

# ABILITY Matters

## “ABI & the Carer” Invitation

### Announcing an ABI Information & Education Event for Carers & Healthcare Professionals

Building on the success of the *Brain Aware* project, ABI Ireland will host a one- day Information & Education event, *ABI & the Carer*, in Citywest Hotel on 17th November.

A full and varied programme is planned; including presentations and workshops with ABI Rehabilitation specialists from Ireland and the U.K. Invitations to attend are extended to ABI Family Carers, including those who attended the *Brain Aware* programme 2009-11, as well as Healthcare & Allied professionals.

The event aims to give delegates an opportunity to learn more about ABI and ABI rehabilitation from experts who work in either hospital or community-based settings. Family carers who have completed the *Brain Aware* Training Programme will also have an opportunity to meet again with fellow group members and programme facilitators. Carol Rogan, ABI Ireland’s Training Manager, in announcing the forthcoming event outlines that she has designed the programme to also meet the needs of staff working in the field of ABI. *“The day will offer the prospect for ABI competency building to staff within the Healthcare profession; particularly in areas critical to Family Carers.”*

**To book your place on ABI & the Carer  
phone Layla or Lisa on 01 280 4164**

For full event programme see insert in this publication or visit [www.abiireland.ie](http://www.abiireland.ie)



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## Run A Muck



Check out page 7 to find out why Lisa-Marie Neary, Social Worker ABI Ireland, is coaching All Ireland Champion Footballers



## AUTUMN SUPPORT

ABI Ireland was the nominated charity for the 2011 National Lottery Dublin Half Marathon on September 17th September. This vital funding will support a number of ABI Ireland activities including ABILITY Matters, autumn issue.

Sincere thanks to everyone involved  
(See also page 7, People & Places)



## CEO Autumn Message • Introducing our Circle of ABI Friends



As autumn approaches we look forward to the last quarter of the year and reflect on what has been achieved so far in 2011.

Acquired Brain Injury Ireland's 2-year *Brain Aware* Family Carer

training project came to an end with the last programme held in Letterkenny in June. To celebrate and build on the success of *Brain Aware* ABI Ireland will host a one-day ABI Information & Education Day, on 17th November in Dublin. It is almost four years since we have hosted an event of this kind. We hope it will provide a valuable opportunity for learning for ABI family carers and healthcare professionals alike. We look forward to a very worthwhile event.

Every year our supporters give generously of their time, talents and resources to support people with ABI through fundraising. Sincere thanks to everyone who has helped in this way. Without this type of assistance a number of ABI events, activities and services would simply not be possible. Also in the spirit of fundraising, we acknowledge the work of ex-international footballer Paul McGrath for releasing his album *'Handle with Care'* in aid of ABI Ireland and Cystic Fibrosis. We are delighted to have been selected as a recipient of the proceeds of this album and we very much appreciate Paul's continuous support of our organisation.

Finally, on behalf of our *Concussion Awareness* campaign I would like to welcome and congratulate our new GAA ambassadors, All-Ireland Champions, Dublin footballers Michael Darragh Macauley, Rory O' Carroll and Paul Griffin. We are delighted to have the lads on board as we continue to educate and raise awareness on the injury of concussion.

Barbara O'Connell  
Chief Executive, September 2011

 **Circulate & Communicate**

Pass ABILITY Matters to your friends, family & community. Now!

This season ABILITY Matters is delighted to welcome Deana Conaty, Rehabilitation Services Manager with Headway Dublin, as the first guest writer in our new ABI rehabilitation feature section - 'Circle of ABI Friends'. Sincere thanks to Deana for her informative article and we look forward to hearing from a wide range of global ABI correspondents in the future . . .



### Headway Dublin- Rehabilitation Programmes

By Deana Conaty, Rehabilitation Services Manager, Headway

For many years Headway has been running two rehabilitation programmes for people with an ABI (acquired brain injury) in Dublin.

**The RT (Rehabilitative Training)** Programme helps people who are well on the way towards independence, following their injury, and the **Day Rehabilitation Service** is for those who need higher ongoing support.

The RT Programme, based in Finglas and Clondalkin, brings people with ABI together. This enables them to work on their skills so that they can live as independently as possible in their community. The programme also helps them gain insight into their difficulties and develop practical skills and strategies that they can use day to day. Modules such as Cognitive Rehabilitation, Personal Effectiveness, Communications and Preparation for Work, Computers and Cookery provide the skills necessary for increased independence.

