

# The Carrick Newsletter



SPRING 2010

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Issue 10

## Welcome

To the *Spring* edition of our Newsletter keeping Camphill friends and family in touch with life at Carrick-on-Suir.



## National Disability Authority Conference 2009 - Dublin

### RESEARCH ON : WHERE WE LIVE ----- The Results Of The Research

By: The Carrick-on Suir Inclusive Research Group

In our last newsletter (Autumn vol 9), we mentioned that there would be a follow up on the results of the research from the conference on Where We Live which was held in Dublin.

The report has been published and was launched on the 24<sup>th</sup> February 2010. Congratulations Michael and Pauline.

*Here are some of the findings.*

More than half did not choose who they lived with and some of the people chose where they lived. About half of the people (48.8%) said that they would change things about their homes. They would change things about their homes including:

-Wanting their own homes and rooms

-Changing room or house

-Some people had problems with their landlords/landladies and neighbours

-Some said they wanted to change who they lived with

-A few people (16.2%) said they would change something about the people they live with including:

-Have more choice who they live with and the independence they had.

Finally, some people (34.1%) said that they would change things about the support they get.

**Key Messages from the IRN members**

There is a lack of services for individuals to seek independent living.

- More control over funding is needed for people to have choices on where they live and who they live with
- Individual needs have to be considered and supports need to be in place so that it is less frightening for people to be independent
- There are few choices for people to decide where they live and who they live with
- Attitudes should change for families to allow their family member to be more independent
- There are not enough opportunities for people's voices to be heard

Pauline and Michael presented their work at The Federation of Voluntary Bodies Master Class on the 25<sup>th</sup> March 2010. Pauline delivered the presentation and Michael spoke about the research.

The inclusive research network has decided on its research for 2010 and its going to be on relationships and supports.



## TO OUR NEW CO-WORKERS,

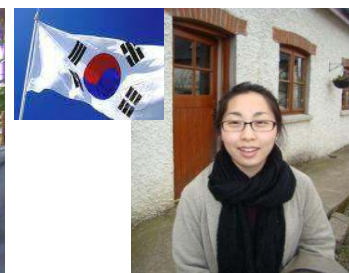
who arrived in the last couple of weeks : Minju Kang from South Korea to Deaglan House (No picture available)



Rachel Kantrowitz from Massachusetts to Brogan House



Jonas Gerber from Germany for 5 weeks work experience



Hye Young Jung from Gwangja, South Korea to Cuan House

# The Carrick Newsletter



## Fact Finding Mission To Belarus

My name is Chris Taylor, and I have lived and worked with adults with intellectual disabilities for 20 years within the Camphill Communities of Ireland. Recently a colleague, Tony Whittle invited me to join a fact-finding mission to Belarus in conjunction with the Burren Chernobyl Project, based in Ennistimon. The fact-finding trip took place in November 2009, and convinced me that there was a great need there for the kind of work that we do in Ireland and around the world.

Following the Chernobyl disaster, as orphaned and ill children were evacuated from the area, the amount of people with intellectual disability in the country's institutions became apparent. The orphanages and institutions are overcrowded, badly maintained and severely underfunded. The Burren Chernobyl Project found a huge gap that needed to be filled and became involved in the care of intellectually disabled children, from babies to 18 year olds. After 18, children move on to adult institutions which are very grim places- there is no way out, no education, no stimulation, no therapies and few workshops. As soon as volunteers leave, workshops may be suspended. People are simply locked away gradually becoming zombies. They have no personal possessions, not even a pencil. Everything they have comes from humanitarian aid, and even when equipment is donated, there is often no-one with the time or skills to use it. Having seen the need, I felt driven to use my time and skill to help in any way possible.

A visit to Cherwen Orphanage revealed a new building housing 350 children with disabilities. Although the building is provided by the state, equipment and supplies generally come from humanitarian aid. Often children end up in orphanages simply so that they will be fed. Poverty, high rates of alcoholism, and a high mortality rate combine to give these children very poor chances in life. However, conditions within the institutions are far from ideal. In Beresnov I met a young man with cerebral palsy. His condition had worsened severely following

an incident where he choked on some food on Cherwen Orphanage. With no doctor available and only untrained staff on hand, he was starved of oxygen and suffered further brain damage. Cherwen has no teachers for its young people, but there is one physical therapist on staff, whose salary is paid by the Burren Chernobyl Project.

