

Winter 2024 Vol 21 Issue 3

THE SURVIVOR

Irish Polio News



At Leinster House

Photo: Mark Stedman

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A Very Happy Christmas*



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FROM THE CHAIR

There has been a lot happening since the last newsletter.

For World Polio Day, we had the opportunity to make a presentation in the AV Room in Leinster House on the needs of polio survivors and the steps that the Government could take that would be a real help, not only to polio survivors but to persons with a disability. What's needed is the political will to implement the following changes which we outlined to our politicians in our pre-budget submission:

1. Indexing of maximum incomes for medical cards means testing, so that modest social welfare increases don't put medical card holders over the threshold, meaning they lose access to vital healthcare, and that those who have lost them recently have them restored.

2. Loss of access to disability benefits once people with disabilities turn 66,* as transfer to State Pension means they do not receive cost of disability payments, brought in to offset the higher cost of living with a disability as highlighted in the Indecon report.

(*a miracle happens – one's disability disappears!)

3. Inadequate provision of Physiotherapy in the community meaning that polio survivors cannot get the service they need, tailored to their condition to help maintain independence and manage symptoms of polio.

Area meetings are taking place and recently there were two very successful ones in North Dublin and East Cork. The social support group meetings are continuing and these are a great way for people to keep in touch with each other. We all need to support each other and getting together at this time of year for a Christmas lunch or dinner is a positive way to cheer us all up during these dark months. I look forward to seeing your photos in the next issue. Perhaps one of you would like to write up an account of your evening or even write a poem about it?

Other matters that we have been concentrating on include finalising our Strategic Plan for the next few years ahead and putting together the first steps to implementing it in 2025.

Have you noticed our new website? Take a look at www.polio.ie and keep up-to-date with all the news and information on it.

From time to time, we send surveys to our members and I would encourage you all to fill them in. It is so important to keep the interests and needs of polio survivors to the fore of the disability sector as a whole.

An interesting event run by Boardmatch takes place in each year called the Charity Speed Dating Event. It offers the opportunity for people with experience in diverse areas to volunteer to join Charity and Not-for-Profit boards. A sort of dating occasion! James Doorley one of our Directors, and our CEO, Fran Brennan, went along and met some people who expressed an interest in becoming a Director of Polio Survivors Ireland. Our Constitution allows five Board Nominated Directors, to be on our board. At the moment, we have one vacancy and an option to co-opt up to two other people to the Board. The Board Nominations Committee will interview the applicants that James and Fran met at the Boardmatch event, and decide whether they have the skills to be an asset to our board and thereby our members.

Two of the current Nominated Directors will have reached the maximum term of office of six years allowed under our Constitution by our next AGM, so there will be a further two vacancies then. As a

board we have to look to the future and have a succession plan in place. This gives you an insight into some of the hard work both our board and staff are working on, in addition to the day to day running of our organisation for the benefit of all our members.

As a member of the board of the European Polio Union, I have been delegated to represent the EPU and by default, Polio Survivors Ireland, at the World Disability Day in Brussels at the end of November. I am honoured to do so and will report to you on the event in the spring issue. (I will be returning on the 29th so will have to make a dash to the polling station to be in time to cast my vote!)

To our Board and all our Staff, I take this opportunity to thank you for all your hard work and support over the past year.

Finally, I wish each and every one of you, a happy, joyful Christmas and good health in 2025.

Nollaig Shona agus Athbhliain faoi mhaise daoibh go leir.



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World Polio Day at Leinster House

By Lauren Kavenagh

Ahead of World Polio Day, Polio Survivors Ireland was invited by Senator Mary Seery-Kearney to present to members of the Oireachtas at Leinster House on the 23rd October. Our panel included Dr. Deirdre Murray, who discussed the physiotherapy needs of polio survivors; Siobhan Banville, Polio Survivors Ireland's Research Officer, who shared new research insights; and Johnny O'Sullivan, a polio survivor, who spoke about the challenges he faces as he ages. Polio survivor and former Senator, John Dolan, facilitated the presentation and spoke about his own experiences as retired CEO of the Disability Federation of Ireland.

