

The Grapevine

SUMMER 2016



Daffodil Day 2016

A BIG THANK YOU to all in the Brothers of Charity services and retired staff who so generously supported Daffodil Day in aid of the Irish Cancer Society. We raised €3,373.10 of which €1,831.85 was contributed by you. Many thanks to those who helped with selling, picking and bunching daffodils. Your support for Daffodil Day for past 29 years has been fantastic. Next year will be its 30th year.

Míle buíochas,

Mary O'Shaughnessy

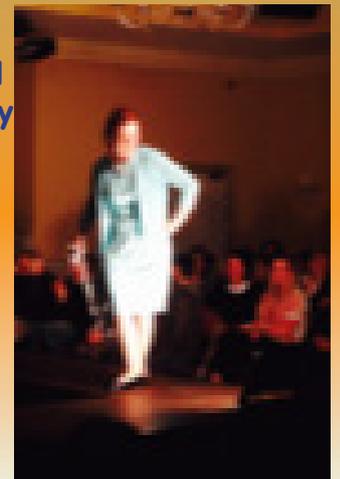


Newcastlewest Day attenders takes to the Catwalk

The Brothers of Charity would like to say a huge thank you to Clare Geary and all the West Limerick Agricultural show for inviting us to take part in their Fashion Show on Friday night. It was a wonderful night and the 10 individuals modelling for the Brothers of Charity really stole the show. We would like to extend our gratitude to the shop owners that provided stunning outfits on the night. We would like to thank Fiona Doyle and her models who were so kind and respectful towards the individuals making their modelling debut. We would also like to thank all the friends, families and staff that supported the event. Here at the Brothers of Charity we strive to show individuals in a positive way, focus



on their ability and celebrate their individuality. This wonderful event afforded us the opportunity to do all this and much more.



Outreach Services

Currently we have two people that use our service on Work Experience every Wednesday and Thursday in the Bunratty Folk Park. The work that they are involved in, is painting up 18th Century farm machinery. With the help of their Job Coach they started the process on how to clean down, prime and finish old farm machinery. They also enjoyed the experience of walking down the village street on their way to work. The street represents a typical 19th Century collection of buildings which includes a school, Doctors House, Pub, Drapery, Grocery, Hardware Shop and Post Office. Pat and Padraig would also be greeted by Costumed Characters that recreate the traditions and lifestyles of the 19th Century, and one of these characters would be the Policeman who would always stand and chat. Once Pat and Padraig get to their place of work, they both work as a team cleaning and preparing what needs to be done. They also have great interaction with all the visitors that call to see the old machinery on their route around the Folk Park. The Tourists would compliment the guys on the paint work that they are doing, and this would always bring a smile to their faces. Once their day is finished they would hit off for the bus that would take them back into town. I must say that Pat and Padraig are really enjoying their experience in the Bunratty Folk Park.



General Matters

For this summer edition of the Grapevine there is a significant focus on Advocacy within the Brothers of Charity Services Limerick. This is because on 1st June 2016 the Regional Advocacy Council, Chaired by Ann O'Callaghan, organised a local advocacy conference in the Woodlands Hotel in Adare. Advocacy groups throughout the services gave presentations on what matters to them. Some of these presentations demonstrated what is being achieved through advocacy within the services, other presentations highlighted shortcomings experienced by the people attending services in relation to how decisions are made by management that have a direct impact on their lives. All of the presentations were powerful and had a clear message. The atmosphere at the conference was one of possibility and positivity. I want to thank the Regional Advocacy Council for organising this event and the advocates for sharing their experiences. I also want to thank the advocacy facilitators for supporting the advocates in their presentations and in their ongoing important work. Finally I wish to express my appreciation to the Quality Department for being the driving force behind ensuring that advocacy is happening, in a meaningful way, throughout the services.