Traditionally, disabled children in Belarus are institutionalised at an early age. Aware of the conditions their children endure, a group of parents from Beresnov looked for another way to help their children. The Caring Hearts organisation decided to open their own day centre, run by volunteers with the help from outside agencies thus avoiding state corruption. This would allow them to educate their children while caring for them at home. Phase 1 is to be a therapy and day centre, and phase 2 will be a small residential community. The Burren Chernobyl Project and I had found a worthy cause.

Already, a suitable property has been found and we co-workers in Camphill Ireland have undertaken to raise the € 15 000.00 necessary to buy it and the € 10 - 15 000.00 needed to refurbish it. A concert in



Cherwen Orphanage Building (Factory)



Beresnov Day Centre Building  
(Co-workers hoping to purchase)

# The Carrick Newsletter



Cont...

Callan in February 2010 raised € 1 400.00, a kitchen has been donated, and a pledge for a further € 3 000.00 secured. As fundraising goes on, we expect to be able to complete the purchase in the near future.

I was able to return to Belarus in February 2010 for a longer stay. Thanks to donations from Patrick Lannen at Mary Early's Pharmacy and Sile and Sean Meade of Meade's Pharmacy in Carrick on Suir, I was able to bring some essential medical supplies, some of the most appreciated of which is Gelonet for bed sores. During the trip we worked with many of the young people in Cherwen Orphanage, including feeding them, helping with exercise and physical therapy, or just playing and socialising with them- activities that the state workers don't have the time or training to do. When my colleague, Mike and I took a small group of older children to the market to buy some food, we quickly realised that not only had ever eaten ice-cream before, but they had never even been outside the institution before. The food we bought was for a training kitchen that had been installed in the Orphanage by an Austrian NGO, but had never been used as there was no budget for food to cook. The cooking workshop is now up and running and has a state-funded trainer, which is a big achievement.



Mike Hailey helping in the Orphanage



Teenagers - first time ice-cream experience

I plan on returning in July of this year, and my colleagues will also be making return trips. We will continue to work with the children and young adults in the orphanage, as well as helping Caring Hearts to set up their day care centre. The smallest help can make a huge difference there, and little seeds will grow into big trees! Volunteers and funds are always badly needed and vastly appreciated, and a huge amount of work remains to be done.

I plan to give an open talk on our work, with photos and slides in the near future. I would like to thank everyone who has contributed in any way to this work, in particular Patrick Lannen and Sile and Sean Meade. All donations will be gratefully received by the Aurora Project: Camphill Co-workers in Ireland supporting Belarus, and will be used to change the lives in Belarus.

Donations towards this worthy cause can be sent to Chris Taylor at Camphill Community, Castle Street, Carrick on Suir. Co Tipperary. Ireland . Telephone No : +353 (0) 51- 642573 or Mobile No: + 353 (0) 876471474.

## Goodbye / Na shledanou

Kamila, thank you so much for all you did in the community and remember Goodbyes are not forever Goodbyes are not the end They simply mean we'll miss you. We hope you will visit us again soon.



**A quote from Sister Stans book "Stillness" through my prayers**



All day, every day, I have new moments of wonder to be grateful for-fresh raindrops, wild flowers, sunshine, birds nesting, a card from a friend, conversations, a table tastefully arranged, an unexpected gift, a smile of welcome. *Reminding me to awaken to the wonders of the day.*

# The Carrick Newsletter



## PAST CHRISTMAS PLAY

From : The Stories of  
Tove Jansson

Our enthusiastic team of co-workers and residents chose a Moomins story for their Christmas play because of the characters with fascinating names.

Narrator: Pete



### About the Moomins....

You may never have met a Moomin, and you might be asking yourself just exactly what is a Moomin and where do they live. They are wonderful creatures. They look like a cross between a hippo and a cow. They are pure in good. They live in the beautiful countryside of Finland, in Moomin valley, beside the sea surrounded by many small islands. The Moomin spend the summer enjoying the sun and gathering food for the winter and entertaining their many friends. In October they go for a long sleep. They dream the winter days away, under the roof of their little houses.