Some of the modules lead towards FETAC certification, which can require a high level of commitment from the trainees. However there are many other benefits too, such as opportunities for social interaction and peer support. Trainees report that the courses increase self-esteem, self-awareness and a feeling of belonging.

The participants of the **Day Rehabilitation Service** typically have higher levels of disability, who may be living in a residential home or at home with support from family or others. The service provides a programme of activity which has a basis in rehabilitation and takes place in a supportive environment with a community focus. Activities can be as diverse as art, drama, brain training, gardening, social outings and many more. The overall goal is to maximize potential and long term outcomes. Our hope is that the attendees meet their full potential in all areas of their life.

Many of the clients in the Day Rehabilitation Service are currently working very hard on the upcoming Art Exhibition. The theme to this year's Art Exhibition was inspired by a quote from Pablo Picasso: "Art washes from the soul the dust of everyday life". The Exhibition will open at 6pm on Monday, November 21st in the foyer of the Dublin City Council Building on Wood Quay. The art will be displayed all that week through midday Friday.

**More information about Headway's Rehabilitation Programmes is available from the Information and Support Service on 1890 200 278 or on the web at [www.headway.ie](http://www.headway.ie)**

**ABILITY Matters Winter Issue, Circle of ABI Friends feature article will be written by Valerie Twomey, Brain Injury Programme Manager, NRH, Dun Laoghaire**

# ABI Ireland Service Profile: fundraising@abiireland.ie

Tracey Jennings, ABI Ireland & Paul McGrath, whose album "Handle With Care" is supporting ABI Ireland



## Making a Difference & Building Community Spirit through Creative Fundraising

By Geraldine Kiveney ABI Ireland's Fundraising Executive

### Funding Sources

Raising funds to maintain and develop essential services and supports is a very definite priority for ABI Ireland. Every single € raised is valued and makes a real difference to people affected by ABI.

Apart from our primary funders, the HSE, we are currently supported by the National Lottery, Dormant Funds and Community Fundraising. Raising money through local initiatives not only provides vital finance but it also raises awareness of ABI, through active engagement with the wider community.

### Creative FUNdraising

Fundraising in today's climate requires creativity & determination. In ABI Ireland we may not have huge monetary wealth but we are extremely fortunate to have staff, clients & ABI families in vibrant local communities who go above and beyond by fundraising on our behalf!

Fundraising activities can be a great way to build up community spirit, have fun and change lives.

"We are making a difference, creatively"  
Mary Keane & Dave McCarthy ABI Ireland, Kerry

### Thank You!!

If you, your group or community have been organising, participating in, donating to and supporting fundraising events on behalf of ABI Ireland we want you all to know that your efforts really do make a difference. Thank you so much - we are privileged to have your continuing support

### Making a Positive Impact

Every year, there is a demand for funds to support existing services and provide for identified unmet ABI needs. Many of our current services started in this way; supported by fundraising, corporate donations and other grants.

### Individuals Groups & Community Fundraisers

All fundraising events are important. From individual and group activities to community events, it's infectious and new fundraisers emerge because they are inspired by the creativity and success of others.

*"A lot of hard work, sweat and soreness, but when 56 cyclists came into Sligo town behind a Garda Escort after cycling 120km from Letterkenny, all wearing our ABI Ireland t-shirts, the satisfaction and pride I felt was overwhelming"*

(ABI Ireland Manager Sligo)

ABI Ireland staff are often the driving force of fundraising events and they deserve a really big THANK YOU. Not only for their daily work and commitment, but for being behind the success of fundraising events undertaken in their free time. Staff like...

☺ Ian Hepworth, Rehab Assistant in Waterford held a very novel Airsoft Skirmish in May '11. Thanks to the generosity of Joe & Graham from Asylum Airsoft in Wexford he raised funds to buy a new TV for our Waterford Residential Rehabilitation service



Ian Leads the Fundraising Skirmish

☺ Richard Curtis, Community Facilitator Day Resource Centre Dun Laoghaire, will brave the cold to take part in the Connemara Turf Man Challenge this November. This is an extreme 10k obstacle course, not for the faint of heart. To support Richard visit [www.mycharity.ie/event/turfguy](http://www.mycharity.ie/event/turfguy)

### Corporate Social Responsibility (CSR)

"Sap Galway held a fun run in September to raise funds to buy a Motor Med exercise machine for the house in Clarecastle. This will enable people who use wheelchairs to exercise, while also preventing muscle spasms. (Joanne Farrell, LSM)

We cannot forget to commend the support that comes in different forms; not always monetary. Many organisations have well developed CSR programmes where their staff provide practical help and support such as gardening, painting and volunteering of many types.

