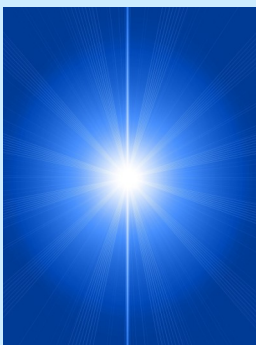


Ramp on..... say Cork City Council

Cork City Council's commitment to making the built environment fully accessible to people with disabilities received further manifestation in the past week. Several years ago wheelchair access to Cork City Hall was facilitated by the erection of a ramp adjoining the main doors at the Anglesea Street entrance. This work was carried out with two fundamental considerations for the City Architects responsible for the design and installation. In the first instance, the wheelchair accessible ramp had to be high specification in terms of functionality / health and safety and secondly the architects had to take cognisance of the aesthetic consideration given the importance of the beautiful and historic limestone facade. It must be said that their achievement in completing the ramp installation while fully satisfying aesthetic and health and safety considerations is a mark of their skills and professionalism in that regard.

While this ramp satisfies the needs of wheelchair users access to City Hall services during office hours, unfortunately that access is limited and constrained given the security need to lock the main doors at close of business each day. The City Hall however has more than an economic or business function as its social and cultural dimension regularly comes into play in the evenings and at weekends. For social events the Concert Hall and Millennium Hall are normally accessed from the McSweeney Quay entrance near the river. This area does not allow for wheelchair access given the steps at the quayside entrance. (see picture with arrow above) Heretofore, if wheelchair users sought to gain entrance to a community event or a concert etc. a porter had to be deployed to open the Anglesea Street doors. The porter then had to turn on all corridor lighting leading from that entrance around the corridors on the periphery of the building to ensure wheelchair users could gain admittance albeit in a circuitous route. This is a time consuming exercise which is very inconvenient for the wheelchair user. It needs to be said however that the porters employed by Cork City Council were never once found wanting in their willingness to assist and engage with such a time consuming and awkward process.

Cork City Council has now committed to addressing this barrier for people with disabilities. The City Architects department having consulted with the Access Group is currently designing a wheelchair accessible ramp for the quay side entrance to the Concert Hall which will take account of the existing topography. This will allow people with disabilities gain independent and dignified access to all social and cultural events taking place in City Hall outside of office hours in the future. This is another milestone in terms of creating equality of access for disabled people in Cork. It is also a further endorsement of Cork City Council's stated commitment to implement in as far as possible the terms of the Barcelona Declaration. Furthermore, It is also a ringing endorsement of the local authority's commitment and policy of promoting social inclusion. The keystone is now safely embedded in the building of universal access in Cork City Hall. Ed.



Shine Fundraising Ball

The Shine Fundraising Ball will take place at Maryborough Hotel & Spa on the 18th February 2011. This event is one of the great nights on the Cork social scene. There will be many well known faces in attendance and there will also be one special guest appearing on the night. Tickets are €100 each & €190.00 per couple. A great night is guaranteed and the proceedings of the event will be used to help the great work of SHINE in the area of mental health. For tickets please contact Shine at 021.4377052

TV Show “Health of the Nation” in Cork

The popular RTÉ show ‘Health of the Nation’ presented by Dr. Mark Hamilton and Dr. Nina Byrnes is back and looking for people to film in Cork. The health clinic will be coming to Mahon Point Shopping Centre on Friday 4 February and Saturday 5th February. The show is interested in hearing from people with personal health concerns and medical complaints. You can go and get any niggling worries checked out and get a free medical opinion. For a free consultation, contact the show’s team on 04890.427646 or contact kerryreid@waddellmedia.com.



Looking for volunteers ?

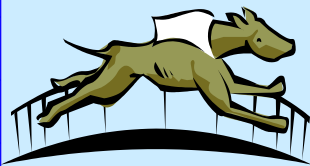
The Cork Volunteer Centre can help you find volunteers to assist your group or organisation. Over one thousand people registered and offered their services to the Cork Volunteer Centre in 2010. The Volunteer Centre provides a placement service whereby individuals who want to undertake voluntary activity can work for charity / voluntary organisations that are seeking volunteers. They can help your group find volunteers to work on your project. Register your interest on their website www.volunteercork.ie by registering your vacancies or search through volunteer vacancies that currently exist. You can telephone them on 021-4559296 or call into their office at 2,a Coburg Street, Cork. Tell them the Cork Shout sent ya !

