Update from the Trinity Centre for People with Intellectual Disabilities
School of Education, Trinity College Dublin
Summer 2022
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Dear Partners,

I hope that you are all well and that you are having a wonderful Summer so far.

I wanted to share with you all of the many exciting things that have been happening in the TCPID over the past few months. As well as a busy academic year, we have had business partners workshops, graduate internships and of course our SciFest@TCPID exhibition on June 2nd where I was delighted to get to meet with many of you.

I am delighted to let you know that we have 4 TCPID graduates who will be starting graduate internships across Trinity College in the coming weeks. This is thanks to the fantastic support of our Provost Linda Doyle and to the dedicated work of Eimear Reilly in the HR team here in Trinity.

I have included an interview with our 2nd year students about their memories of Trinity College and about what they would say to anyone considering coming to study here. There were so many wonderful statements that I have included some brief highlights on the next page.

When asked “What will you miss the most about Trinity College, one of our new graduates simply said... “Everything!”

Thank you so much as always for your incredible ongoing support,

TCPID Pathways Coordinator - Email: devittma@tcd.ie / Tel: 087-6664548

Please follow all our latest news on our website at www.tcd.ie/tcpid as well as on Facebook @InclusionTCD, Twitter @IDTCD Instagram inclusiontcd as well as on LinkedIn www.linkedin.com/school/inclusiontcd
From our recent TCPID Graduates.....

What would you say to anyone considering coming to study in Trinity College Dublin?

“I would say that they should because it’s a great college that gives a lot of help to those who need it, and everyone is nice.”

“I am so grateful that I studied in Trinity College as it is a memory/achievement I will have for life and I couldn’t be more thankful for the opportunity.”

“It is an amazing college and the modules are very unique and fun to learn.”

“For the people who are interested to come to Trinity, this college is a lovely, friendly environment. Everyone there are very nice and very helpful. No need to be nervous starting Trinity.”

“The course was really amazing and over the past two years it gave me the best experience of my life.”

“This course has improved my confidence and belief in myself.”

“The course made me even smarter and gave me the best thoughts at what I can do in my life.”

“Go for it and to believe in yourself, you will have to work hard for the two years, but it will be worth it.”
2nd Year Reflections

Our 2nd year students have now completed the Certificate in Arts, Science and Inclusive Applied Practice and are really looking forward to starting their internships. We recently interviewed them about their time as students in Trinity College Dublin, about their hopes for their graduate internships and about their goals for the future.

These interviews took place before the students knew which companies they would be doing their internships with.

Your time in Trinity College Dublin

1) What is your greatest memory of your time as a student in Trinity College Dublin?

I have quite a lot of good memories for instance:
When I met all my friends
When started doing my work placement
When I first met some of my lecturers and found out that one of them who I knew before I went to trinity would be teaching me.


My greatest memory of studying in Trinity is doing presentations for one of my modules which is my favourite memory of studying in Trinity.

My greatest memory is me going in person on the first day of the second year. It made me feel happy that I got to do less zoom time and more in person for the second year. Another great thing was doing a presentation on the movie elf for film studies, everybody loved it

My greatest Memory when studying in Trinity College was meeting new people and doing the work placement.

Being on campus in 2nd year.

Meeting new people and learning new things.
2) **What will you miss the most about Trinity College Dublin?**

I think what I’ll miss the most is all the help I got from everyone for example, my lecturers and all the classes I had because I got to learn something new every day and all my friends.

Being around my classmates as well as the lectures. Being on campus and the modules I enjoyed learning.

I miss all of my lecturers and miss being part of the musical society’s show of Guys and Dolls and the events that the society organised. And of course, I still have my friends from the course and friends from the musical society.

I’m going to miss the interactions I had with the staff and classmates throughout the course. I’m also gonna miss the time I spent with them at the canteen. At the canteen we had a great time chatting about what movies we have seen and what activities we do at home. Also I miss the zoom meetings we had together, they really helped us know each other before doing it in person.

I will miss all the amazing staff and lectures they couldn’t have been more helpful and understanding.

I will miss studying all the modules.

Everything!
3) **What would you say to anyone who might be considering coming to study in Trinity College?**

I would say that they should because it's a great college that gives a lot of help to those who need it, and everyone is nice.