### Money raised locally stays local and these are only some of the things that ABI Ireland fundraisers made happen in 2010/11

- Establishment & running of two ABI Day Resource Facilities (Mid-West/South Region)
- Pilot 2 day community activity programme (Midlands/South East Region)
- Touch Screen Computers (West/North West)
- Music Therapy (East Coast / North East Region)
- Pressure relieving bed (East Coast /North East Region)
- Family Carer Support Sessions (National)
- ABI Ireland Annual Report, 2010 (National)
- ABILITY Matters Seasonal Newsletter (National)



# ABI Know How

## ABI Awareness Cards Launched

*"It is inspiring to see the innovative creativity used to educate society..."*

Minister Kathleen Lynch T.D.

Minister Kathleen Lynch T.D. Minister for Disability and Mental Health was in Cashel, Co. Tipperary on September 29th to shine a light on acquired brain injury, and officially launch Acquired Brain Injury Awareness Cards to the public.

Developed through a joint initiative, between Acquired Brain Injury Ireland, the HSE Acquired Brain Injury team in Cashel and Cashel Gold Star<sup>1</sup>, the cards aim to educate society about a misunderstood injury, through the voice of the people living with ABI.



L-R Carol Moore, HSE, Minister Kathleen Lynch, T.D., Patrick Rayner, ABI survivor, Mary Heffernan, ABI Ireland

Speaking at the official launch, Minister Lynch said "Individuals affected by ABI often face a dramatically altered life, yet many of their effects may be totally invisible to the outside observer.

The cards carry eight messages which reflect the real life experiences of ABI survivors who have become socially isolated due to their brain injury. Messages include "Just because I look OK doesn't mean I am OK"

Ms Carol Moore, HSE Disability Manager emphasised 'If by working together we can bring about a change in the community through stepped-up education and awareness, making life better for ABI survivors then a mission will have been accomplished, and a project worthwhile.

The cards will be displayed in shops, restaurants, libraries, community centres and GP clinics throughout the South-East Region as a pilot initiative, in advance of a National ABI Awareness Card Campaign in 2012.

For copies of the cards or further information on ABI Awareness Campaign Contact Katie Cunningham on: 062 64 544

<sup>1</sup> Cashel Gold Star works to improve awareness and integration of people with disabilities in 4 key areas, Awareness, Access, Transport and Social Participation.



## Keith Makes History

Pictured here, Keith Adams Rehabilitation Assistant Mobhi Road Glasnevin who has just become the first person in Ireland to take the new online ACBIS Exam. Not only did he manage to keep his cool and log on but he passed with Flying Colours ! A full ACBIS update from ABI Ireland will be featured in ABILITY Matters Winter 2011

## Australian Visitor

NSW Visitor Kerry Stubbs, CEO, Northcott Disability Services, NSW Australia visited ABI Irelands Side By Side Day Resource services in September. Photo shows Kerry with Tony Bissett Side by Side's Manager & backdrop of members artwork.



## A Quality Visit

### ABI Ireland Welcomes Kiwis to North West

Over a two day period, in September, ABI Ireland's services in Donegal & Sligo welcomed a team of three Senior Managers from **ABI Rehabilitation Services\*** based in Auckland & Wellington, New Zealand.

The visiting Kiwis were Andrea McLeod, Operations Manager, Tony Young, Rehabilitation Team Manager and Stuart Manning, Quality Manager. ABI Ireland was just one of a number of CARF accredited sites they visited during their tour to Europe, which they planned in the context of further developing ABI services in New Zealand.