Throughout the event, Polio Survivors Ireland highlighted our recent pre-Budget submission. We have called on the Government to address the eligibility criteria for the Medical Card means testing process to reflect recent increases in Social Welfare payments. These modest income rises could lead to polio survivors losing their Medical Cards. We have also urged the government to address the inequity faced by polio survivors when they reach retirement age and are moved from disability benefits to State Pension. This transition results in the loss of vital cost-of-disability payments and erases their disability status. Additionally, we asked the Department of Health



to address the serious inadequacy of available physiotherapy. It is essential for managing the long-term effects of polio, but it must be tailored to each individual to minimise adverse effects.

In media activity for World Polio Day, we reminded the government to not leave polio survivors behind. As a majority ageing population, polio survivors continue to live with the lifelong impact of a childhood disease. The significant health inequalities that result must be addressed.

World Polio Day was established over a decade ago to commemorate the birth of Jonas Salk who led the first team to develop a vaccine against poliomyelitis. While there is no cure for polio, it is preventable through vaccination.

We were delighted by the turnout of politicians on the day, with many hearing about the challenges for polio survivors, for the first time. We will continue to engage with our representatives in the Dáil, to ensure that survivors are advocated for and not forgotten.

We are very grateful to Senator Mary Seery-Kearney for this opportunity to highlight our cause.

Gustavo Gutierrez

By Jackie Minnock

As we marked World Polio Day 24th October 2024, the death was announced of Gustavo Gutierrez at age 96 in Lima, Peru. He was a Dominican friar and known for his service to the poor. He was known as the 'prophet of the poor' and also the 'father of Liberation Theology'

When I was studying Theology, I was introduced to Gutierrez and his warmth and care for the poor of Peru came across on every page of his writings. He inspired many young clergy and many lay people to see the worth in the poor and neglected in the parishes where he served throughout his priestly ministry. He continually stated, throughout his life, that the church needed to be on the side of the poor and to fight to improve their living conditions, this should include fighting for fundamental political and structural changes to end poverty. This all took place in the 1960's and 70's and many of those, both lay and cleric, gave their lives for the cause of the poor they served. In the early years, and even still to this day, the Church Authorities believed that Liberation Theology was Marxist in view and therefore was incompatible with the Catholic Church.

Gutierrez was born on June 8th 1928 in the Montserrat barrio of Lima Peru. His heritage was mestizo of Hispanic and Quechua Indian descent. The barrio he



lived in was a poor neighbourhood. He contracted polio as a child and spent most of his teenage years, from 12 to 18, confined to bed or a wheelchair. He is said to have described this time as a formative experience. He claimed it instilled the value of hope through prayer and the love of his family and friends. Despite this he was inspired to pursue a career in medicine. He graduated with a degree in Psychiatry from the National University of Peru in 1950. He later chose to enter the priesthood.

When he worked in Europe, as a priest, he came to understand that the history of humanity was written, by what he called, with a white hand from the side of the dominators; those who had conquered South America many years before.

Unlike some other clerics who spoke out for the poor of this world, the Vatican never condemned him or his words outright.

It was said that his writings were being investigated by Cardinal Joseph Ratzinger who later went on to become Pope Benedict in 2005.

Pope Francis in 2018 sent him a birthday greeting and thanked God for Gutierrez's service to the poor and discarded in society.



He also said 'Thank you for your efforts and for your way of challenging the conscience of each person, so that no one can be indifferent faced with the drama of poverty and exclusion.'

Fine words from Pope Francis for sure, but the life and example of Gustavo Gutierrez speaks volumes for the man himself. He had an indomitable spirit

and, I believe, this was due, in part, to his endurance in the early years of his life and how he dealt with his polio diagnosis. His family and friends played a major part in his life at that time as he continued to go to school and aspired to heights not really achieved by many of those who lived in the barrios of Peru at that time; and also to this day.

May he rest in peace after his long life of service.

Caption Competition Winner

Ben Shine, Benfleet, Essex. GB



It was only resting in my Account.

(Courtesy of Fr. Ted)

Your prize is on its way!

Christmas Closing

Please note; the office will be closed from the afternoon of Monday 23rd December and will re-open on Thursday 2nd January 2025 at 9am.