I would tell them to definitely go to Trinity College as it is an amazing college the lecturers are very helpful and supportive and you learn a lot about yourself.

For the people who are interested to come to Trinity, this college is a lovely, friendly environment. Everyone there are very nice and very helpful. No need to be nervous starting Trinity. The lecturers you may have will be so friendly, helpful, and very welcoming on the first day you start this college. The work you get from your new modules won't be too hard, the lecturers can help with that and get support with your work you find hard.

I would say to the newcomers that they have to try and be prepared as this course is what they'll be doing for the next two years. If they are feeling nervous I would say to them dont be and say to them to just be excited as they are gonna meet some great staff who are gonna teach them a lot more about the world.

To go for it and to believe in yourself, you will have to work hard for the two years, but it will be worth it.

Go and do it is an amazing opportunity and experience.

That it’s a good place to study and have fun and meet new people and learn new things.
4) What are your hopes for your graduate internship?

What I hope to get out of the internship is more experience of having a paid job.

I hope to reach my full potential during my graduate internship as well as to make new friends, develop new skills and to make a good impression.

It’s hard to know because I don’t know the company yet. But I wanted to learn to be confident in work and deal with problems.

My hope for the internship would be getting busy and active at what I am working for. My hope is to also get on well with the staff and talk to them about what I’m supposed to be doing right now. My hope is to be polite to the staff and not be rude. I hope to be given a good amount of money at the end of each week I work.

I hope to learn new skills from doing my graduate internship.

To get a good experience out of it and to work somewhere I like and to meet nice people that will help me if I’m stuck.
5) What are your goals for the future?

One of my classes was drama and I always liked that, and I hope to pursue this in the future and become an actor.

My goals for the future are to continue reaching my full potential and to either continue on with my education or to get a job/apprenticeship.

I want to be independent in my life and I have my own place. To have my own job and earn money.

My goals for the future would be to get a job. With that job I’ll be able to move out of my parents’ home and have my own place to live in. Another thing that I’m hoping for is to travel to other parts of the world visiting places such as Asia and Africa. I also hope to learn how to drive that way I get to own a car and be a professional adult.

My goal for the future is to get a part time job.

To get a job after my internship.

My goals are to go to a theatre college and to be an actor on the west end.
6) Do you have any final message that you would like to share about your experience in the TCPID or in Trinity College Dublin?

When I started, I was nervous, and it was difficult because of Covid 19 but now I feel very good knowing that even though it started as a little difficult I am happy that I have completed the whole course because it was worth it. The course was very good, and I liked the classes and that I got to make friends while doing the course.

I am so grateful that I studied in Trinity College as it is a memory/achievement I will have for life and I couldn’t be more grateful/thankful for the opportunity as well as the help/support from the staff from Trinity College. I couldn’t be more happy and proud to have graduated from Trinity College as it is an amazing college and the modules are very unique and fun to learn.

My experience in my course is hardworking, teamwork, support and lots of fun with friends.

The course was really amazing and over the past two years it gave me the best experience of my life. Everyone in the course was amazing and I hope to see them at some point in the future if there is ever a college reunion. The course made me even smarter and gave me the best thoughts at what I can do in my life. I’ll miss the course and everyone.

I really enjoyed my time in TCPID and in Trinity College. This course has improved my confidence and belief in myself. I would like to thank all the amazing lectures and the amazing staff from TCPID who have helped me over the 2 years, they are the best.

Thank you for everything. I really enjoyed my time in Trinity College. It was a great experience.

My final message is that I had fun and a good time. Also getting to learn new things I didn’t learn before and getting to do work experience was really fun because I got to meet new people and I am going to pride with my mentors.
Student laptops from the Rory McDonagh Trust

We are so grateful to the Rory McDonagh Trust for their generous commitment to purchasing new laptops for all incoming 1st year students for the next 5 years. This gift makes such a huge difference to our students and allows them to develop key computer skills and to participate fully and equally throughout their Trinity College studies.

Read below the messages from the 1st year students about the impact of getting their own laptop when they started in Trinity.

How did getting a new laptop in September help you with your studies?

"It meant I could do my assignments and I could send my emails. I was able to use PowerPoint. I was able to use Blackboard. I was able to use a Word document."

