



Restructuring of PwDI to Begin

PwDI held its Annual General Meeting in Athlone on Saturday 16th October last. As a consequence to this meeting there will now be a restructuring of the organisation. Based on the VFM report and the subsequent directive to reduce the board membership by half a motion was approved to begin the restructuring process immediately. Heretofore, Article 54 of the Articles of Association for People with Disabilities in Ireland Ltd (PwDI) allowed for a maximum of thirty two board members which facilitated board member representation on a

county by county basis. It was the view of the Cork Network of PwDI that it was important to maintain this level of representation to ensure the perspective and issues particular to each county be properly represented on a national platform. The view of the majority of the voting delegates at the AGM however was that the directive to reduce board membership to fifteen members could not be ignored given the stated threat to future funding for PwDI. Regardless of any possible implications, the voting PwDI delegates decided to agree to a restructuring process which will effectively reduce the board numbers by half and the Articles and Memorandum of Association will now be changed accordingly. Further debate or deliberation on this matter would be a futile exercise because in a democratic organisation we must abide by democratic principles. Time will tell however whether this restructuring is a progressive step or indeed will the decision see the under representation of individual county networks at national level in the future. In the interim however the decision of the delegates at the AGM is binding and must be respected by all of us. It is now time to move on and pursue an agenda that is in the best interest of people with disabilities. Ní neart go chur le chéile. (Pictured above Morgan McKnight CEO and Donie O'Leary Chairman of PwDI in 2010.)

At Long Last the Building Changes are signed

The review of Part M of the Building Regulations has finally concluded. On the 12th October 2010, John Gormley Minister for the Environment, Heritage and Local Government (pictured below right) approved the proposed draft Building Regulations (Part M Amendment) Regulations and accompanying Technical Guidance Document M (TGD M - Access and Use) on foot of the statutory Building Regulations Advisory Body's recommendation on the matter. The draft regulations will be signed into law later this month with the revised TGD—M being made available simultaneously. While the review has taken longer than anticipated to complete, the process involved two separate extensive periods of public consultation. Consideration was also given to the considerable number of submissions received from a broad range of stakeholders whose input has added greatly to the value of revised Part M Technical Guidance Document.





Free Book about Arthritis Care

Arthritis Ireland and Home Instead Senior Care have developed an information booklet 'Caring Hands: Caring for A Person with Arthritis'. The book is available free of charge from Arthritis Ireland. To request a copy or to speak to someone about caring for a person with arthritis contact Arthritis Ireland's Helpline on LoCall 1890 252 846 or visit www.arthritisireland.ie.

What to do with the few Bob

The Citizens Information service say you should be very careful as to how you plan your finances for the future. If you need some advice about retiring, saving for a pension or saving to protect your family's future you may decide to use a financial advisor. If you have recently received a lump sum from redundancy or otherwise it would be in your interest to check a website called itsyourmoney.ie



This site has information and advice about getting the best financial adviser, including the types of advisor / preparing for a meeting with an advisor. The site is part of the National Consumer Agency and it will not guide you to a particular product or organization, rather it will give general information as to your options. If you are looking at options then taking a look at itsyourmoney.ie may be helpful in that regard. In the current climate it is important to look after your "nest egg".



Depression Awareness Campaign

A new depression awareness campaign called "*Lean On Me*" has been launched. Aware is supporting the campaign as it encourages people to support loved ones who are experiencing depression, as well as encouraging a better understanding of the condition among sufferers their friends and family. Depression affects 1 in every 5 people but 75% never get treatment. People who are suffering from depression will be encouraged to get help and seek the necessary treatment as soon as possible. The campaign has an interactive website. The site features lots of general information on depression. Radio and outdoor ads will also be used in the campaign. Visit www.leanonme.net **The Aware lo Call Helpline number (1890 303 302)**

More Restructuring on the Way

The decision to transfer the Community Welfare Service (CWS) from the Health Service Executive to the Department of Social Protection is supposed take effect from 1st January 2011. The full complement of staff involved will transfer to the DSP. Ultimately, this transfer will see the Community Welfare Service being located in the Department of Social Protection.