Our story took place not in summer, but on Christmas Eve. The countryside around their house is covered in deep snow. The Moomin have been asleep since October. Outside some of the other folk of Moomin Valley, the Hemulen, Hemulens aunt, and Gafsie are preparing for Christmas. Moomintroll, the youngest Moomin is woken by a loud banging on the door of their house. It is the angry Hemulen who has been sent to wake the Moomin. He feels that they should not escape from the Christmas madness that is pervading the valley. He is determined to wake them up. Get up lazy Moomins, Christmas won't wait for you.



The Rehab Tanners Group

## RehabCare Outing To Camphill



Enjoying lunch at the farm

A group of students from the RehabCare Centre in Waterford recently visited to see what happens in a Camphill Community after hearing about it from one of the residents in Camphill. The group called "The RehabTanners" assisted by Molly, enjoyed their days outing observing the residential estate and its various workshops. Afterwards, a short drive to the farm where they enjoyed their walk around the garden and farm yard in the glorious sunshine. Finishing off the day by having their lunch together before heading off back to Waterford.

# The Carrick Newsletter



## THE EUROPEAN PLATFORM IN REHABILITATION CONFERENCE 2009

The European Platform in Rehabilitation held its annual conference in the Tower Hotel in Waterford towards the end of 2009. The conference was hosted by the National Learning Network.

My name is Pauline O'Meara and I was asked to speak about how RehabCare had helped and supported me achieve my goals at the conference. I was very nervous about speaking in front of such a large group of people, but Delia White my Programme Supervisor supported me in preparing my speech and that made me more confident. We also decided that I would feel most comfortable if we did the speech as if she was interviewing me and this worked out very well.

In my speech I explained to everyone that I have been attending RehabCare services for 21 years. Before in Rehab services I would have been involved only in commercial work i.e. Bagging parts for board games and stuffing envelopes.

But when RehabCare was set up, I was offered the opportunity to go through the Discovery Process and develop a Person Centred Plan. That was seven years ago and since then I have achieved many things with the help and support of RehabCare and my life is now very different to how it was.

*Some of the goals I've achieved are:*

- Moving from home supported accommodation. I now live in the Camphill Community
- Learning the Independent Living Skills to help me with this move
- Supported Employment

I have worked in the McDonald's Restaurant on the Cork Road for nearly seven years. I work two afternoons per week and I am part of the Dining Room Crew. I really enjoy my work and the independence it gives me.

I have also participated in and completed courses with great success. My two favourites being a food and beverage course with Failte Ireland and the European Computer Driving Licence with ACCESS I.T.

I really enjoyed speaking at the conference and telling people about my life and how RehabCare has helped me to achieve things.

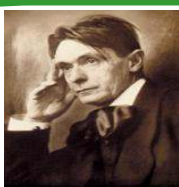
## On The Move In February

Clive, and Cathy Allen, Senior house co-ordinators in Brogan House and their daughter Samantha, recently visited Johannesburg South Africa to attend their daughter Michelle's wedding to Neil Dennewill, held at The Birchwood Hotel + Conference Centre in Boksburg.. Congratulations to the beautiful bride and handsome groom. Their honeymoon was to Mauritius.



### **A poem for Michelle + Neil -----**

May the sun bring you new energy by day,  
May the moon softly restore you by night,  
May the rain wash away your worries  
And the breeze blow new strength into your  
being,  
And all the days of your life may you walk  
Gently through the world and know its beauty.



By :Rudolf Steiner  
(Verses and  
Meditations)

Dwelling in silence on the beauties of life  
Gives me the soul strength of Feeling.  
Thinking clearly on the truths of existence  
Brings to the Spirit the light of Will.

# The Carrick Newsletter



## Past Co-worker Experience

Arriving at Dublin Airport and seeing the heavy grey clouds and rain, I wondered if I did the right thing by leaving my family and girlfriend in Germany where the weather was great. After finding the bus stop, I was soon on my way to Carrick on Suir and hoping that the driver will let me know when we have reached Carrick. I tried not to sleep in case I miss my stop and land up in a strange village. Eventually after three hours I heard the driver shout out "Carrick on Suir" anyone for Carrick. YES I shouted out.