HIQA inspections, both announced and unannounced, continue to take place throughout our residential services. These inspections are viewed by the Services as a driver of quality improvement. Our experience of the inspections is that the HIQA inspectors are focused on the residents and ensuring that they receive a high quality, safe service. As part of the inspection process the Inspectors engage with the residents, the staff and management of the services as well as seeking views from family members. Areas where improvements are required are highlighted in the reports that are issued following the inspection. These reports also highlight areas of good practice. Unfortunately the ability of the services to respond to shortcomings in a number of areas such as fire safety, staffing levels and standard of premises is severely curtailed by the reduction in funding experienced by the services over the period 2008 – 2013. This funding shortfall is continually being highlighted to the HSE both locally and nationally. Unfortunately the HSE

has advised that services are required to live within the budget that is allocated. The reality is that this budget is simply not sufficient to meet the requirements of regulations as well as supporting an aging population that have higher support needs.

In terms of the aging profile of the people who attend our services, 68% of people are over the age of 40. As individuals age, their needs can sometimes change as in the case of the wider population. In some cases a different model of service is required. In recent times the services has had to transfer individuals to a nursing home in order that they can receive the nursing care that they require and is recommended for them by a clinical team. This is a new but necessary departure for the Brothers of Charity Services Limerick in the context of our funding. The individuals and their families are of course consulted as part of this process.

This position with funding also has a significant impact on our ability to address the growing waiting list for residential services. Unfortunately we have no ability to address this waiting list from within existing resources. Our primary responsibility is to ensure that the residential services we are providing to the existing residents are in line with standards and regulations. This includes reducing overcrowding in a number of houses, addressing bedroom sharing situations as well as addressing complaints raised by residents or concerns identified by the Designated Officer. The local HSE has advised us at a recent meeting that they are developing a policy and plan to manage the waiting list across the Mid West Region. The HSE has committed to writing to families once the above process of waiting list management is agreed.

The HSE Safeguarding team in the Mid West has been set up earlier this year. This team has been developed in line with the HSE's "Safeguarding Vulnerable Persons at Risk of Abuse" National Policy and

Procedure which is available on the HSE website. This is a positive development as it further strengthens the safeguarding of people with intellectual disability within the services. Our Designated Officer, Eimear Smalle, reports all safeguarding concerns to the HSE Safeguarding Team. It is mandatory for all staff of the BOCSL to attend safeguarding training and the Designated Officer and all Social Workers are now trained on the new HSE policy. If you have any safeguarding concerns in relation to a person who is receiving supports from the Brothers of Charity Services Limerick please make these concerns known to the Designated Officer. The phone number to contact is 087 6146033.

Looking at the articles and photographs that have been submitted from across the services for this edition of the Grapevine it is clear to me that there are so many positive developments happening for people being supported by the Brothers of Charity Services Limerick including trips abroad, learning new skills, achieving significant goals. This is evidence of the level of commitment of staff to give people opportunities to have a good and meaningful life. It is evidence that staff are listening and responding to what it is that people want in their lives. Overtime and with the use of information technology we will start linking the activities that people are supported to do with the priorities they have identified for themselves in order to evidence this responsiveness on an ongoing basis.

Finally as we approach the main holiday period I hope that you and your families have a lovely summer and that we, the staff of the Brothers of Charity Services Limerick, return from our holidays with renewed energy and enthusiasm to carry out our jobs to the best of our ability, within the resources that are allocated, in order to continually support people to have good quality lives based on what they themselves value and desire for themselves.

Thank you.

Norma Bagge
Director of Services

The Great Limerick Run

On Sunday the 1st of May Sandra Walsh, resident of Rosnaree, completed her first 6 mile test in the Great Limerick Run. Sandra hopes this is the first of many and we are all extremely proud of this wonderful achievement. Breda Heddeman accompanied Sandra on the walk.

Niall Keating also completed the walk with Phil O'Brien.

The Brothers of Charity Services Limerick wish to extend our congratulations to Sandra and Niall on their achievement.