(L-R) Andrea McCloud, Steve Orme\*, Tony Young & Stuart Manning

\* Steve is holding an ornamental glass Koru which is New Zealand's symbol for growth, new life, strength and peace

The visit was coordinated by Steve Orme, ABI Ireland's Regional Manager who also has overall responsibility for Quality & Standards of our organisations services. After the visit Steve reports *"In extending their thanks to everyone they met, the group indicated that they had found the trip most beneficial and were particularly impressed by the quality of the ABI Ireland services"*

\*www.abi-rehab.co.nz

## Tips & Thoughts Book

During the *Brain Aware* Family Carers Training Project (2009-11) participants were invited to contribute a tip or thought which they believed would help other carer's in similar situations to them. Their contributions have now been collated into a *'Tips & Thoughts for Carers'* book. This ABI Ireland publication will be officially launched during the **ABI & the Carer**, Information & Education event, on 17th November in Citywest Hotel, Dublin. Each attendee on the day will receive a complimentary copy of the book.



## Maximising Opportunities in Kerry

In April 2011 Mary Keane, Community Rehabilitation Assistant, submitted a proposal to form and support a *Gardening & Do It Yourself Group* in the Kerry Resource Facility, Castleisland. The main aim of the proposal was to maximise and expand on opportunities for the lads availing of ABI Ireland's Home & Community Rehabilitation Service.

In May, once the green light was given, by Regional Manager Lucia Power, work started on the front and back gardens of the Resource Facility and everyone got involved.

The first step involved the group putting a plan in place, based on Mary's initial proposal, to outline what they wanted to achieve during the summer months. Rain or shine each Thursday, led by the hard working Glen Overy, tasks were delegated to each member of the team. Always under the watchful eye of the *Self-appointed Supervisor*, Damien O'Carroll, whose motivational skills were second to none ☺!

The project was brought through to completion by using and building on each group member's skills, knowledge and interests. Recognising and reinforcing ability and maximising opportunities for individual and group development. Everyone who attended found the group hugely beneficial, as each day was also a social outlet for all and new friendships were formed. As a team they wanted to turn the space into something spectacular and the end result of their efforts was just that.



On 25th August 2011, the Gardening & Do It Yourself Group showcased and celebrated their work by hosting, a very well attended, barbeque at the Resource Facility.



## High Drama in Limerick

By Marion Onaloye, RA, Mid-West Region

August is that time of the year when both clients and staff demonstrate their outdoor cooking skills. This year's barbeque, in ABI Ireland's services in Limerick, was a bit different because we introduced drama into it. The acting was funny and everyone enjoyed themselves; one could feel the clients' sense of pride because they felt involved in every process. Drama is an effective way to involve people, increase self-confidence & have fun; bringing out humour and laughter, and improve motivation and empowerment.

The clients were fully involved, our back garden was filled with nice aroma and the food tasted very 'yummy'. As cooking, chatting and eating went on, we surprised two clients with birthday cakes and a jolly, birthday song. They were so delighted. We can all testify it was a remarkable funny day.

## Giving Something Back

By Kerry McDonagh

My name is Kerry Mc Donagh and I am studying for a BA Applied Social Studies at IT<sup>1</sup>, Sligo. It has been difficult as I was diagnosed in October 2008 with an Acoustic Neuroma, a benign brain tumour.

After surgery, in September 2009 I attended the Acquired Brain Injury Ireland's TLU<sup>2</sup> in Sligo, which has been invaluable. The staff gave me information, support and guidance on dealing with the unusual aspects of life that happen after brain surgery.

Therefore I wanted to give something back to the ABI Ireland service in Sligo. I set a goal to run the women's mini marathon in Dublin, which I completed on the 6th June, 2011!

I raised money through sponsorship for the mini marathon and a 'Bake for Brain Injury' coffee morning in the IT, Sligo. A number of businesses from Sligo donated buns and cakes for the sale and this proved very successful. Also the pastry chef from the MacNean House gave a contribution of his time and desserts on the day. The total figure raised from both events was €1,270.00.



Kerry McDonagh, 2nd from right, presenting her cheque to ABI Ireland, Sligo

I would like to thank everyone for their help and support.

*Kerry*

<sup>1</sup>IT: The Institute of Technology, Sligo

<sup>2</sup>TLU: Transitional Living Service, a partnership service between ABI Ireland and the HSE (North -West)

Calling all writers



If you have been affected by ABI, either directly or indirectly, and would like to write a feature article for this section contact [abilitymatters@abiireland.ie](mailto:abilitymatters@abiireland.ie) or phone Christine on 086 197 3740

# ABI Ireland: HR Quality & Standards

## Staff Profile

Brian Waldron,  
Senior Clinical  
Psychologist  
East/North East Region



I came to ABI Ireland as a Senior Clinical Psychologist in 2006, after working in the NRH<sup>1</sup>. Prior to that, although I am a Dub, I had been living in Donegal where I was working for the HSE<sup>2</sup>. While I enjoyed this time greatly I ended up with a slight Donegal accent and was prone to saying things like "Aye, It's a wild bad day!". Thankfully this has now stopped happening!