We wish you a very merry Christmas and a happy and peaceful new year and look forward to hearing from you all in 2025.



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Jane Goodall and the Wild Chimpanzees

By Jackie Minnock

The renowned scientist Jane Goodall, now aged 93 years, left her home in England at the age of 26 and travelled to modern day Tanzania, to an unknown region in the country to study wild chimpanzees. Equipped with just her notebook, binoculars and her fascination and love for wildlife, she went into the unknown in order that the world would learn of the close relationship humans have with chimpanzees.

In 1966, Goodall discovered that some of the chimpanzees coming into the camp each day were displaying symptoms of being unwell. She had decided to feed the chimpanzees in order to get them to come closer to her for her work. The food she was feeding them was bananas that had been transported to their camp. The bananas were left in different areas around their camp for the chimpanzees to eat. Only the chimpanzees ate these particular bananas. When one of the chimpanzees died, Goodall discovered that they had contracted polio from eating the bananas. The polio had been in contact with the skin of the bananas in transportation and that was the cause of the deaths.



Following this, scientists believe that humans are likely the transmitters of many of the diseases that animals contract, as in this case, which was an outbreak in 1966 in that particular region. Other outbreaks that prove the point are respiratory tract infections, which occurred in 1968/78/87/96/2000 and 2001-2; scabies in 1997, all seen in the chimpanzee population over the last 40 years.

This was a great discovery on Goodall's part, but also one that saddened her greatly, as she felt she had brought the disease to the chimpanzees by feeding them from outside their own food areas.



Living Well Programme for Chronic Conditions

By Lauren Kavenagh

Living Well is a free programme offered by the HSE for adults living with chronic or long-term health conditions.

The programme consists of a six-week course led by two individuals, one of whom lives with a long-term condition, and it allows participants to develop the skills and confidence to better manage their health.

“The best part of the Living Well Programme is how it empowers participants to take control of their own health. As we know, long term or chronic health conditions cause ongoing challenges such as pain, fatigue, and mobility issues. The programme equips people with skills that give greater independence and confidence in dealing with these symptoms,” said Louise Potter, LW Coordinator, Dublin North City and County.

“We have had great feedback from participants on the impact the programme has had for many people living with long-term health conditions, including polio survivors. People say they feel more in control, less isolated, and better able to handle the emotional and physical toll of their condition.”

The course can be taken either in person or online, with support being offered if needed. Each week consists of a 2.5 hour session covering various self-management topics in a relaxed and welcoming environment. Participants will also receive an informative booklet.

One of our Swords members and a previous Living Well participant, Tony O'Connor, gave a very positive review, saying that the course was very well devised and planned by experts.

Tony explained there was a strong connection throughout the group of men and women, of all ages, Irish and non-Irish, all wanting to learn from each other's experiences, under the expert eye and guidance of Living Well tutors.

Tony said, “We all had medical issues, many complex and daunting, which was the common bond within the group. We shared many personal issues, discussed and debated these issues and, together we taught ourselves how to best approach and plan solutions.”



Living Well Participants receiving their certificates in Applewood Community Centre, Swords, April 2024.

Tony feels better equipped to manage his condition after doing the course, “As a polio survivor, I learned how to relax during everyday living experiences,” he explained. He has renewed understanding of the importance of medical treatments and assessments, as well as how taking prescribed medication is very important for a healthy lifestyle. “I

strongly recommend the course for polio survivors in a group/classroom environment,” he said.

Overall, the success of the Living Well Programme extends beyond helping participants manage their health more effectively. It cultivates a sense of community by participating alongside others who share similar challenges.

For more information or to register, please phone 01 897 6171 or email LivingWellDNCC@hse.ie.

“I found the whole experience very informative and enjoyable.”

“I would be willing to participate in future courses”

“The booklet given to us is very good and gives tips on handling all situations.”

“I strongly recommend the course for polio survivors in a group/classroom environment.”

More feedback from our member participants

Argentina Visitors

We were delighted to receive a visit from the VP of Post Polio Argentina, Monica Caraballo, on Tuesday 13th August. Monica and her son Pablo came to the office and had a great discussion with our Cathaoirleach Macrina, our Assistant Services & Information Coordinator, Ciara Hudson, and our Research Officer Siobhan Banville.

