### Address

There are two Enable Ireland Centres within the Wicklow area. **Marino Centre:** Church Rd., Bray, Co. Wicklow  
**Arklow Centre:** Avoca River House, Bridgewater Shopping Centre, Arklow, Co. Wicklow.  
We will confirm with you before the placement which centre you will be going to.

### Contact Person

- Fossy Thompson (Senior Physiotherapist) Bray.  
- Aisling Renshaw (Senior Physiotherapist) Arklow.

### Where to Check In

At reception, please ask for Kim Ging (Physiotherapy Manager).  
You must tick in and out every time you enter and leave the building. We have swipe door access and you will be provided with a visitors pass which must be returned at the end of each working day.

### Preferred Contact Method

**Phone**
- Bray: 01 2867543  
- Arklow: 0402 91028

**Email**

### How to Get Here

#### Car

**Bray:** Come into Bray town and continue straight up the Main Street. When you come to the town hall (McDonalds) keep to the left. Continue up the hill until you reach the traffic lights where you take a right. After taking the right we are immediately on the right again. There is parking on site.

**Arklow:** Drive south on the N11. Take the turn off for Arklow north. Continue until you come to a roundabout. Take the first exit off this roundabout and then take the next left. Avoca River House is on your left, opposite Aldi. Enable Ireland is situated on the 2nd floor.

#### Bus

**Bray:** Buses, 45 & 145.

**Arklow:** There is a Bus Eireann to Wexford that stops in Arklow. Get off at the Ferrybank EBS stop. Walk towards Bridgewater shopping centre by walking to the roundabout and turning left. At the next junction turn left again. When you see the Aldi on your right, Avoca River House is on your left with Enable Ireland situated on the 2nd Floor.

#### Luas/Dart

**Bray:** Coming out of the Dart station turn left, then right and keep walking straight up towards the Main Street. Once you reach the Main Street turn left and walk up towards the town hall ie. McDonalds. Keep to the left of the town hall and walk
up the hill until you reach a set of traffic lights turn right and immediately right again. (Approx. 15 minute walk)

| Working Hours        | Mon – Thurs  9.30 am to 4.30pm (6.5 hours/ day)  
|                      | Friday 9.30 am to 4.00pm (6 hours)  
|                      | Total: 32 hour/ week  
| Breaks               | Lunch 30 mins  
|                      | Coffee: 15mins  

| Uniform Policy       | Neat and professional appearance is essential; the standard regulations regarding jewellery, make-up, hair etc apply; TCD School of Physiotherapy uniform does not need to be worn during this placement. Tracksuit bottoms with an airtex is ideal or smart loose comfortable clothing which allows you to adopt the positions of safe manual handling and work with children at mat level. Open toe shoes are not to be worn for health and safety reasons and jeans are not permitted.  

| Accommodation        | NA  

**Student Facilities**

| Access to Staff Room | Full access to staffroom. Tea/ coffee and milk are provided; lunch must be brought with you or purchased locally.  
| Canteen              | No canteen  
| Changing Facilities  | There is a shower in Bray but no shower in Arklow.  
| Car/Bicycle Parking  | There is parking on site.  
| Library              | See below "On site Reading Resources"  
| Study Areas          | Desk will be allocated during placement  
| Internet             | Students will have log on access to the internet and microsoft office only.  
| On-site Reading Resources | All our journal access is through our intranet. Some reference books & journals available in our library  

Clinical Information

It is suggested that students familiarise themselves with the following pathologies, assessment procedures and treatment options prior to the beginning of placement.

Students are expected to utilise the physiotherapy facilities available in preparation for all placements.

<table>
<thead>
<tr>
<th>Specialty Area</th>
<th>Paediatrics</th>
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<tbody>
<tr>
<td>Conditions Seen</td>
<td>Children from 0-18 years of age with a physical disability. Paediatric neurology, Cerebral Palsy, Spina Bifida, Muscular Dystrophy. Paediatric Syndromes Developmental Coordination Disorder</td>
</tr>
</tbody>
</table>
| Assessment       | • Muscle strength  
• ROM  
• Gait analysis  
• Bobath & Tone assessments  
• Paediatric Berg Balance Test  
• Muscle Charting – Spina Bifida |
| Procedures Used  |                                                                                                                                            |
| Treatment Options| • Botox  
• 24 hour Postural Management (seating, sleep systems & standers)  
• Orthotics  
• Therapeutic Riding  
• Serial Casting  
• Orthopaedic Management  
• Home visits/ school visits  
• Group interventions  
• Formation of functional goal driven plans in partnership with the child and their family.  
• Intervention plans  
• Home Exercise Programs  
• Play based intervention  
• Participating / Leading group work with children  
• Team working |
| MDT Opportunities|                                                                                                                                            |
| Outcome Measures | Paediatric standardised assessments (GMFM, Brunninks Oswestry Test, Movement ABC.)                                                       |
| Useful References (3 max) |                                                                                                                                            |
| Useful Additional Information | An understanding of the Social Model of Disability (Enable Ireland Website [www.enableireland.ie](http://www.enableireland.ie))  
"Functional Goals". |