Inclusion Ireland 2011 Award

Each year Inclusion Ireland recognises the contribution of individuals or groups to the development and promotion of advocacy for people with intellectual disabilities in Ireland. If you know someone who is deserving of recognition for this prestigious award you should consider nominating them. They are now accepting nominations for this year’s award. For full details on nomination process. Please visit www.inclusionireland.ie.



Courage is admitting you are afraid but still willing to carry on regardless



Going to the Dogs For Down Syndrome

On Saturday 26th February 2011 a nationwide fundraising night will be held in 10 greyhound stadiums in aid of Down Syndrome Ireland. In Cork the event will take place in Curraheen Park greyhound stadium. It is the first time a nationwide event of this type will be held. This event will be a family friendly night to raise much needed funds for Down Syndrome Ireland. A night of fun and entertainment is guaranteed and all money raised will be going to support Down Syndrome Ireland. Family tickets for the night cost just €20 (2 adults and up to 4 children) and individual tickets €10. Tickets for this event are now on sale.

LEAP Holding Courses in Cork



Course (1) Introduction to Person Centred Planning On Feb 19th. Leading, Educating, Advocating, Planning For People with Intellectual Disabilities. This is an Introduction to Person Centred Planning. This workshop will give participants a better understanding of the Person Centred Planning process by exploring the types of planning that focus on capacities and strengths of individuals with Intellectual Disabilities. **Course 2. How to Build Circles of Support. April 16th** This is ideal for people who have experienced broken relationships and systems which can segregate and disempower people. This workshop aims to assist people to develop, facilitate and maintain circles of support that will help make positive life changes. **Course (3). How to Advocate for a family member with a Disability March 19th** Family members are natural advocates as they know their relation better than anyone else. In this workshop you will learn how to present your concerns and problems in writing, prepare for meetings and search for desired solutions. You will learn how to focus on getting appropriate services and supports for your family member with an Intellectual Disability. **Workshops will take place in the Clarion Hotel, Lapps Quay, Cork.** Fee 10 Euro per person per Workshop. For details contact 087.1424797 or email leap@ireland.com

Pink Week: 14th – 18th February 2011

Companies and schools are asked to support this special campaign by going “pink” for a day during Pink week 14th –18th Feb. The purpose is to raise funds for the Marie Keating Foundation’s information and education service. The Foundation’s Mobile Information Units and their trained nurses are available during this week to visit companies and workplaces to provide valuable health promotion information. For more information email info@mariekeating.ie



The DVD developed by Cork CIL and Cork PwDI is currently being finalised in the editing suite of Framework Films. Work is now at a very advanced stage and it will be launched shortly.....Watch this space.



Course for Caring someone with Brain Injury

Would you like to develop your skills and knowledge of ABI to help you in your caring role? Would you like to learn in an environment with other family members? A Training programme for Family Carers is being organised by Acquired Brain Injury Ireland. The course comprises of topics such as, Introduction to Acquired Brain Injury, How Families Cope with Acquired Brain Injury, Living with Acquired Brain Injury – a practical everyday approach, Health Promotion and Wellbeing of Carers, Emotional / Behavioural Changes Following Brain Injury, Communication Challenges after Brain Injury, Attention and memory difficulties following brain injury, Children with an Acquired Brain Injury. All enquiries to Una Kinane ukinane@abiireland.ie or (01) 2804 164 Ext. 207

See Change and Cork County Development Board's Social Inclusion Measures Group together with Cork Community & Voluntary Forum will hold a public meeting about mental health stigma on Monday 7th Feb 2011. The event will take place at 7.30pm in the Gilbert Centre, Mallow Community Campus, Fair Street, Mallow, Co. Cork. Everyone welcome to attend. Please confirm your attendance by emailing info@seechange.ie or phoning 01-8601620



EmployAbility Service Cork

EmployAbility Service Cork is a FAS funded organisation that specifically supports people with a disability, acquired injury / illness, or mental health difficulty, who are willing and able to work on either a part-time (minimum 8 hours per week) or full-time basis (21 hours to 39 per week). Formerly known as First Employment Services, they have offices in Cork City and Charleville and hold outreach clinics in a variety of locations throughout the city and county. The service is free to employers. For further information please contact 021.4294949



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"Telling it like it is"



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