It was so interesting to hear how different things are for polio survivors in Argentina, and great to be able to share some of the things we do here in Ireland.



Australian Visitors

On Thursday 12th September we were thrilled to have some visitors all the way from Australia, from the Polio Network Victoria.

Macrina and Pat (who sit on our board of Directors) were delighted to meet Bev and Maxine, and along with some of our staff, discuss how our organisations work to support polio survivors. It is always so interesting and useful to connect with polio survivors across the world and hear about their different experiences.

Thank you for visiting us while in Dublin, Bev and Maxine!

Area Meetings -

A Chance for Connection and Conversation



Sligo Meeting

By Lauren Kavenagh

Throughout September and October, Polio Survivors Ireland held a number of Area Meetings around the country, including two in Dublin, one in East Cork, West Dublin, Sligo, Ballina and Mullingar. These meetings provided a valuable opportunity for members to connect, share experiences, and contribute their ideas about how the organisation can better support polio survivors and meet their evolving needs.

These meetings were run by our Member Engagement Officers (MEOs), Nuala and Órna. The MEOs led the discussions with a presentation on the services and support Polio Survivors Ireland offers, from daily living, to advocacy and social support. The meeting format encouraged feedback, allowing members to raise concerns, propose ideas, and discuss problems they've encountered. For example, one member raised an important issue regarding the lack of adequate disability parking at Dublin Airport,



Ballina Meeting

highlighting the ongoing challenges faced by people with mobility issues in public spaces. These conversations were an essential part of the meeting, as they allowed Polio Survivors Ireland to gather proper insight into the challenges facing its members.

The meetings also provided a social aspect, where members could reconnect with old friends and meet others who truly understand the unique challenges that come with living as a polio survivor. Lunch was provided giving people a chance to relax and chat and get to know each other.

Area Meetings have been held in other locations across the country, ensuring that Polio Survivors Ireland is accessible to as many people as possible. These meetings are designed not just as a platform for updates and information, but also as a forum for members to bring up issues that matter to them. If you missed a recent meeting, don't worry – there will be plenty of future opportunities to join in.

New Vision, Mission and Strategic Priorities

As part of its deliberations around the development of this strategic plan, the Board considered a vision statement for Polio Survivors Ireland. Up to now, we did not have one, although our previous mission statement incorporated elements of a vision within it. At various meetings throughout the process, the Board discussed the wording of a vision statement that they believed reflected the aspirations of polio survivors, and agreed the following:

A society where polio survivors can live with independence and dignity, and are fully included and valued within the community.

Mission

The Board also agreed that the previous mission statement needed revision and, along with the new vision statement, agreed on the following mission statement:

We address the diverse needs of polio survivors - advocating for them, educating healthcare professionals, and providing a comprehensive range of person-centred services and supports.

The Board believes that these statements reflect the aspirations of the members and the priorities and focus of the organisation on meeting its members' needs.

New Strategic Priorities 2024 - 2027

Following much research, surveys and workshops as part of the Strategic Planning process, our proposed new strategic plan was presented to members at our Conference in June 2024. The plan is now finalised and we are in the process of drawing up a programme of implementation. The following are the strategic priorities that we've identified to take us through the next few years:

Strategic Priority 1 – Services & Supports

Polio survivors benefit from a range of effective services and supports empowering them to maintain their independence, reduce their social exclusion and enhance their quality of life.

Strategic Priority 2 – Communications & Promotion

Polio Survivors Ireland educate and inform key internal and external stakeholders.

Strategic Priority 3 – Advocacy

Polio Survivors Ireland advocate and campaign effectively for improved statutory, medical care and social welfare services and entitlements.

Strategic Priority 4 – Organisation Growth & Development

Polio Survivors Ireland grows and evolves sufficiently to achieve its 2024-29 Strategic Priorities.

Strategic Priority 5 – Sustainability

Polio Survivors Ireland is a sustainable organisation with the resources to deliver its 2024-29 Strategic Plan.