LATCH ON – KEVIN STACK

My name is Kevin Stack. I attend the Brothers of Charity Services in Newcastle West. I have been there since 1985. I am originally from Knocknasna outside Abbeyfeale, where I attended primary school from 1961 until 1973. I went on to attend St Marys Secondary School in Cork from 1973 until 1975.

During my years with the Brothers of Charity Services, I have attended various short courses which have helped to increase my independence. I really enjoyed all of these.

Around June 2014 I was asked if I would be interested in participating in this new "Latch on" Course which would be starting the following September. We were told that we would be helped to improve our reading and writing, as well as cooking, money management skills, computer skills, not to mention history as well as poetry. Over the next few weeks I thought about this and decided that I would do this course along with four of my colleagues from Newcastle West.

I started the course on 25th September 2014. Over the past two years, I have been learning all of the subjects which I mentioned above, as well as making many new friends, going on various outings to Art Galleries, the Hunt Museum, Bunratty Castle, not to mention many meals out. I have really enjoyed my time on this course and would recommend it to any of my colleagues who would like to become more independent and to have a good time doing it. I am very grateful to my teachers on the course for their help, and I am also very grateful to my friends in the Brothers of Charity for supporting me to do this course, these past two years. I will be graduating on 20th May 2016 with a Certificate.

As we come to the end of the course, I must now decide whether I will continue my studies for another two years. I am finding this very tempting because I've had such a good time with Latch-On until now. However it's a very big commitment, so I must give it some serious thought in the coming weeks.



This is a piece that our Senior Supervisor Paul Purcell wrote about what Advocacy now means to him based on seeing the meetings taking place in Stewart House every week for the last year and based on the conversations he has had with our Advocacy Representative Ann O'Callaghan over the past year.

Advocacy - What a word!

by Paul Purcell, Stewart House

Advocacy is one of the words that I find difficult to say. It is a word that means a lot and over time, I have started to say it more often and it has become easier. It is not the tongue twister that it used to be. Is that how things happen? That things start as new and difficult, and then over time we get used to them. The word itself, when I looked it up on the computer, seems to be around for hundreds of years, and is a latin word that means "to summon or call to one's aid". The word today is about a person being able to tell someone their opinion, say how they feel, make choices and decisions, and to express a view or a concern. We can support a person when a person is advocating for themselves or others.

At Stewart House, we began weekly advocacy meetings where we give some news and ask how things are going in the day service and where people live. Yes, there are also house meetings, but sometimes it is easier to say something in a different place and to a different face. And that's what it's about, each person communicating about how things are, and you have to ask yourself, is there something that a person wants to say. At the moment, the main part of our meetings can be the news that we have for the meeting each week, but the main part of the meeting will have to change to the conversation about how a person feels about day service and the places where we live.

Of course, how I hear something in advocacy can be very different to what's been said. So how I listen and hear what's been said is an important part of advocacy. If someone were to ask, how well do you listen or hear what's been said, I would give the answer that I don't listen very well. I do seem to be able to hear my own thoughts and ideas a lot more than someone else's. It's not about me being right all the time, it's about seeing an issue from another side. It's important that we don't think that a person advocating on an issue is making a fuss, giving out or complaining. A person is pointing out something that we may not have noticed.

Our advocacy meetings are only in the beginning stage, and are a way of listening. And the important point is that we learn to listen together. The hope is that it will bring a fuller partnership, being able to make services better, together. Advocacy, what a word!

Fund Raising Bag Pack

Thank you to all the volunteers, family and staff members who helped out with our bag pack on Friday 24 and Sat 25 June last. We raised €1,700 and €300 from the Tesco community Fund. These monies will go towards the cost of an additional vehicle for Satellite Day Services.

