



PwDI and CIL Join forces in Film



The Cork Centre Independent Living (CIL) and the Cork Network of People with Disabilities in Ireland (PwDI) will come together to develop a DVD. Members of both organisations and indeed the general disability sector will come



together at the Glen Resource Centre on Wednesday 6th October at 10.00 am. The objective is to identify issues that affect people with disabilities and to what extent responses can be developed to address those issues. A panel of five speakers will address a number of topics and the audience will pose questions on the day. The proceedings will be filmed by Framework Films and will be screened on Cork Community Television. Anyone interested in attending should reserve a place as soon as possible as numbers will be limited to facilitate filming. Confirmation of attendance will also facilitate caterers and your cooperation is requested in this regard. **Please contact PwDI office at 4551986 or CIL at 4391570.** Pictured above is film maker Eddie Noonan from Framework Films who worked with us on our last production relative to access to the new civic offices



near the City Hall. On the left Eddie films PwDI member Dan Dowling (visually impaired) negotiating the main entry and left PwDI member Richard O’Leary is filmed checking access to the canteen in the new civic offices.



PwDI Speaker Shines at Conference :The Cork Network of PwDI and Sea Change held a joint conference in the Clarion Hotel on Friday 24th September. The conference titled “Challenging Mental Health Stigma” was addressed by a number of speakers all of whom offered various perspectives on the challenges of addressing mental health stigma. About one hundred people were present to hear a presentation by Cork PwDI member Noreen Fitzgibbon. Noreen who was formerly a paediatric nurse and now works for the Irish Advocacy Network gave what was widely acclaimed as an inspirational presentation to the conference. Those in attendance really showed their appreciation following her thought provoking presentation. Her comments and observations based on her personal perspective and experiences was loudly applauded on the day. One person attending commented that Noreen’s presentation alone made the day worthwhile. PwDI Cork Network is committed to promoting the mental health agenda and is proud that Noreen Fitzgibbon as a member is to the forefront in that regard. The “Cork Shout” wishes her continued success in her advocacy work. (Pictured left a section of the conference audience and right Noreen Fitzgibbon)



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The Office of the Disability Appeals Officer

“To provide and deliver an independent, accessible, transparent and fair disability appeals redress service in a timely and courteous manner.”

The Disability Appeals Officer, M/s Teresa Dykes, is an independent officer appointed by the Minister for Health and Children to provide an appeal service under Section 16 of the Disability Act 2005. She will be holding 7 information evenings at various venues around the country to explain the services provided by her office. Is your child under 5 years of age or was he/she under 5 years of age on the 1st June 2007? Has your child had an Assessment of Need under the Disability Act or are they currently going through the Assessment process? If so you may be interested in attending an information evening to learn about the redress service provided by the Disability Appeals Officer. The evening is open to all who have an interest in the role and function of the Disability Appeals Officer.

Under section 18 (1) of the Disability Act 2005, you can appeal against a finding or recommendation of a HSE complaints officer if you disagree with the finding or recommendation. You can also appeal to the Disability Appeals Officer if the HSE or an education service provider has not implemented a recommendation made by a HSE complaints officer. Currently, the Act and the appeals process apply only to children under 5 years of age on or after 1 June 2007.

You can call and see the Disability Appeals Officer when she visits Cork on Tuesday 19th October 2010 at the Clarion Hotel, Lapps Quay Cork. For further information you can contact her directly at Office of the Disability Appeals Officer, 1st Floor Dolcain House, Monastery Road, Clondalkin, Dublin 22 Tel: 01-4614211 LoCall: 1850 211583 email appeal@odao.ie



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 refreshments available and a number of Information



Stands can be attended on the evening. This Information Evening is suitable for stroke survivors, family carers, volunteers, health care workers and indeed anyone interested in stroke support. The Irish Heart Foundation are 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 Rosari in The Irish Heart Foundation on 021.4505822 or email ariordan@irishheart.ie.

Ombudsman Staff come to Cork

If you have a problem or complaint about a government department or a public body then call to CIC Office, 80 South Mall on Wednesday Oct 6th 10am to 4pm.

