low calorie cooking spray and grill for 12-15 minutes or until cooked through and lightly charred, turning occasionally. Slide the chicken off the skewers and into the sauce stirring well. **5.** Remove pan from heat and stir in the fromais frais. Scatter over coriander leaves and serve hot with rice.



Just Breathe

Staff Health & Wellbeing Webinar
Get Active for Your Wellbeing
With special guest: **Derval O'Rourke**

Date 5th May 2021
Time 2pm – 3pm

Learn about our online exercise programmes and the healthy way to build physical activity into your day.



REGISTER HERE

GET ACTIVE FOR YOUR WELLBEING

HSE Health and Wellbeing are hosting 'Get Active for Your Wellbeing' Webinar on Wednesday May 5th at 2pm-3pm. Register Here https://ims.zoom.us/webinar/register/WN_RU4mRWh-SQy4ocrLWB5_bQ

This upcoming webinar will focus on supporting people on how to build physical activity into daily life. Join us and hear from our special guest 3 time Olympian Derval O'Rourke. Derval will talk about what she has learned and ways to improve your health and wellbeing through exercise. We will also have input from HSE colleagues highlighting ways and opportunities to get active for your wellbeing.

The webinar will also showcase the new FREE HSE Health and Wellbeing online exercise programmes. We are launching the first 8 'Pilates for beginners' videos on the 5th May, which will be followed by Yoga, Strength and Conditioning and Chair Based Exercise videos.



*To those who still
wear their mask below
the nose, it's been
over a year now:
it takes less time
to potty train
a toddler.*

Summer Fun Word Search

Find all the words!

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

VOLLEYBALL
WATER
CREAM
LEMONADE
BUTTERFLIES
MINI
FIREFLIES
POOL



FRISBEE
BALLOONS
BEACH
WATERMELON
BADMINTON
GOLF
POPSICLE



KITES
ICE
SANDCASTLE
PICNIC
PARK
BASEBALL
TRAMPOLINE



“Everything you wanted to know about disability but were afraid to ask!”

May 5th via Zoom

To register email info@ilmi.ie



INDEPENDENT LIVING
MOVEMENT IRELAND
FREEDOM • RIGHTS • EMPOWERMENT

“EVERYTHING YOU WANTED TO KNOW ABOUT DISABILITY BUT WERE TOO AFRAID TO ASK!”

Independent Living Movement Ireland (ILMI) would like to invite you to a webinar “Everything you wanted to know about disability but were too afraid to ask!”, which will take place via Zoom on Wednesday 5th May at 3pm.

May 5th is European Independent Living Day and ILMI are hosting this event at 3pm to bring disabled people and their supporters together to raise awareness of Independent Living. The webinar will be an opportunity for people to come together and listen to people from a social movement discussing the reality of living with a disability in Ireland. Through the webinar you can listen informally to information around the social model of disability and how it really informs the United Nations Convention on the Rights of People with Disabilities (UNCRPD). You can also listen to a number of disabled activists discussing the use of language and the role of Disabled Persons Organisations (DPOs) in modern Ireland.

Guest Speakers:

On May 5th ILMI are delighted to be joined by the Minister of State at the Department of Children, Disability, Equality, Integration and Youth with responsibility for Disability Anne Rabbitte TD. The webinar will also feature a short input from special guest speaker, Maggie Cameron followed by a facilitated panel discussion with a number of disability activists.

Who is this webinar for?

Everyone is most welcome. It is particularly relevant to disabled people, politicians, policy makers and everyone in all areas of disability, education, community and social movements. This ILMI event is a unique opportunity for anyone who wants to listen directly to disabled activists and hear about the issues facing disabled people through an equality and human rights lens. Anyone with an interest in equality, human rights, community development, policy development and building an inclusive Ireland may wish to attend.

How Do I register?

Tickets are free. However, as it is a Zoom webinar spaces are limited.

If you would like to take part, please email susanobrien@ilmi.ie or call Susan on 086 1712648 as soon as possible to reserve your ticket. Once spaces are full a waitlist will apply, and tickets are being allocated on a first registered basis.



INDEPENDENT LIVING
MOVEMENT IRELAND
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Supporting Our Community



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All loans subject to approval. T&Cs apply. **WARNING:** If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Credit Unions in the Republic of Ireland are regulated by the Central Bank of Ireland.