Thank you again. Regards

Séamus Lennon

REGIONAL ADVOCACY REPRESENTATIVES & FACILITATORS



Seamus Quinn and Acacia



Patricia Dee and Sheila



Patricia Casey and Anthony



Ann O Callaghan and Leire



Peter McCanon and



Kevin McGrath and Barry



Annie Conway and Sarah



Jackie Sampson and Hannah



Arthur Sexton and Tanika



Sean Donovan, Bernie Burke and Mike



Mary, Acacia, Annie, Eliza and Sean



Facilitators, 2016

19 Davin Gardens

It has been a busy few months for Davin Gardens. On 2nd April we organised an afternoon Tea Party followed by a magic show to celebrate World Autism Awareness Day. There was a great atmosphere on the day and great team spirit. There was a selection of cakes, buns and all things nice to be tasted. After the Magic Sow performed by Leon Anderson, a disco started and everyone began to show off their moves. A great day was had by all.

We recently became involved with Caherdavin Tidy Towns and are responsible for the planting and up keep of bushes and flowers in our estate. We attend local neighbourhood activities and enjoy getting involved in our community. We attended the L.I.T Come and Try Disability Sports Day on Tuesday 14th April and participated in activities such as soccer and rugby. We went to Funderland Funfair in Groody Road and the service users really enjoyed themselves. Several service users participated in Men on the Move and Being Well programmes ran in U.L by Limerick Sports partnership and are looking forward to these programmes starting up again in September.

We regularly visit Odeon Cinema in Castletroy and meet up with our friends while there. We have gone on various social outings from the walled gardens of Vendalur to visiting Adare, Bunratty and Killaloe.

Jason recently took part in a concert in Redemptorist School of Music where he attends weekly drumming lessons and performed the drums on stage and gave an amazing performance.

All service users have allocated 1:1 time weekly and decide what they would like to do. Last week Gloria chose to get her make up done by make up artist Catherine Hickey in Dooradoyle. John visited the art gallery, Jason went to the Limerick School of Art and Design to view their music, sound and visual displays. Martin loves to visit his hometown of Newport and enjoys going for a cup of tea and a chat in Treats. Kevin often chooses to go to the Crescent or Parkway Shopping Centre and also enjoys watching the aeroplanes at Coonagh Airfield.

Davin Gardens News

In Davin Gardens we all enjoy travelling on the train. We go on the train once a month and we have travelled to Cork, Galway, Killarney and Dublin.

Gloria likes to look at the tracks and find out where they lead to, and Jason likes the old trains and has a great knowledge of Iarnrod Eireann, and John loves to listen to his music on the journey. We look forward to having our lunch out when we go to these places and we enjoy having a cup of tea on the train. Here are some pictures of our travels;



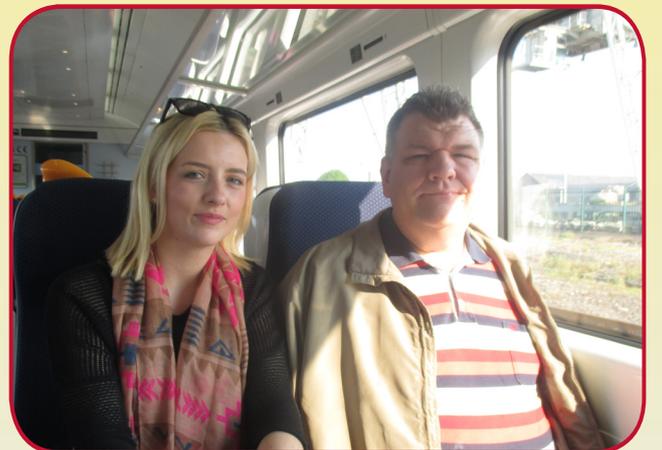
Tea Party 19 Davin Gdns



World Autism Day



CORK BUS STOP



Tanika and Jason

Helen's Quilt

All those who know Helen well know how valuable her photographs are and how Helen loves to reminisce and look back over meaningful events in her life. So it was an obvious idea to avail of 'Anchorlily's' specially designed quilt. Anchorlily is a new company set up by Catherine Daly which creates blankets which are carefully crafted to support a person's emotional memories. The blanket links memories to their family, their favourite song, smell, poem or place when they were younger and can also provide sensory stimulus through a range of different fabrics, such as a favourite shirt, apron or hat (www.anchorlily.com).