In my work with the HSE I spent about half my time with people who had ABI<sup>3</sup> often linking in with the Medical Rehabilitation Unit in St. Conal's Hospital, Letterkenny. The rest of the time was spent working with pre-school children with Autism. The latter involved a lot of home visits and assessments in playschools. I did most of my clinical training in the North West region, this included working as part of the Child Psychology Team in Donegal. I also completed a placement, in Sligo, working with adults who had been abused as children and with adults who were committing sexual offences.

At present, as well as working as a Clinical Psychologist, I am on the Psychological Society of Ireland's committee for the *Division of Neuropsychology* and am the clinical representative for ABI Ireland's Senior Management Team.

I hold a Doctorate in Clinical Psychology from UCD and Master's degrees from UCD and TCD. Obviously I liked the college student lifestyle. I am a Registered Member of the Psychological Society of Ireland and a Chartered Clinical Psychologist with the British Psychological Society. Over the years I have been involved in authoring and co-authoring a number of journal articles and book chapters in the area of clinical psychology. In the future perhaps I might expand this into writing some best-selling thrillers, but time will tell.

<sup>1</sup> NRH: National Rehabilitation Hospital, Dun Laoghaire

<sup>2</sup> HSE: Health Service Executive

<sup>3</sup> ABI: Acquired Brain Injuries



## Life with an ABI

By Damien O'Carroll

Volunteer, ABI Ireland South /Mid-West Region

I'm Damien, a 28-year-old Kerry man from Listowel. I graduated from university with a degree in Applied Physics in 2004. I then spent three years, in South Korea, teaching

English. In 2007 I moved to Perth Australia on a one year working holiday visa, as so many young Irish people do nowadays. I got a job as a hospital porter for six months but while driving home from work, in March 2008, I was in a car crash.

I went into a coma for the next four months! I cannot remember the crash at all.

I suffered a broken collar bone, hip, knee and had neck fractures, Lucky to be alive the doctors told me I also had an acquired brain injury (ABI) and I didn't know what they were talking about. I never knew a brain could possibly be injured until my own brain was! I spent a total of six months in hospital there and then moved back to the NRH<sup>1</sup> in Ireland. I was wheelchair-bound and had daily physiotherapy to help me walk again.

Finally, with much joy, I left hospital in May 2009 walking with one crutch and happy to see my home in Listowel for the first time in two years.

Recently I completed a 3rd level course in computers to boost my chances of getting a job. This included a work placement from October 2010 - April 2011, with North & East Kerry Development and ABI Ireland in Castleisland. **I enjoyed the work with ABI Ireland, as well as working with people who understand the nature of an ABI, so I became a volunteer three days a week, for the summer.**

Tuesdays and Wednesdays I help out around the office with general office duties and on Thursdays I 'supervise' the gardening group ☺

In general, I would say I am happy nowadays. This year, as well as being at college, I travelled to South Korea and am currently taking driving lessons. It's great to be alive, with or without an ABI. I am Damien, first and foremost. I just happen to have suffered an ABI, but I don't complain about that. Life goes on . . .

<sup>1</sup> NRH : National Rehabilitation Hospital, Dun Laoghaire, Co Dublin

## ✱ Ulster Bank Give a Day

ABI Ireland is delighted to have been chosen by the Business Delivery division of Ulster Bank for one of their "Give a Day" events, supporting local communities and voluntary organisations. Five volunteers treated a number of rooms to a makeover in Anvers at No. 69 and 70 Adelaide Road, Glenageary, on their day away from the office at Ulster Bank, Georges Quay, and Dublin.



Give a Day Volunteers & ABI Ireland Residents and Staff

"Give a Day" coordinator Anne

Duddy says "The whole team enjoyed our day painting. Ulster Bank has a strong tradition of being active in our local communities and helping charities is really rewarding for everyone involved and a great opportunity for us to give back."

