

Working Together

VOLUME 1, ISSUE 1

SPRING 2016

INSIDE ISSUE

Book 1

Launch

IRN 2

Elections

IRN 3

Aims

IRN 4

Stories

Martin's 6

Apps

Feature 8
Story

Marie's 10

Word

Search

'Our Homes': IRN Book Launched

On November 17th 2015, we launched "Our Homes" book in the Castletroy Hotel. It was a huge success. Everyone had a great day. Minister Kathleen Lynch joined us as a guest speaker on the day. We were pleased that she made time to hear our stories.



Photo of Minister Kathleen Lynch above and IRN Book Launch below



IRN Steering Committee 2012-2015



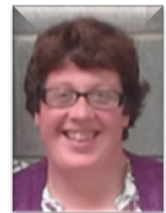
Patrick Santry (Chair), Arthur Sexton (Vice Chair) and Ger Minogue (Public Relations Officer) were all members of the IRN steering committee from 2012 until January 2016. We would like to thank them for all their hard work and support for these 3 years.



They travelled to all the meetings the they were very involved in putting together and publishing “Our Homes” book which was launched on November 17th 2015.



We wish them all the best for the future. We hope that they will continue to be part of our group and welcome their advice going forward.

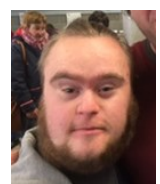


IRN Elects New Steering Committee

In February the IRN had an election for our new steering committee. Each person who put their name forward for a position did a short talk about why they wanted the job. IRN members then ticked a box on a secret ballot to vote. Brian Donohoe (Secretary) and Patrick Santry (Past Chair) counted the votes with support from Eburne.



The pictures of our new steering committee are here. From the top is Nancy Leddin (Chair), Joan Body (Vice-Chair), Laura Murray (Treasurer), Fionn Angus (Public Relations Officer) and Brian Donohoe (Secretary).



Inclusive Research Means....



Creating research projects that matter to people with disabilities



Sharing Power: People with disabilities are part of decisions at all stages of the project



Building a research community in Ireland

IRN Aims



The IRN offers training in how to do Inclusive Research



We share findings from Inclusive Research in Ireland and abroad



We create a place where people with intellectual disabilities can talk about research ideas and issues



The IRN enables people with intellectual disabilities to shape Irish policy

People in the IRN

Since 2012 we have a steering committee made up completely of people with disabilities with support from our partners

The IRN is for anyone keen to do research together

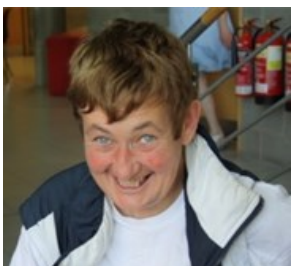


IRN Stories

My name is Carol Ann. I lived in the community for 26 years. I lived in Cherrydale for 10 years. Then I lived in the Meadows for 10 years. I moved to my own apartment in 2014.



IRN Stories



My name is Kathleen McMeel.

I live in Castletroy.

I'm very happy here.



I get staff support to live independently with my friend Michael.



The bus stop is across the road—it makes it easy to go places.



I like being able to visit my friends.

I like going to the Castletroy Park Hotel for food and drink with my friends.



I like that my doctor is close to my house.

Thanks for listening to my story.













What the IRN Means to Me






I joined the IRN in 2013. The first meeting took place in Limerick. I arrived into the meeting on my own. I meet Nancy Salmon on my first day there. She guided me and gave me direction on different aspects in my life. I also have met a lot of new friends along my journey; my story was also featured in our book “our homes” and I starred in the DVD. I always look forward to the IRN meetings.





Martin's Apps Advice

 <p>Google Maps</p>	<p>Provides directions, interactive maps</p>
	<p>The Iarnród Éireann Irish Rail Official App helps you to plan your journey, view Train information and Timetables</p>
	<p>Most Radio stations have an app, my favourite is Midwest Radio</p>
	<p>Allows you to plan your journeys, see real time departure and arrival times for your chosen stop, and view timetables all on the move</p>
	<p>AccuWeather app Weather is an important part of all of our lives. So it's important to have the most up to date weather forecast</p>
	<p>It is important to have a camera app to capture special events in your life</p>
	<p>Voice Recorder (FREE) by TapMedia Ltd Important app for researchers when recording your interviews</p>
	<p>Keep up-to-date with the latest sporting fixtures and results</p>
	<p>Keep up-to-date with the latest news</p>
	<p>Check your bank balance on line. Most banks have apps</p>
	<p>Make free Skype to Skype voice calls and Video calls.</p>
	<p>Look up the latest news in business, technology, entertainment and more on many newspaper apps.</p>

	<p>Eyereader (iOS): helps people who are visually impaired or if you forget your glasses, you can make words bigger</p>
	<p>MedCoach (Android & iOS): helps you remember to take your medications and pills. You can set up multiple alarms, log the pills you have taken, and there are automatic reminders when you need to refill your prescription</p>
	<p>Audible (iOS & Android): allows you to download audio books and listen to them on your device.</p>
	<p>Life Skills Winner Pro (iOS & Android): teaches life and social skills using positive feedback. It breaks down life skills into steps, for example brushing your hair</p>
	<p>Send photos and videos to friends free of charge</p>

Healthy Eating and Exercise

Healthy Eating and Exercise: why it matters

In Skylark centre, Athenry we try very hard to eat healthy and exercise. Our week is very active. We do many things like swimming, athletics, golf, walks, horseriding, acting, song and dance.