Helen has several framed photos around her room and multiple photo albums she likes to look through so having a personalised blanket which contains some of her favourite photos and memories allows Helen to frequently recall treasured memories. A personalised blanket allows Helen to derive some comfort from her photos and is within constant reach. Helen carefully selected 21 photographs which she wanted to be included on her blanket. Throughout this selection process Helen spoke fondly of the people and events which the photographs captured illustrating the enjoyment and comfort she receives from her memories. Helen chose to further personalise her blanket by having 'Helen's Quilt' written in the border.

If you would like to find out more about how you can support our service users to get a personalised quilt of their own, you can contact Emma Breen, Psychologist in Clinical Training on 061-487093 or on ultraineeBM@limerick.brothersofcharity.ie.





On the 9th May, The Abbeyfeale Satellite went on a day trip to The Burren. We went on a tour to The Burren Centre, Killfenora. Here we learned what Ireland was like back in the day! We also visited Father Ted's house! This was great fun & we took loads of photos. Unfortunately Mrs Doyle was holidays so no tea was made!

KNITTING AT THE FAIRGREEN

Teresa Mullane, Veronica Pomeroy and Joan O'Flaherty attend the Fairgreen on Fridays for a knitting class with Nora Gallagher. This is a very relaxing and enjoyable class, with some great knitting done as the group chats. We have included a photo of Joan and Teresa with some of the knitting that they have done. Teresa also makes rugs and made a cushion with the same pattern as the one in the photo.



HOLIDAYS IN SPAIN

Pat Murphy, Pat Cleary and Shane Laffan, residents of Maigue Avenue, along with Margaret Roche and Joan Laffan, set off for the "Stars in the sun" in Costa del Sol. It was a week of sun, sea and music.



GALAXY GROUP BLACKBERRY PARK

A group called Galaxy was set up in Blackberry Park in January 2016. The five service users that form the group are Ruth McCloskey, Joey O'Malley, Seamus Mooney, Micheal Morgan and Winnie Haugh. Marion Hanley is the main staff that supports these service users. The room in which the service users use is being adopted to meet their physical and personal needs.

All the service users have a personalised and holistic approach to their weekly timetable. All service users have a choice of varied programmes ranging from bought in programmes such as tai-chi, yoga, traditional Irish music and Sr. Christine comes in once a week for movement to music which they appear to really enjoy and Sr Christine would have worked with some of the service users in the past in Catherine McCauleys.

In-house activities include bingo, boccia, gardening, cooking, beauty therapy, pastoral care, advocacy, exercise including use of the motomed and shoulder and arm pulley.

The service users also try to get out on an outing at least once a week this includes going for a cup of tea, doing a bit of shopping or going for a walk.

SERENITY GROUP, BLACKBERRY PARK

Maggie Beville, Maggie Creighton, P.L. Hourigan, Geraldine Considine and Nollaig O'Dwyer joined a new group 'Serenity' in Blackberry Park on the 4th January 2016. The aim of the group is to create a happy, relaxed and calm atmosphere and an environment which is supportive, consistent and safe, where their various changing needs are met on a daily basis and adjusted.

All the service users participate in various activities with an opportunity to express their choices. These include

Relaxation and Sensory Activities such as: Foot Spas, Massages, Yoga and snoozelen.

Exercise: Walks, Pedal Exercises, Tai Chi. Swimming, Boccia and games.

Music: Movement to Music, listening and playing musical instruments, dancing and singing

Arts and Crafts, Cookery Gardening, Body Awareness, Advocacy, Beauty, Spirituality: Prayer and hymn sessions, Spirituality DVD's and CDs, mass attendance and church visits. Table top activities, Cinema and watching DVD's, Social Outings, Participation in parties, Seasonal Celebrations and activities to name but a few.

A multisensory approach is used when doing these activities providing tactile visual, auditory, olfactory and gustatory experiences which vary according to the activity.