New right to Privacy in Pharmacies being Introduced



The PSI (Pharmaceutical Society of Ireland), the pharmacy regulator, has published new guidelines on patient consultation areas in retail pharmacy businesses (pharmacies). All pharmacies must have this facility available for private consultation and patient counselling from 1 November, 2010. The PSI Registrar Dr Ambrose McLoughlin has encouraged the public and patients generally to avail of their entitlement to request a private discussion with a pharmacist about their medicines. Dr. McLoughlin stated that the correct information relative to the medicine is as important as providing the medicine itself. People should therefore exercise their right to a private consultation with the Pharmacist to discuss matters such as possible side effects related to the medicine they are being prescribed. So ask about your meds.

Extra staff being recruited for cervical vaccination

More than 100 extra staff are to be recruited by the HSE to ensure the roll-out of the cervical cancer vaccination programme can continue as planned in second-level schools this term. The HSE will recruit an additional 27 senior medical officers and 88 nurses for a 16-week period to deliver the vaccination programme. It was also agreed that 49 administrative staff will be redeployed from their existing duties across the State to assist with the programme. The vaccine, which is being offered to first-year students and those second years who didn't get it last year, has to be given in three doses over a six-month period, with the second dose being given two months after the first and the third one given four months after that. The vaccine will be free of charge. The HPV vaccination programme began in 21 schools before the summer break in a bid to fulfil a commitment given by Minister for Health Mary Harney that it would start prior to the holidays. However, the programme has yet to begin in earnest.



October is Breast Cancer Awareness Month

Action Breast Cancer (ABC) provide free advice and support to anyone who is concerned about or is affected by breast cancer. This year Pink Ribbon Day falls on Friday, October 8th 2010. Funds raised from **Pink Ribbon Day** and throughout Breast Cancer Awareness Month help fund ABC's free services including the National Cancer Helpline (1800 200 700) Action Breast Cancer provides information and support programmes for those with a breast cancer diagnosis. You can help by assisting the fundraiser or by making a donation yourself. Call 1850 60 60 60 today and order your Go Pink fundraising pack.

World Mental Health Day : Cork Mental Health Foundation will celebrate the day in Cork on Friday 8th October. They will hold a seminar in Rochestown Park Hotel where a number of invited speakers including Cork hurling legend Dónal Óg Cusack and MEP Brian Crowley will speak on “*Teenagers-Physical & Mental Health.*” For further details Tel. 4511100 or email cmhealth@eircom.net

HSE advises under 25's to Protect against mumps

If you are starting college this year and are under 25 you could be at risk of getting mumps during the next academic year. Many Irish universities and colleges had major mumps outbreaks during the past few academic years. Students between 17 - 24 years were most affected because many of them received only one dose of MMR vaccine. MMR protects against measles, mumps and rubella. Two doses are needed to protect against infection. Mumps is an acute viral illness that causes fever, headache and painful swollen salivary glands. It is spread from person to person by coughs and sneezes. It can also be transmitted through direct contact with saliva, including kissing. Generally complications are mild but mumps can cause meningitis, deafness, inflammation of the pancreas, ovaries or testicles. Immunisation with MMR vaccine is the best protection according to the experts. Two doses of MMR are recommended to offer full protection. Under 25's who have only had one dose of MMR will need to have a second dose. If you were never vaccinated with MMR you need two doses. Older students usually don't need MMR vaccine as they probably were infected with mumps as young children before the vaccine was available. If you do not know how many doses of MMR vaccine you have received, check your immunisation records (check with a parent / GP / HSE Community Care Office. Get in touch with your GP to find out about your Free MMR Vaccine. If you are living away from home or are unable to contact your GP you can contact your student health service. **MMR vaccine is not just for children**



Gentleman Ger will be missed

It was with deep regret that we learned of the death of PwDI stalwart Ger Barrett. Ger was a former Vice Chairperson of the Cork Network of PwDI. He was buried on a grey Autumn day on Monday September 27th. Ger will be best remembered for his sharp witty ways and his ability to laugh and joke even when his debilitating illness was at its worse stage before his untimely death. Way back in a 2005 edition of the "Cork Shout" we did a feature on Ger Barrett. In that piece he described himself as a "ballhopper" and the holder of a first class degree in bullsh.... and "slagging". We will remember Ger as a decent guy with a sense of humour that belied his grave illness. R.I.P.



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"Telling it like it is"