Clíodhna, 1st year student

"Getting a new laptop in September helped me to organise my emails and work on my assignments. The laptop was also helpful for the online classes. It was nice to have my own laptop."

Conor, 1st year student

"Getting the Laptop last September was a huge help in so many ways. It was great to have a laptop for college work only. Really grateful thank you so much."

James, 1st year student

"Getting the new laptop in September help me with my studies by allowing me to take notes in class by using apps such as Grammarly and voice notepad."

Jack, 1st year student

"It helped me by checking my emails for college and for doing assignments and assessments through reading week and now and then during the week for college."

Oscar, 1st year student

"It helped me a lot with my studies. Getting this laptop helped my college year. The features of this laptop helped with my classes, assignments, deadlines etc."

Jodie, 1st year student

"It has helped a lot to have this laptop to do my studying and I am very happy to have this laptop."

Liam, 1st year student

I was used to using a laptop in secondary school so it was great to have one from the start of college. A lot of our projects and lectures were online during Covid so it was especially important to have it. I find it easier and faster to type rather than writing.

Diarmuid, 1st year student
Thank you messages from the students for the laptops

Hello my name is Cliodhna O’Rourke. I am very grateful for you giving me a laptop. It meant that I could do my assignments and send emails. It also meant that I could do my Zoom lectures at home. **Cliodhna, 1st year student**

I would like to thank The Rory McDonagh Trust for my laptop. I am very grateful for the opportunity to develop my computer skills and to learn more about technology. I have enjoyed my first year as a TCPID student. I have learnt a lot, I have made new friends and I have grown with the experience. **Conor, 1st year student**

I am very grateful to the Rory McDonagh Trust for their kind generosity in supplying me with a laptop for my college studies. Starting college can be an expensive time so it’s a great not having this expense. The Rory McDonagh Trust is keeping alive the precious memories of their son who achieved a lot in his young life, I hope I can use this laptop to achieve my goals also. **Diarmuid, 1st year student**

Thank you so much Rory McDonagh for the laptop. It has helped me tremendously with my studies. Will always be extremely grateful. **James, 1st year student**

I would like to thank The Rory McDonagh Trust for allowing the aid of the laptops to be able to help me find down on paper with my writing since I find it very difficult to write it helps me, I feel confident being able to describe myself properly write what I am thinking. I would like to thank you for making that ability for me. **Jack, 1st year student**

Thank you Rory for your gracious gift of the laptops. We really appreciate all you did with your Trust. Thank you very much and it’s really appreciated of the laptops because it helps everyone with a disability. **Oscar, 1st year student**

Thank you to The Rory McDonagh Trust for gifting these laptops to us. Thank you for being so generous with us. It means a lot to us as students as each of us have difficulties with studies and these laptops have helped us. **Jodie, 1st year student**

Thank you very much and we are happy to have you guys with us. **Liam, 1st year student**
Business Partner Workshops May 2022

We had a packed month of workshops in May of this year. Almost all of the workshops took place in person, with some online. We ran one workshops every day in the month of May. We had 10 workshops for our 1st year students and 13 workshops for our 2nd years, including the SciFest mentor workshops with Abbott Ireland.

We are so grateful to all the business partners who provided these fabulous workshops for us. Thank you to everyone in Abbott Ireland, EY, Optum, RSA Insurance, Smurfit Kappa, Squarespace! We already can’t wait to do it all again next year!

**Abbott Ireland**

“To the Abbott Ireland team, thank you very much for the fantastic support you have been to us over the last few weeks. I learned a lot about Abbott Ireland and you so generously gave us lots of your time. I particularly enjoyed working on the SciFest project with you. I know I could not have achieved what I did with my Project without your help and guidance. This has been very valuable learning for me which I can use time and again in the future.

Thank you also for the lovely Abbott gifts – I will treasure them.”

“Thank you to Darragh, Rachelle, Erika and Ronan for helping us with our projects for SciFest. My friends and I worked so hard to put our individual projects together. Your help really helped us with our projects. You are legends. Thanks again for all of your help. “

“I would like to thank Daragh, Rachelle, Erika and Ronan for all your help with SciFest. I learned loads about science. It was fun doing our experiments. I learned a lot about doing projects and researching information. I would like to say thank you very much for all the lovely gifts.”