An interactive environment is encouraged and everyone in the group is given the opportunity to enjoy group and 1:1 activities. They also have the opportunity to express their likes and dislikes and above all to have fun and explore.

Breda Gleeson

Nora Kiely on golf



Nora playing golf in Murroe. As you can see in the second picture it took great effort to reach the 18th hole! This is the first time that Nora has managed all 18 holes and she is very proud of this .

These pictures were taken at
Murroe pitch and putt course. This was
the first time I played the full
eighteen holes. I really enjoyed
this. I am looking forward to
playing eighteen holes pitch
and putt again.

Nora Kiely.



News from the Fairgreen

Thomond Park Visit

Pictured above is our photo of Patricia Barrett with some of her Munster sporting heroes. The picture was taken in Thomond Park Rugby Museum during the Limerick Lifelong Learning Festival. Groups from Fairgreen also took part in knit & stitch classes as well as line dancing in Caherdavin Community Centre. The group also had a very worthwhile visit to Limerick Fire Station.

Social Outings

Pictured above is Paddy Dunne during a recent day trip to Kilkee, Co.Clare. Also featured is Kevin Blackwell getting a bit of exercise on a recent nature walk in the wildlife sanctuary in Birdhill in Co. Tipperary. Groups from the Fairgreen make regular trips to places such as Lough Gur, O'Brien's Bridge, Castleconnell, and Killaloe to name but a few.

Munster Special Olympics Golf in Ennis

Congrats to all the participants from the Brothers of Charity Services in Limerick who took part in the recent Munster Special Olympics Golf Skills Competition in Ennis Golf Club in Co. Clare. The group have been training extremely hard for this competition over the winter months in Rathbane Golf Club and Bawnmore Gym, and judging by all the medals and ribbons the hard work really paid off. Many thanks to all the coaches who helped out over the last couple of months. Liz Bennet, Pat Markham and John Considine.

Limerick Animal Welfare

Picture attached was taken at the Limerick Animal Welfare Centre, where Martin Keane, Ger Power, Paddy Dunne and Helen Cross from the Fairgreen Centre have volunteered as Dog Walkers. Every Tuesday we travel to the Animal Welfare Centre in Kilfinnane to take a couple of dogs out for a walk for an hour. The group thoroughly enjoy meeting up with Mork & Mindy and taking them for a bit of exercise.

Limerick Fairtrade Art Competition

Congrats to all the budding artists from the Fairgreen Centre who won medals in this years Fairtrade Poster Competition. Organised on an annual basis to highlight and educate people about Fairtrade in Third World Countries and to try and encourage people in Limerick to buy Coffee, Bananas, Tea, Chocolate etc. bearing the Fairtrade Logo. Donal O'Farrell has been entering this competition for a number of years but this is the first time that we have had a team entry. Award Ceremony was held in the Limerick City Council Chambers and awards were presented by the Mayor of Limerick.

LOCAL ADVOCACY CONFERENCE

On behalf of the Regional Advocacy Council, we would like to thank everybody who came to the Limerick Advocacy Conference in Adare.

It was an absolute pleasure to watch all the presentations from the different areas and to see how working together we can achieve such a high standard.

Following the struggle last year to create an advocacy structure we now have a structure in place that works. The advocacy council are respected, listened to, supported and consulted on decisions that have a big impact on our lives. We are so pleased to have delivered such high quality work and what is more important a very strong message on what advocacy is all about.

Of course we danced, sang, laughed and met new and old friends; overall we are happy to say that we are proud to share life experiences and information.

The Regional Advocacy Council and all the Local Advocacy groups will keep working together to support individuals to be heard regardless of how we communicate and to support people to achieve a better life and a better service.

We would like to thank especially Norma Bagge for opening the conference and John Considine for the wonderful music.

Ailis and Kate O'Connor for all the hard work they did to make this conference possible and to Liz Phelan for her knowledge, support and encouragement that is behind this new but ever so strong Limerick Advocacy group.