Christmas Longing

By Emma Clarke Conway

Silvery silence descends across the land
Children rush to bed, never more glad
To meet their sleep, on this night of nights
Excitement surging with first dawn lights

Treasures beneath branches, by an unseen hand
Presents displayed; such splendour, so grand
No mangers, nor cribs; holy night passed
Small feet on the stairs, magic at last

Siblings conspire, creeping quietly to find
Has Saint Nicholas been, was he kind
Glorious gifts, surprises and thrills
All wishes delivered; hopes fulfilled

Of Nature

Written by Robert Healy

I absorb you into my being
I fill myself with your giving
I reach up to that highest high
Until like the cherry blossom I fall
Then in a new time you scoop me up
And you carry me to your heart
Refusing to allow me to die
Because I have more to give
And you have more to give
And purgatory is no place for me
When my true place is by your side

Steel Lover

Dedicated to my faithful car

Bridget Quigley O'Brien

Wrap me around your arms
to touch your skin of glass
and feel the ice cold steel
and rest my thoughts within your confines
I see the world through your steely glassy eyes
that guide me through my daily chores
I have travelled with you
along the paths and roads
but we always come
back to me.

You have listened to me cry and scream
swear and sing
fighting with my shadow
you do not say a word of Shhh ... shut Bridget
but leave me in my world of chatter
for when I am with you I begin to thaw
and thoughts scatter like melted snow
and wander over things that matter.

You old friend listen
and do not judge
you take me to my place of refuge
and let me wander there alone
and time does not dictate to you or
tell me things I have to do
I love being alone with you
so kiss me for I will never say Adieu to you
Steel Lover.

PAST TIMES

Before Paralympics Were Heard of

Jackie Minnock

Did you watch the Paralympics this year? I have to admit I did make time to watch the swimming events. My love for swimming was fostered through swimming in the Dublin City Polio Swimming Club many years ago.

Recently on the RTE Radio programme, Sunday Miscellany, swimming and the Olympics was the topic of one of the contributors, Mae Leonard. She wrote of her own dreams, as a young person, to take part in the Olympics. Her inspiration came from the Hollywood movie star Johnny Weissmuller, best known for playing Tarzan of the Jungle in the 1930's, but also an Olympic medal winning swimmer.

Did you know Johnny Weissmuller was also a polio survivor? Born in 1904 in Austria-Hungary Kingdom, now known as Romania, his parents emigrated to the US, where they lived in Pennsylvania with family. Three years after, they moved to Chicago where they settled with his maternal grandparents, who had emigrated to the US some years before.

When Johnny was nine years old, in 1913, he contracted polio.



His doctors advised his parents that swimming would assist his recovery. He took lessons at Fullerton Beach at Lake Michigan. It was there he discovered he had a love for and talent for swimming and a talent for winning many of the swimming events he entered.

At the age of 12 he left school to work to support his family. Despite this he made every effort to continue his swimming. Within a few years he was a member of the best swimming team in the US – the Illinois Athletic Club. He was working with one of the best swim coaches at the time Bill Bachrach. In 1924, he won three Olympic medals, two individuals and one as a member of the 4 X 200m relay team. In Amsterdam, in 1928, two more Olympic medals were added to his collection. One of these was as a member of the US men's water polo team. The water polo team competed again in 1928, this time the team were placed seventh.

His Olympic medal total was five gold medals and one bronze medal. He also had fifty-two US national championships, and sixty-seven world records to his credit.

His claim to fame, apart from his film career, was that he never lost a race he entered and he set, altogether, sixty-seven world records as an amateur swimmer, a record which was unbeaten when he retired from swimming. He was given the accolade of greatest swimmer of the first half of the 20th century by the Associated Press of America.

This story is incredible of its own merit, yet when you consider that he was a polio survivor it speaks to the drive that a lot of polio survivors have. We know it well – don't we?

The first Paralympics took place in 1960 in Rome, Italy. Johnny would have been 55 years old then. I wonder what he thought of the Paralympic Movement. Perhaps it meant nothing to him because he had been lauded by the abled bodied sporting world. He was also a famous actor by that time. Despite this he had excelled at one of the best-known activities/sports for polio survivors.