Roll it there Eddie !

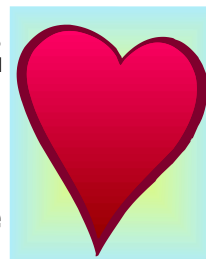
The Cork Centre Independent Living (CIL) and the Cork Network of People with Disabilities in Ireland (PwDI) have produced a DVD about services



for people with disabilities. Members of both organisations and people from the disability sector generally came together to hear the perspective of service providers in the Cork area. Donie O’Leary from Cork City Partnership facilitated a panel discussion which included Dermot Crosbie (Employment Services Fás) Marguerite Kelly (Transport Manager) Linda Horgan (Occupational Therapist) Mairead O’Sullivan (Disability Support Services U.C.C.) Fiona Dineen (Housing Allocations Cork City Council). Their presentations were followed by a question and answer session. Eddie Noonan and Emma Bowles from Framework Films directed the filming and a launch date will be announced in the near future. Pictured above are some of the guest speakers on the panel during filming. (Left to right Fiona Dineen (Cork City Council) Dermot Crosbie (Fás) Linda Horgan (O/T) . Pictured right is the camera crew in action on the day)

Cork Stroke Support Group

The Cork Stroke Support Group launch and information evening is taking place at the Clarion Hotel, Lapps Quay, Cork on Wednesday, 3rd November 2010 from 6.30 p.m. to 9.00 p.m. There will be information stands and refreshments will also be served. This Information Evening is suitable for stroke survivors, family carers, volunteers, health care workers and anyone interested in stroke support. The Irish Heart Foundation is also planning to commence Stroke Group Sessions in January 2011 in The Activities Centre, St Finbarr’s Hospital, Douglas Road, Cork. If you are interested in attending either of the above events please contact Anne or Rosarii in The Irish Heart Foundation on 021.4505822 or email ariordan@irishheart.ie.



Brain Injury Meeting

This is an opportunity for people affected by acquired brain injury to share experiences and to learn how others cope. Mutual support among people with acquired brain injury, carers and families is vital. BRI enables this peer support by holding monthly meetings. There is also a social element including outings and events. The next Brain Injury Support Meeting will be held on Wednesday, 17th November at 7 p.m. at the Wilton Community Centre, Cork (opposite Cork University Hospital). Contact Phil Mc Gowan on 087 – 9955166 or email p.mcgowan@ucc.ie

Free Flu Vaccine

The flu virus changes each year and this is why a new flu vaccine has to be given every year. The swine flu virus strain is included in the seasonal flu vaccine this year so only one flu vaccination is required. The National Immunisation Advisory Committee has recommended that the following groups of at-risk people need to be vaccinated for seasonal influenza: everyone aged 65 and older, children and adults with long-term illnesses such as asthma or heart problems. Those who attend schools or day centre's for people with disabilities, health care staff and carers should also have the vaccination. People with either a Medical Card or GP Visit Card will not be charged to visit the doctor for the flu vaccine. General practitioners (GPs) charge a consultation fee to administer the vaccine to patients without a Medical Card or GP Visit Card. The vaccine itself is supplied free of charge.



Free Copy of Homecare Advice

The 75 years and older population is expected to treble by 2026, according to CSO data. This will mean more and more families will be dealing with care issues. Family caregivers faced with care giving issues now have a free resource to help guide them through the sometimes complicated maze of home care decisions. "A Guide to the Best Choices for Senior's" has been produced by Home Instead Senior Care. The guide will provide family caregivers with answers to a number of important questions about giving care. Featured in the guide are important distinctions including the signs to watch for that home care is needed. You can download a free copy of the *Home Care Solution* from www.homeinstead.ie

"If you do not have charity and love in your heart then you definitely have a serious heart problem"



Editor Donie O'Leary

Tel: 4302310

doleary@partnershipcork.ie



Secretary: Deirdre McCarthy

Tel: 4551986 Email

email pwdicork@eircom.net

"Telling it like it is"