



## Enough is Enough

Last Year people with disabilities in Cork took to the streets in protest against cutbacks in services to disabled people. The provision of personal assistants was severely restricted due to cutbacks in the HSE budget. This was followed by another draconian measure whereby people with disabilities who are in receipt of social welfare payments had their weekly payment of €209.80 reduced by €8.60. The rationale for targeting people with disabilities apparently was that Ireland is in economic meltdown and everyone would have to “share the pain” in an effort to make the necessary correction to the economy. Tellingly, while people with disabilities bore the brunt of a 4% cut in their weekly benefit the government gave an exemption to older people and their weekly state benefit was left untouched. This reluctance to cut benefits to older people may have been influenced somewhat by the ferocity of the backlash which saw what is known in political parlance as the “grey vote” take to the streets when the government threatened to remove the medical card benefit. The frustration of people with disabilities will be similarly harnessed if any more cuts are inflicted on people with disabilities. The “Cork Shout” says enough is enough or people with disabilities their carers and families will be forced back on to the streets .





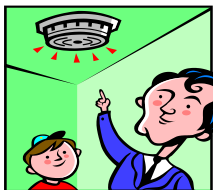
## Leadership and Conflict Resolution Course

This course is designed for people who are involved in community groups and organisations wanting to improve leadership skills. It will teach you how to make meetings more efficient and enjoyable, to increase participation, inclusion and enthusiasm in your group, to reduce frictions and build teamwork, to gain confidence in your leadership and avoid burnout.

The course will address Leadership and Facilitation, Exploring Motivations to Lead, Consensus and Other Decision Making Techniques Proposals; Agendas, Facilitating Open Discussions; Alternatives to Open Discussion; How to Deal with ‘Difficult Individuals’, Mediation; Negotiation; Arbitration; Integrating Diverse Points of View, Building Shared Frameworks of Understanding, Processing ‘Emotional Allergies’, Evaluation and Implementation. Course duration is ten weeks. The fee for the course €250. The course Venue: Brookfield Health Sciences Complex, Room 224, UCC. Lecturer: Mr. Thomas Riedmuller, Centre for Adult Continuing Education, UCC. Every Thursday evening 7-10 pm from 30th September to 2nd December. To reserve a place contact the Centre for Adult Continuing Education 021.4902301 or 4904719. You can contact the course tutor directly at 023.8847001 or [thomas\\_riedmuller@yahoo.ie](mailto:thomas_riedmuller@yahoo.ie)

## Cork CIL and PwDI in joint DVD Venture

The Cork Centre Independent Living (CIL) and the Cork Network of People with Disabilities in Ireland (PwDI) have 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**



## Seniors Alert Scheme for Older People

The Scheme is open to people who are aged 65 and over who have a genuine need for assistance. Funding is available towards the cost of installing monitored personal alert systems, monitored smoke and carbon monoxide detectors, external security lighting and internal emergency lighting. Further information: Tel:0.16473000 or LoCall: 1890474847

*“The closest you will ever come to perfection is when you complete your own CV”*



## Information Meeting on New Disabled Drivers Permit

As reported in our August edition of the "Cork Shout" there will be new regulations introduced shortly concerning the issuing of permits for disabled drivers. The Cork branch of Disabled Drivers Association is holding an information evening at 7.00pm on Thursday 9th September at Rochestown Park hotel. Mr Ken Fox Chief Executive Officer of Disabled Drivers Association will be in attendance to give a full briefing on all the proposed changes being introduced. Ken was part of a group which included PwDI and Cork Access Group that made a significant contribution to the consultation process. Be there to hear him answer questions.

## Jack & Jill Free Draw for Car

The Jack & Jill Children's Foundation has launched a new campaign giving participants a chance to enter a draw for a Volkswagen Golf Trendline car in exchange for their old mobile phone. People can enter as often as they like as long as they include an old mobile phone with each entry. The special draw will take place on Tuesday September 21st 2010. It could be Yoooooooouuuuuuuu !!!!.



## Cork Tinnitus Support Group

Cork Tinnitus hold meetings at 2.30 pm on the last Saturday of each month at the Cork Deaf Association office, 5 MacCurtain Street, Cork. They have speakers on tinnitus-related topics on a regular basis. They have a phone helpline each Wednesday morning: 10am to 12.30pm; Tel. (021) 4505944 – ask for tinnitus helpline. For further information check out [www.corktinnitus.com](http://www.corktinnitus.com)

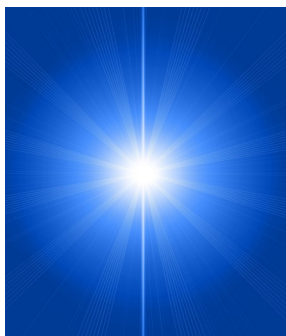
## Collect stamps for the Dogs

This is a great project for school children / teenagers and indeed adults to get involved in fundraising and do something very worthwhile to help visually impaired people. Stamps collected will be sent to a stamp collecting company to sell on to tourists and stamp dealers. For more information on the scheme contact the Fundraising Department on 1850.506300 or [fundraising@guidedogs.ie](mailto:fundraising@guidedogs.ie)



## Arthritis Help

Arthritis Ireland are delivering a self-management programme called "Living Well With Arthritis" nationwide. The course promises to 'turn your life around' in six weeks. There are only 18 places available at each location. Contact Svetlana at 01-6470206 or email [training@arthritisireland.ie](mailto:training@arthritisireland.ie).



## PwDI Says Let it Shine

PwDI together with Sea Change (Shine) will host a conference on Friday September 24th at the Clarion Hotel Cork. The theme of the conference is **"Challenging Mental Health Stigma"** PwDI is a partner organisation in the See Change campaign. See Change is Ireland's new national partnership to reduce stigma and challenge discrimination associated with mental health problems. The objective is to bring about positive change in public attitudes and behaviour towards people with mental health problems. The aim of the conference will be to highlight the issue of mental health stigma and discrimination and explore what can be done to reduce stigma. Anyone who is interested in the issue of mental health is more than welcome to attend. The conference is a half day event with registration beginning at 9.30 am. There is no charge to attend the conference and lunch will also be provided. "See Change" has organised the following speakers for the Cork event: Mr John Saunders, Director of See Change/Shine. Mr John Kidney, Basement Resource Centre, Cork. Mr. Diarmaid Ring, Mental Health Advocate/Activist. To facilitate catering for lunch at the Clarion Hotel you are asked to confirm your attendance by contacting Deirdre at the PwDI Network office Tel: 4551986 or email [pwdicork@eircom.net](mailto:pwdicork@eircom.net).

**Date for your Diary : PwDI / Shine Conference**

**Friday 24th September, 9.30am to 1.00 pm.**

**Clarion Hotel, Cork**



Editor Donie O'Leary

Tel: 4302310

Email [doleary@partnershipcork.ie](mailto:doleary@partnershipcork.ie)



**"Telling it like it is"**



Secretary: Deirdre McCarthy

Tel: 4551986

email [pwdicork@eircom.net](mailto:pwdicork@eircom.net)