Knowing our own polio histories I wondered did he suffer from Post Polio Syndrome in later life. Post Polio Syndrome was known of since the late 1870's, despite its official recognition only occurring in the 1980's. His polio diagnosis may have been non-paralytic polio, but polio all the same. My own mother had been a non-paralytic polio survivor prior to my own paralytic polio diagnosis.

Little did we know that when we were watching Tarzan of the Jungle, at our local cinemas, we were watching one of our own.

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Leaving a gift to the charity in your Will can help us greatly to continue providing support to polio survivors. You can alternatively request donations to the charity in lieu of flowers.

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SOCIAL SUPPORT GROUPS

DUBLIN NORTH CITY



Pictured are members of our Dublin North City Social Support Group, as Eddie Roycroft steps down as Convenor. Everyone thanked Eddie for his contributions over the years and member Liam Porter was selected as the new Convenor.

Our trip to Galway was super. The weather was fantastic. Two of our Cork friends braved the seawater in Salthill. They tell us there was no problem getting in and out of the sea, as entrance to the water had support bars. The bars are located right beside the diving area, and one of the swimmers involved had a splint on and still managed to do her dressing etc. which made it a positive experience.

Josephine and Thomas, in the group, did the Aran Island trip.

Our entertainment was supplied by the wonderful Joachem from Roscommon and of course, Jimmy and Marty.

A special thanks to the staff in the Clybaun Hotel, Knocknacarra, who supplied excellent food and delightful atmosphere.

Dublin North City Group



The SURVIVOR

SOCIAL SUPPORT GROUPS

CORK SEPT MEETING



On Saturday 7th of September, the Cork SSG had a gathering at the Viaduct Inn, Cork. On arrival there was a great sense of welcoming, with a room full of friends, old and new, catching up. This calls to mind two important aspects – a sense of community and belonging – so important these days.

We had great food, great craic and support – it being so important in our world today to be there for one and other.

The Garda Siochana were excellent in their talk about how we can keep

ourselves safe within our homes and in the wider community. The delivery was excellent, with a few funny jokes added here and there to lighten the topic and keep us interested. We got excellent tips and lots of information was provided.

I would say thanks to Evelyn and our wonderful team, that keeps us together as a group.

The Cork SSG looks forward to seeing you all again at our next meeting.

Helen Glynn

Winter 2024



On Saturday 5th of October, the rain was pouring down and there was a storm brewing, yet nothing could stop Cork polio survivors attending the Chill Out Day, in the Carrigaline Court Hotel, funded by Cork City Partnership's SICAP grant.

We are so grateful to Ciara, from the office in Dublin, for making the journey to be with us. It was great to arrive at a very cosy, warm room full of welcoming people

Ciara spoke of the services that Polio Survivors Ireland has to offer. Staff are always there to give direction and support if people run into difficulties getting their needs met. Ciara's openness, care and understanding were very evident, this gave people a sense of safety to speak openly about their frustrations and the blocks they

were up against. Ciara made one simple, yet powerful request and that is to ASK...and keep asking... Let your voice be heard.

Then there was the craic, as always with the Cork Social Support Group. We were delighted to have Maria Ham, who Specialises in Health & Fitness, join us. Maria had us laughing with her creative ideas...from Chinese whispers...to Creating Mystery Stories...people's imaginations were alive... We had some great exercising techniques, bringing the Chill-Out day to an end with a beautiful breathing visualisation. We all left feeling so chilled, supported and well-nourished, with beautiful food and lots of self-care tips. As always, many thanks to Evelyn and the team for keeping us all together.

Helen Glynn

TIPS & TRICKS

White Vinegar in Laundry

If you're looking for a simple, eco-friendly alternative to fabric softeners, distilled white vinegar is an excellent choice. It not only helps keep your clothes soft and prevents colours from fading, but it also works wonders for your washing machine.

Vinegar acts as a natural fabric softener, especially effective on towels and sheets. It softens fibres without the harsh chemicals often found in commercial softeners, and it also has the added benefit of being a disinfectant. The best part is, it washes out completely by the end of the cycle, leaving no lingering smell.

Use roughly an eggcup's worth (approximately 60ml) of distilled white vinegar per load, along with your usual amount of detergent. This is enough to soften clothes, eliminate detergent residue, and even prevent mildew from building up in your washing machine.

