

Donegal Centre for Independent Living

News Bulletin

May/June 2012

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Northwest 10K: A big congratulations and thanks to all PA's, leaders and friends who took part in the NW 10K. It was a great success and helped to raise €4000 of much needed funds. Nuala O'Hagan was first home for DCIL in a personal best time of 43.23. Well done to Nuala and everyone else who took part!



Statement from the Donegal Leaders Forum - On the 21st June the Donegal Leaders forum had its first meeting. As we are subjected to more crippling cuts in the PA hours some leaders have decided the time has come for leaders to stand up and be counted (more leaders are always welcome to join). At first we are going to write to the HSE pointing out the error of their ways, and hopefully make some difference to the present cuts. What the future holds for our group remains to be seen because it will go wherever leaders concerns are...

"Second Chance Charity Shop" (located at "The Old Ray School", Glenalla, Rathmullan) is making an appeal for donations in order to provide DCIL with much needed funding and to raise public awareness for supporting people with disabilities across the county.

We would appreciate your support by donating clothes, shoes, handbags, household goods and bric'a'brac which can be sold to help bridge the gap in lost revenue because of the recent cutbacks in funding

If you feel you can help out this worthy cause, please contact Annette Curran (Tel: 087-633-9109) or the DCIL office.

Disability Awareness Program: The school year at an end, which means that DCIL's disability awareness programme is finished for another year. Since last October, Jennifer has worked in nineteen different classes, in thirteen schools around Donegal, with over 600 children in total. Feedback from teachers, children and parents was very positive. Many teachers felt that children learned much more about people with disabilities because they saw first-hand what it was like to live with one. This is something that cannot be taught from any schoolbook.

DCIL would like to thank all the teachers and principals who welcomed us into their schools and showed a great interest in the programme.



▲ 4th class from Killymard National School in Donegal Town were busy learning to knit this year, and sold the pieces they created at a sale before Easter. The funds they raised were divided among three charities. DCIL were delighted to be given 600 euros from the proceeds.

GDIL (Greater Dublin Independent Living) Announces Closure of CE Scheme due to Funding Cuts.

We were recently advised by GDIL that they are in the process of shutting down their CE Scheme. The last participant will leave on the 7th of July 2012. This will have huge consequences not only for CE Supervisor and the CE Scheme Participants who will lose their jobs but for the more than 100 service users that currently avail of services provided by GDIL. This makes no sense either morally or economically. Despite reassuring talk from politicians and senior civil servants, we now have the closure of a very cost effective scheme which delivered important and vital services.

We at CIL acknowledge the Great Work done by GDIL over the years and assure them of our continued absolute support going forward. To this end we have raised the matter with the Technical group of TDs 2 weeks ago, and have sought urgent meetings with Minister Joan Burton, Minister Kathleen Lynch and Oliver Egan Assistant Secretary General - Department of Social Welfare. The loss of this important service is a huge blow to the CIL Network and we will be calling on all CILs and Leaders across the country to take direct action. In the form of a protest, details of which will be provided to you in due course.

-On behalf of CIL Carmichael House

A great night was had at the fundraising dance in Donegal Town.

We would like to thank Laura Mangan, the Abbey Hotel and everyone who made this event a great success which raised an amazing €1,220 in aid of DCIL.



A Huge Thank You goes to Annette Curran and Aine Friel for organising the Coffee morning in Rosnakil resource centre on the 7th of July.

Thanks also goes to everyone who took part in or supported the event. The event was a great success that managed to raise just over €780 in aid of DCIL. All the effort was very much appreciated!

Time Out for You provides an opportunity for women with disabilities to meet on a regular basis, to socialise and to participate in information sessions. The project began last September and was facilitated by Finola Brennan from Donegal Women's Network. Over a cup of tea and a chat, the women decided what topics they would like to explore. Past topics have included reflexology, nutrition/acupuncture, mediation, breathing and crafts. The women also enjoyed a few visits from inspirational speaker Sr. Helen Kelly.

The meetings, which are currently facilitated by DCIL PA Nuala McGarrigle, take place once a month, but there are plans to provide a six week course, giving participants the option to acquire new skills and opportunities. Feedback from the women with disabilities who attend the monthly meetings has been very positive. One participant said:

"I find the meetings very interesting and I get something out of them every month."

Another woman explained:

"I like the informative things and the guest speakers, but the social side of it is very important for me. I really look forward to meeting the girls and seeing how they are getting on every month."



NCCWN- Donegal Women's Network in collaboration with DCIL and with funding secured from Donegal Local Development Company are currently inviting women to participate in the setting up of similar Time Out for You groups in Letterkenny and South Donegal. It is hoped we will have more Time Out for You groups established by the end of 2012 in both areas. Contact the DCIL office for more information if you are interested in becoming a participant in the future.