“Thank you to everyone in Abbott. I had great fun preparing for SciFest. I liked being at Regent House and showing everyone my bodhrán project. It made me feel very happy.”
“Hey Brenda and Colin, I want to thank you for all the time I spent with you at EY, you two were very helpful at showing the amount of money you give to your employees and for the company. I really appreciate all of the time I spent with you.”

“Dear Brenda and Colin, thank you for doing the workshops with us for the last 5 weeks. I had so much fun learning new things and getting to meet new people, so thank you so much for taking the time to do it with us.”

“Thank you, Brenda Kealy, and Colin Farquharson, for all of your time in doing the workshops I have learn a lot from doing these workshops and the benefits this will be for me when doing my internship. Really Appreciate all the effort and I really enjoyed doing the workshops.”

“I would like to thank Brenda and Colin so much for teaching us about earning money and managing my wages and tax. Thank you for being so kind and for all the lovely gifts. It was fun. “

“Dear Brenda and Colin, I would like to thank you for the workshops that you organised. I learned a lot. One thing I found interesting and helpful was when you spoke about how and why we should budget.”
Thank you very much for the workshops in Optum. I really enjoyed them, especially presenting the Fundraiser idea. I also enjoyed hearing that Rory McIlroy is one of your Ambassadors. Thank you for all the time you gave us. It is much appreciated.

“I would like to say a big thank you to Nodlaig Brolly for her hard work for Preparing the are visits to Optum. It was really nice to meeting new people in the workplace. And other thanks you to Nodlaig for picking me as the winner for best charity I am very grateful for it. “

Thank you all so much at Optum for taking the time for having me at your business. I really liked having the opportunity to do research on a charity as it gave me something to learn from. I really enjoyed presenting it. Thank you for the hospitality and welcome during my visit with Optum. Hope to see you again another day!”

“Dear Nodlaig, thank you for hosting the workshop. Thank you for introducing us to Optum and thank you for telling us what you do. I enjoyed learning about the various charities that Optum works alongside with.”

“To Nodlaig, thank you so much for your help. I really enjoyed learning about healthcare solutions. It was very interesting.”
“Dear Anthony, Gareth, Paul and Lyn, thank you very much for the workshops in RSA. I enjoyed my time there especially updating my CV. It was also interesting to learn about LinkedIn. Thank you again for all the time you gave us. It is much appreciated.”

“I would like to say a big thank you to Gareth, Anthony, Paul and Lyn for the help they give us with the CV. I got great feedback from the team on how to improve my CV going forward. And also giving great advice on how to prepare for interview in the future. Thank you so much.”

“To Anthony and Gareth and Paul and Lyn, thank you so much for your help and guidance over the last 3 weeks. I really enjoyed your workshop and I learned a lot. Thank you also for the lovely notebook.”

“Dear Anthony, Gareth, Paul and Lyn, I would like to thank you for your work and effort in helping us to understand the workplace and the ways to properly act and for the kind support you gave to us.”

“Thank you so much to you all at RSA insurance for taking the time for having me at your business. I really enjoyed my time there and it was nice meeting you all. You are all really nice people. Hopefully will get to see you all again.”
"Dear Elaine, thank you very much for the fantastic workshops with your company. It was fantastic to be given the opportunity to learn about all the artwork and sculptures in your company because I enjoyed studying art in 1st Year in Trinity. It was great to spend time working on our competencies and it was really good to be able to do mock interviews. I found the exercise and experience very insightful and valuable. Thank you also for the lovely gifts and for kindly giving us your time."

"Thank you, Elaine Hayes, for all your time in doing the workshops, I have learnt a lot from doing these workshops, and the benefits this will be for me when I am doing my internships. I really appreciate all the effort and I really enjoyed doing the workshops."

"Elaine I would like to thank for the time I spent with you and Smurfit Kappa. I really appreciate the mock interviews you gave to me and the students. I liked eating at the canteen, the curry was delicious."

"I would like to thank Elaine for working with us and for teaching us how to be good at interviews and for giving us confidence in our skills. It was unbelievable."

"Dear Elaine, I would like to thank you for the workshops I found them to be very good and helpful and one thing I liked was when you told us about how to present yourself in a job interview."