Please do note, it's best to avoid using vinegar on elasticated clothing as it can degrade the elasticity over time.

Thanks to one of our members for submitting this tip.

Post Box Adaption

Our member Kim Nolan recently shared an innovative adaption she made to her front door — a US-style post box. Positioned at the right height, the box is attached to the front door, which allows her to collect post and deliveries, such as milk, directly from inside her house. This means she doesn't have to bend or leave the house, making it easier for Kim to access essential items.

Before installing this, Kim had researched various options to ensure the design would meet her needs. The result of her efforts is a useful adaptation that has greatly improved her daily life.

Kim believes her idea could benefit other wheelchair users or people with mobility issues, offering a simple, low-cost way to make daily tasks more manageable. With a bit of creativity, accessibility solutions like this one can make a significant difference in improving quality of life for polio survivors facing mobility challenges.

What new ideas have you come up with to make daily life easier?



NOTICE BOARD

Disabled Parking

Rules and Restrictions

The Disability Parking Permit is an EU wide initiative which allows you to park in disability spaces and accessible parking bays. They are issued by the Irish Wheelchair Association (01 818 6400) or the Disabled Drivers Association (094 936 4054)

If you are issued a Disability Parking Permit, you can use the card in any vehicle you are travelling in, either as a passenger or driver.

This means you can bring the card with you and display it in the vehicle that you are driving or travelling in.

You can park in assigned disabled person's parking spaces if you



have a valid card displayed on your vehicle windshield.

You cannot lend your Permit to another driver – it should be removed from the car if you are not driving or travelling in the vehicle.

An out of date parking permit is invalid and cannot be used, so be sure to keep an eye on the expiry date on your card. The parking card must be renewed every 2 years.

Thanks to Brendan Moore for highlighting these requirements.

Top Up

Top-up your immunity with the COVID-19 and flu vaccines to make sure you're protected in the months ahead.

If you are 60 or over, and want to book an appointment call HSELive on 1800 700 700 to find out where is offering vaccines near you.



NOTICE BOARD

Make Way Day 2024

Make Way Day 2024 saw councils, businesses and organisations across Ireland participating and using the #MakeWayDay hashtag to share obstacles that block the way and make it more difficult for people with disabilities to go about their lives.

Many thanks to Pat McCabe for sharing photos of obstructions in his local area. Moving these cars is simple for their owners, but getting around them safely is hard!



The point of the day is to make the public aware of an issue that is fully within their power to change. It's about an impactful, coordinated and decisive day of action which highlights the issues that complicate lives all year around.



NOTICE BOARD

WANTED

Polio survivor case studies

We are looking for members willing to participate as case studies in the work that we are doing to raise awareness of polio survivors, particularly in the media.

This means, we may from time to time, need people willing to speak to the media about living with the lasting effects of polio. If you're comfortable with sharing your story, and often also to have a photo taken, please join our 'Media List'.

Your story has the power to raise awareness and make a difference in the lives of fellow survivors. Call Emma on 01 8898920 or email cdo@polio.ie

THINK BEFORE YOU CLICK



Cyber crime occurs when a victim is tricked into providing personal or sensitive information online through their device or computer.

Phishing



Phishing emails that appears to be coming from a trusted source such as a bank, government agency or a supplier.

Spear Phishing

This type of phishing targets a specific individual within a company as their personal information is often listed on the company website.



Smishing

The SMS version of phishing, the criminal uses a text message to convince the recipient to send them personal information or to install malicious software using a link contained in the message.



Vishing

Voice phishing attacks occur when a criminal will leave a voice message for the victim instructing them to connect to a website to provide their personal or login details.



FUNDRAISING NEWS

Survivor Sweepstakes Autumn Draw Results

The Autumn Survivor Sweepstakes Draw took place on Tuesday 15th October, in our Coleraine House office.

The four numbers drawn were 5, 9, 20 and 22.

No-one matched four numbers on this occasion.