We practise healthy eating every day. We help each other to eat healthy snacks like fruit instead of biscuits and chocolates, water instead of sugary fizzy drinks, and healthy wholesome lunches. We are planning a healthy eating week after Easter and are looking forward to it. We are learning about the Food Pyramid and why it matters to use it.



IRN Feature Story



My name is Kathleen O'Leary. I did 4 interviews for the Home and Independence study. I get great pleasure out of talking to people and finding out their stories. I do collage work, pottery and I work as a receptionist at the Brothers of Charity as well as my research and self advocacy work with the Clare Inclusive Research Group and the Inclusive Research Network .

When I first came to Clare I lived with my sister and her family and then I moved to a Brothers of Charity community house with five other people. The problem with that was, there were too many people. One man wouldn't go to bed at night while the television was on so. Even though I wanted to watch a program, the television was switched off so this man would go to bed and sleep. Then another thing, it wasn't clear if the kitchen was for the staff to have a break in or whether I could make myself a cup of tea when I liked. I had to speak up about that and we got it sorted out.



The house was on a deadly dangerous road, too far from the town and if I wanted to go anywhere I had to go with staff in a car and someone else would have to come 'cos some people couldn't be left alone on their own.'

I was lucky then because I got the chance to move to a bungalow near the town with a friend of mine called Jack (not his real name). I quite liked it there and I got on well with the landlord and it was better sharing with just one other person. Not so much blessed noise and people carrying on at me the whole time. The only problem with this house was it was on another dangerous road. It was very difficult to cross.



In our advocacy group we made a Radio program about that road and the roundabout nearby. I interviewed people in the street and lots of people said how busy it was especially when the children were trying to go to school.

I moved again to a place down by Kilrush Marina. It had a lovely view of boats and nice houses on the other side. This was the first time I lived on my own. I was a bit lonely at first but you get used to it and it's quite nice to shut the door and have the place to yourself.



Then I moved to a block of apartments at the bottom of the big main street of the town. People upstairs could be very noisy and there was a dog barking across the street which was very annoying. I found it hard to get a good night's sleep sometimes. Children were a nuisance at my last place ringing the entry phone and hanging around outside.

Now I've moved into my own house in the middle of town. It's close to shops but on a nice private road. I got some good help in my new house getting furniture and getting the heating fixed.

Where I am now I get some help doing shopping and making food and sorting out my medication. I like to keep my home clean and tidy so I can relax, watch television at night and look through my magazines. Sometimes I get books out from the library. I like to go for a drive on Sunday to the seaside town of Kilkee or up the coast to Lehinch and Lisdoonvana.

This place has a nice garden space at the back for a seat and pot plants. There are two bedrooms so my sister Jane can come and stay when she visits me from Cork or my other sister Mary who's in England. We all go on holiday together sometimes which is nice. And my two brothers Simon and Donal say they will give me a hand if there is anything I need for my new house. I'm very excited! Moving house cheers you up. It gives you something to look forward to.

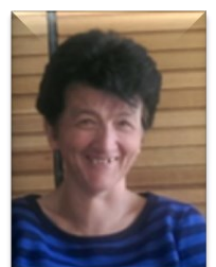


Moving house cheers you up. It gives you something to look forward to.

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

- | | | |
|-----------------|----------------|-------------------|
| 1) IRN | 7) Magazine | 13) Research |
| 2) Independence | 8) Safe | 14) Support |
| 3) Meetings | 9) Secure | 15) Help |
| 4) Trust | 10) Community | 16) Unconditional |
| 5) Loved | 11) Disability | 17) Teamwork |
| 6. Home | 12) Family | |

Design by: Marie Ryan





The Inclusive Research Network is a group of people with disabilities who come together to talk about and do research



Our partners include University of Limerick, Trinity College Dublin and the National Federation of Voluntary Bodies.



If you want to join the IRN contact our secretary for details:

brian.donohoe@fedvol.ie



Brian

EDITORIAL BOARD

BRIAN HOGAN

HELEN O'REGAN

JOAN BODY

KATHLEEN MCMEAL

NANCY SALMON



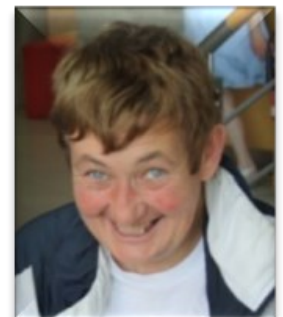
Nancy



Helen



Joan



Kathleen

Thanks to IRN supporters from Brothers of Charity (Galway, Clare, Roscommon, Limerick, South East), CoAction, Dara Residential, Daughters of Charity and Rehab Care, Ability West and St. Cronans.