Anvers was Ireland's very first ABI specific residential rehabilitation service for people affected by ABI when it opened its doors in 2001. So ten years on the interest and community support from Ulster Bank is welcomed and really valued.

Sincere thanks to everyone involved, Ulster Bank & Volunteer Painters as well as Anvers Staff\* and residents who shared their space to facilitate the makeover.

\* At the time of the Ulster Bank makeover Local Services Manager, David Buxonat was on Honeymoon! Congratulations and all good wishes are extended to David and his wife Federica.

# ABI Ireland: People & Places

## Raffle Supports Limerick Resource Centre

'Resourceful' is the best way to describe members of ABI Ireland's newest service in Limerick. Determined to ensure their services continue to be funded Dirk, Jennifer, Anne, and Lois (pictured right), together with a number of their friends, organised a raffle with great prizes. Their resourcefulness raised a whopping €555. Congratulations are extended to everyone involved, not least those who supplied prizes or bought tickets. *Funding to run member activities at the Limerick Resource Service is sourced entirely through fundraising.*



## Bowled over by Aviva Support

On 11th August last, ABI Ireland clients from our East/ North East region enjoyed a Ten Pin Bowling Event, in the Stillorgan Bowl Dublin, thanks to the generous support of Aviva & their sporting team of staff volunteers. This was the fourth year that they have hosted a social event of this type in the region, and ABI Ireland extends sincere thanks to everyone who was involved making it the success it was.



Sporting Spirit in Stillorgan



Steve Orme (ABI Ireland Regional Manager, Noel Ennis, Tommy Fleming, Brendan Keane, John Rogan, Imelda Walsh (Clubhouse Manager)

## Tommy Fleming Supports Mind Your Head

Members and staff of ABI Ireland's Clubhouse in Co Mayo would like to thank singer Tommy Fleming, for his recent visit to their new service in Chapel Street, Castlebar and for taking the time to lend his support to our *Mind Your Head* ABI prevention Campaign.



## ABI Ireland Named Race Charity

Pictured above ABI Ireland staff, clients and friends who were out in force in the Phoenix Park, Dublin on 17th September to collect a massive €10,000 from the organisers of the National Lottery Half Marathon, 2011. Congratulations & thanks also to everyone who took part in the event either as runners, sponsors, volunteers or spectators. Extra special thanks going to Mick McCartan and Jim Aughney for nominating ABI Ireland, as the race charity this year, their thoughtfulness & generous support will make a real difference to people affected by ABI.

## New ABI Ambassadors



ABI Ireland is delighted to welcome our new ABI Ambassadors; All-Ireland Champions Dublin GAA footballers Paul Griffin, Michael Darragh Macauley & Rory O'Carroll. The lads are currently assisting us to raise awareness of ABI through promoting public involvement in the October 15th Run A Muck event\*, while also standing strong behind the Concussion Awareness Campaign.

\* See mycharity.ie & follow links to ABI Ireland & Run A Muck or telephone Geraldine Kiveney, Fundraising Executive on 087 2659 250

## Hairy Baby Support

A big thank-you to Hairy Baby Clothing Company who donated 30 of their finest t-shirts to the Irish rugby team as they departed for New Zealand. The t-shirts were given on behalf of ABI Ireland to ambassador Denis Leamy to share with the team; allowing each of the lads pack a bit of home in their suitcase. To check out some of the funny Irish saying t-shirts log onto [www.hairybaby.com](http://www.hairybaby.com)



A big HELLO from ABI Ireland's Gardening Group in Donegal. Readers can look forward to an update on their horticultural activities in our Winter Newsletter

## Diary Dates

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

- **3rd October** For 5 weeks Showreel Project, Castlebar  
Contact: See full advert below
- **15th October** Run- A -Muck & support ABI Ireland . . .  
Register NOW [www.runamuckchallenge.com](http://www.runamuckchallenge.com)  
Contact: Once registered phone Christine Brack, 01 280 41 64  
Ext: 203 for your sponsorship pack
- **29th October 2011** Halloween Glow Party – Fundraising in aid of ABI Ireland Cashel. Free Admission in Champions Bar. Raffle and Prizes on the night. Warning: UV & Strobe Lighting