Getting off the bus, I stopped to confirm that I was actually at my destination- right plane, right bus station, right bus and thought "good man" you made it and did not even get lost. I was met by a very nice senior co-worker and taken to the farm where I was going to spend my next twelve months. With just a few moments in the car, I realised that I needed to improve my English soon as I hardly understood what was being said to me.

On arriving at the farm, I was met by a short term female co-worker, a male resident, another senior co-worker and her daughter and not to forget their little dog as well. My room was upstairs in the Long House (A two story building) which is situated at the entrance to the farm. I was pleased that my workshop was going to be on the farm (that's what I hoped for). So the first impression I got about the community was that everyone was friendly and made me feel at home.

Within two weeks I met all the other co-workers, residents and day attendees attached to the various houses. There is an estate in town where most people are living and houses in a newly built housing complex close to the farm. Altogether there are about forty five people who live and work in the various workshops in the community. It was always a pleasure for me to do my duties alongside the people in care, I learnt so much from them. The daily work included feeding dogs, sheep, a cat that always hunted for rabbits and brought them into the house, taking care and milking the cow Beauty, collecting the eggs from the hen house, turkeys, geese and pigs. Once the feeding was done, the days were spent at cutting hedges (which seem to grow over night), repairing tools and fences, replacing broken fence posts and spreading manure (organic) on the hay fields which was a little tiring.

Also, I enjoyed the time spent on Wednesday evenings when everyone in the community goes to the local pub for a pint. Often our house went on house outings for walks, visiting castles and different beaches which gave me the opportunity to see many parts of Ireland. On my days off, I could get around with the local bus transport to many places which was an added bonus of going to a community in town. Meeting every morning except a Saturday for the "Gatherings" was great, where everyone in the community got together to discuss the diary of events for the week.

Suddenly I realised that there were only two weeks left before I had to go back home to Germany. HOW TIME FLIES when you enjoy what you do. Reflecting back on my months in the community, I made friends with eight nationalities or more, had many - many good days and of course a few bad days, laughed a lot and so many other things which made my time in the community well worth it.

I had no experience in caring for young adults with a learning disability as I work in the financial world. So this was a challenge for me which I will always treasure and most certainly keep everyone who I met in my thoughts. Thank you for the experience and good luck for the future.

**Volunteer male co-worker 2008/9**



**Birthday Wishes go to the following people celebrating their birthdays.**

### May

6 Morrwen Maclean  
12 John Kerr  
15 Rachel Aldridge  
31 Regina Maclean  
31 Mary Reade

### June

3 Tsholofelo Kgano  
16 Pauline O'Meara  
21 Karen Hogan  
28 Francis Casey

### July

3 Joan Maher

### July

3 Pete Aldridge  
13 Susan Walsh  
15 Su-hee Lee  
16 Brendan Phelan  
18 Chris Taylor

### Past Co-workers

1 May Oo Aye Maung  
7 May Fredericka Schreiber  
15 May Moritz Richter (Herr)  
5 June Christine Henrico  
21 June Christina Rippen  
4 July Fredrik Bjorklund  
10 July Magdalena Prager  
16 July Richard Herzog

### A thought for the day...



Always remember that each day as you look at your world and see millions upon millions of flowers opening up, God does it all without using any force.

**By: Dr Wayne w. Dyer  
(Everyday Wisdom)**

# The Carrick Newsletter



## Easter Outdoor Activity - Easter Egg Hunt



Singing Easter songs before the egg hunt

Georgie having to rescue his egg from the ice cold river



Looking for clues amongst the vegetables, then having to find the eggs!

Having fun hiding the eggs →



Eggs hidden in some STRANGE places



Co-workers planning the hunt



Painting Easter eggs for the tree →





# The Carrick Newsletter



## Saint Patrick's Day Parade 17<sup>th</sup> March



Preparing for the parade- From this



To this



James + his mystery guest



Residents leaving for the parade



Molly enjoying the sights



Shane and Claire



Johannes with Rachel + Lilly



Participating in the parade up New Street



Neil + Regina full of smiles

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