You can check this link for Match 4 proof:

<https://www.randomresult.com/ticket.php?t=3804063QAWDUDAARZ>

With no winner yet this year of the €1,000 prize, we ran our €50 lucky dip and the winners were Peter Crowley, Bridget Quigley O'Brien and Mary Heffernan.

Congratulations to these €50 winners.

You can check the €50 lucky dip winner's link:

<https://www.randomresult.com/ticket.php?t=3804066LPDHXDKKQ3>

The draw was witnessed by Stephen Sheil, Communications & Membership Officer, Mental Health Reform, Coleraine House.

We are very grateful to all our entrants for their support. This draw continues to be an important source of fundraising income for us.

Our next draw is with this issue.

FUNDRAISING NEWS

Survivor Sweepstakes Winter 2024 Members Draw



Pay €5 for 1 row, or €10 for 3 rows
€1,000 MUST BE WON - End of Year Draw - if 4 numbers are not matched we will do a draw for €1,000 prize

Our winter draw gives YOU the opportunity to win cash and raise vital funds for polio survivors. Thank you for your support so far.

We are very grateful to members who are able to support us again.

We are enclosing **two** entry envelopes in case you wish to ask family or friends to enter. There is however, no obligation.

Pick 4 numbers from 1 to 25 inclusive

Cost €5 for 1 row, or €10 for 3 rows to be placed in draw envelope. Make sure you pick 4 different numbers in each row.

2	4	9	24
1	16	18	25
2	5	10	11

Match 4 numbers to win €1,000 plus 3 Lucky Dips of €50

All funds raised go directly to supporting polio survivors. If you are interested in additional entry envelopes to sell, please contact

Megan at 01 8898920. **Please note: there is no obligation to enter, but if you are able to do so, we wish you the best of luck!**

Terms & Conditions on page 30

You can request more envelopes if you wish to increase your chances!

Please return entries by Thursday 19th Dec 2024

– and make sure to provide a phone number (or address), so we can contact you if you win. If all entries are back by close of the office for Christmas we will endeavour to run the draw. If the entries are delayed by Christmas Postal delays, we will hold off the draw until January to ensure everyone is included.

Permit granted by:
 Supt., Jonathan O'Brien,
 Bridewell Garda Station.

R.I.P. Polio Survivors Ireland was saddened to hear of the passing of these members recently:

Anne Marie McEvoy, Peter Cummins, Franjo Maric, Peter Byrne, Eamon Lawlor, Ann Comerford, Patrick Kelleher, Simon Graham.

We acknowledge the contribution these members have made to the work of Polio Survivors Ireland – our thoughts are with their family and friends.

Are you a member of a Credit Union?

Sometimes members nominate us to receive donations from their local Credit Union.



If you are a member of a CU, and willing to submit a letter seeking support, please contact us on 01 889 8920.

We will send you a letter to sign and send in.

YOUR FEEDBACK- Your opinion counts! Polio Survivors Ireland is your charity, your support organisation, your service and we are always eager to hear your ideas on how we can improve our services and supports and our organisation! You don't have to wait until a conference or meeting to feedback information, opinion, or tell us about your experiences that might help us to help you. Feel free to contact Fran Brennan at ceo@polio.ie or on 01 889 89 20.

If you have any suggestions or contributions to make to the Survivor Magazine, please contact Emma on cdo@polio.ie or call the office. It is your magazine and we want to hear from you.

Survivor Sweepstakes TERMS & CONDITIONS:

Subject to change. Name and phone or email must be included or prize is redrawn. Where a number is repeated on a row, or a number entered outside 1 – 25, then next consecutive number will be entered. Numbers drawn using www.randomresult.com – winning numbers can be checked each draw by using an assigned ticket number, to be advertised on www.polio.ie and in The Survivor magazine. Judges' decision is final.



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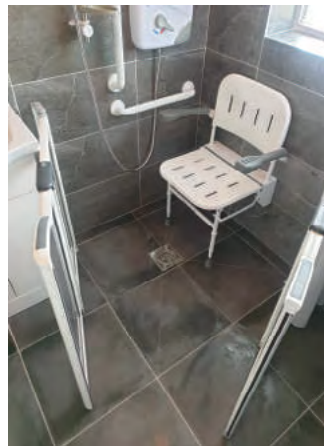
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