Ann O'Callaghan



Ann and Leire



Helen, Joe and Deirdre



John and Tony



Kevin, George and Pat



People with an intellectual disability are now living longer and the age profile of residents in the Brothers of Charity Limerick Services is one of the highest in the country. This increased life expectancy has coincided with some individuals experiencing age related conditions earlier than those without disabilities. Irish and international research has shown age-related conditions and frailty may be experienced by individuals with intellectual disabilities while still relatively young which has meant the supports required may change which has led to a greater emphasis on care at end of life. In Bawnmore alone there have been six deaths since January 2015 and four in community services.

The "A Journey of Change Programme" has been developed by the Irish Hospice foundation. The programme aims to help staff in residential services, including services for individuals with intellectual disabilities, to develop their skills and competencies around end of life care and support them to provide the best possible care at this time. Coordinated by Hilary Smyth this programme was recently commenced by Le Cheile staff in Bawnmore and members of the MDT. The training is timely given our aged population and the many recent deaths, which has been difficult for families, residents and staff.

Following the initial workshop a group to support end of life care known as a "Compassionate End-of-Life" (CEOL) group has been developed made up of front line staff, management and multidisciplinary team members. This group aims to explore and facilitate improvements in end of life care in Bawnmore. In areas where a

person is dying or has just died the introduction of the purple end of life spiral symbol developed by the Irish Hospice Foundation was agreed for use by the group. The universal use of this purple symbol in HSE settings will make it easily recognisable to staff and visitors. The symbol was inspired by ancient Irish history and is not associated with any particular religion and can be explained as follows;

- The three-stranded white spiral represents the interconnected cycle of birth, life and death.
- The white outer circle represents continuity infinity and completion.
- Purple was chosen as the background colour as it is associated with, nobility, solemnity and spirituality.

The group hope that on seeing the end of life symbol all who come into the person's home, including staff, multidisciplinary team members, cleaning, and maintenance and other contracting staff and visitors will be reminded of the need create an atmosphere of quietness, avoid mobile phone use and be prepared to meet people who are grieving.

1. Kelly, C. and O'Donohoe, A. (2015) HRB Statistics Series 24 Annual Report of the National Intellectual Disability Database Committee 2014, Dublin: Health Research board.
2. Haveman M., Heller T., Lee, L., Maaskant, M., Shooshtari, S. and Strydom, A. (2010) 'Major health risks in aging persons with intellectual disabilities: An overview of recent studies', Journal of Policy and Practice in Intellectual Disabilities 7, 59-69.

The Park

The Park residents decided that they would like to attend Dublin Zoo with Windsor Drive. This was a PCP priority of one of the individuals in The Park, and also happened to coincide with one of the residents birthdays. The outing was then discussed at a house meeting.

The weather on the day was fantastic, overall the consensus was that it was a great day with lasting memories.

Windsor Drive

It was decided at a house meeting that residents in Windsor Drive would like to take a trip to Dublin Zoo. The date May 1st was selected as this coincided with a residents Birthday. Residents decided that they would like to have a picnic while they were there.

Boat Building Group Community Satellites



In September 2013 the LEDP and Mahon House satellite group began a boat building class with the Ak Ilen boat building group in the LEDP centre. The idea of this class was to design, assemble and build and eventually launch a 14 foot Outboard Flat Iron boat.

With the assistance of James Madigan (the boat building instructor) and volunteers from Ak Ilen and BOC Staff Anthony Shire and Robert Ryan, the group picked the design of the boat, an Outboard Flat Iron. From here, they purchased materials and drew up life size timber

blueprints. The frame of the boat was made from mahogany and the side of the boat were made from marine ply wood. There was many working and hands on processes that the group took part in, which included epoxy gluing, hand sawing, steam vacuuming, planing timber, hand sanding and painting. They also made 4 row oars for their boat. The class ran every Tuesday from 11am to 12:30 pm. The final product was launched on July 6th in Two Mile Gate in Killaloe. 'The Rising' set sail and a great day was had by all.

'The Days pass happily with me wherever my ship sails'