- **9th November** Final date for submissions to Ability Matters Winter Issue. Contact: Christine Flynn 01 280 41 64 Ext 201 or email [abilitymatters@abiireland.ie](mailto:abilitymatters@abiireland.ie)
- **17th November 2011** ABI Ireland's Information & Education Day, A one day conference for ABI Family Carers and Healthcare/Allied Professionals. **Limited Places So Book Now.**  
Contact: 01 280 41 64 Ext: 214

**ABI AND THE CARER**  
An ABI Information & Education Day  
For Family Carers, Healthcare & Allied Professionals

Family Carers/ Students/ Senior Citizens	Healthcare Workers/Allied Professionals
€10	€15

### ABI Ireland National Office

Ph: 01 280 4164  
E: [info@abiireland.ie](mailto:info@abiireland.ie)

### East / North East Region

Ph: 01 280 4164  
E: [eastnortheastadmin@abiireland.ie](mailto:eastnortheastadmin@abiireland.ie)

### West / North West Region

Ph: 091 700 210  
E: [westnorthwestadmin@abiireland.ie](mailto:westnorthwestadmin@abiireland.ie)

### Midlands / South East Region

Ph: 062 64544  
E: [midlandssoutheastadmin@abiireland.ie](mailto:midlandssoutheastadmin@abiireland.ie)

### Midwest / South Region

Ph: 066 714 2993  
E: [southmidwestadmin@abiireland.ie](mailto:southmidwestadmin@abiireland.ie)

### New ABI Ireland Addresses 2011

#### ABI Ireland

Lisrath, Ballymakenny Road  
Drogheda, Co Louth  
Ph: 041 983 8406

#### Midlands Rehabilitation Team

Teach Fáilte  
Ard Aoibheann, Mount Bolus, Co Offaly  
Ph: 057 932 0228

Acquired Brain Injury Ireland

Maximising Ability, Changing Lives

Acquired Brain Injury Ireland would like to invite you to take part in the

## SHOWREEL PROJECT

Starts on 3rd October 2011  
Every Monday at 12.30 until 14.30 for 5 weeks.  
At the Mayo Clubhouse, Castlebar.

Community Artist, Jen Hesnan will host a Showreel Project. During the project participants will have a chance to practice Photography and will produce a musical slideshow DVD with their photographs.

Please contact: Imelda on 091 700210 or 087 7840192 if you'd like to come along

## ABI Ireland Links

*Our readers may find the following links & resources useful*

- |                                    |   |              |
|------------------------------------|---|--------------|
| • ABI Ireland Fundraising          | <a href="mailto:www.fundraising@abiireland.ie">www.fundraising@abiireland.ie</a>        |              |
| • ABI Rehab Services, NZ           | <a href="http://www.abi-rehab.co.nz">www.abi-rehab.co.nz</a>                            |              |
| • Bri                              | <a href="http://www.briireland.ie">www.briireland.ie</a>                                | 01 235 5125  |
| • CARF International               | <a href="http://www.carf.org">www.carf.org</a>  |              |
| • Dublin Marathon                  | <a href="http://dublinmarathon.ie/race_series">http://dublinmarathon.ie/race_series</a> |              |
| • Headway Ireland                  | <a href="http://www.headwayireland.ie">www.headwayireland.ie</a>                        | 1890 200 278 |
| • National Rehabilitation Hospital | <a href="http://www.nrh.ie">www.nrh.ie</a>  | 01 235 5000  |
| • Northcott Disability Services    | <a href="http://www.northcott.com.au">www.northcott.com.au</a>                          |              |
| • Support Richard Curtis           | <a href="http://www.mycharity.ie">www.mycharity.ie</a>                                  |              |

See [www.abiireland.ie](http://www.abiireland.ie) for full list of related links



**Better Together: A national campaign to help build support for hundreds of community and voluntary groups throughout Ireland is now underway. The public are encouraged to visit the website [www.bettertogether.ie](http://www.bettertogether.ie) to find and connect with good causes in their area.**

## Vote For ABI Ireland!

### A message from the Editorial Team

*ABILITY Matters Your Newsletter, For You...By You...With You*

ABI news & views just keeps rolling in to us, thank you. Its inspiring to see the creativity, team work and vibrant community spirit. This season we introduce readers to our ABI Circle of Friends & thank Deana Conaty, Headway, for her article for submitting the first article in this new section. Finally, our winter issue will reflect on 2011, through clients/family & staff creative abilities . . . Contact Christine on 086 197 3740 for full details!