"Dear Elaine, thank you for the workshops over the five weeks I enjoyed it and had fun meeting new people in your workplace and learning about what they do and learning new things."
“Dear Colm, Zanda, Violetta, Keira, Aisling and all the Squarespace team, thank you very much for the workshops in Squarespace. I really enjoyed my time there as I am very interested in technology. It was great to make my own website. Thank you for the goody bag and the lovely lunches. Thank you again for all the time you gave us. It is much appreciated.”

“Thank you so much to you all at Squarespace for everything you did for me for the few weeks I was at your business. It was so generous of you to give us the lovely gifts and your amazing hospitality. Also thank you for showing us how to make a website. I really enjoyed the whole experience of being part of your business. Thanks again and hope to see you again another day!”

“To all the Squarespace team, I would like to thank you for all the support and how friendly everyone was and for letting us make our own creation over the website.”
SciFest@TCPID 2022

After a 3 year break, due to the Covid pandemic, the Trinity Centre for People with Intellectual Disabilities were thrilled to once again host our SciFest@TCPID student exhibition and awards in association with Abbott Ireland. The event took place in the stunning venue of Regent House on Thursday June 2nd 2022. We had 10 students and one graduate very proudly displaying their science projects.

The event was attended by a very large number of TCPID Business Partners and guests from across Trinity College, as well as by the students’ families and friends.

The event was attended by the Provost of Trinity College Dublin, Dr. Linda Doyle. It was such a great honour for us to have our Provost at the event and an even greater honour to have her speak to all the students and invited guests.

Professor Carmel O’Sullivan, Head of the School of Education also spoke to all the invited guests and welcomed them on behalf of the TCPID and the School of Education.

Celebrations at SciFest@TCPID 2022

TCPID Director Professor Michael Shevlin, Deirdre Mortell, CEO Rethink Ireland, TCD Provost Linda Doyle and Minister Simon Harris
The students were thrilled to have the Minister for Further and Higher Education, Minister Simon Harris attend the event. Minister Harris spent time speaking individually to every student about their projects.

The students were very excited to be interviewed by Mary Regan from RTE News about their projects. The item made it onto the RTE News: Six One broadcast later that day.

You can view the news piece at this link: https://www.rte.ie/news/2022/0602/1302724-third-level-education-autism/
Abbott Ireland have been a business partner of the TCPID since 2017. A huge thank you to the wonderful Abbott team, led by Daragh Fallon who supported the students with their projects over the month of May. We simply could not have managed without the help of the amazing Daragh, Rachelle, Erika and Ronan who helped the students to come up with their project ideas and supported them with their research, their experiments, their surveys and preparing the project boards. We had a lot of laughs along the way!

Another huge thank you goes to the SciFest founders Sheila and George Porter who have always supported us in running this programme each year. We are so lucky to get to do this with them each year.

We would also like to thank Smurfit Kappa who very kindly produced the project boards for us for this very special exhibition.

Our ten students, Sean, Ciaran, Jack, Adam, Bobby, Eoin, Sophie, Lia, Niamh and Ciara, as well as our graduate Noelle learnt so much over the 5 weeks and had such an amazing time doing their projects. We were so incredibly proud of how they committed fully to the hard work each week and how their presented their projects so professionally at the final exhibition.

The students were all presented with awards by SciFest and Abbott Ireland.
Here are a few quotes from some of the students who took part in SciFest@TCPID 2022

While I was doing the work for SciFest I found it to be very good and interesting because I got to do a project and experiment on something that is to do with science which I find to be interesting. I also liked that on the day where I was presenting my project, I found it to be nice because I got to explain my project to everyone and one other thing, I liked about the Sci Fest was that I got some help with it as well.

   Bobby Dolan

What I enjoyed most about the programme was working with the team from Scifest/Abbott and looking at everyone’s progression with their science projects. The help/advice they gave myself and the class was very helpful and supportive and we couldn’t have done it without them so we are very grateful.

   Sean Byrne

I really enjoyed being part of the event for Scifest. Thanks to Abbott Ireland for helping me out with my poetry project. I really enjoyed being interviewed on RTE about my project.

   Lia Gogarty

I enjoyed the scifest programme as I really enjoyed coming up with my project and seeing everyone else projects.

   Niamh Mulvey

I enjoyed meeting different people from Abbott during the last five weeks. I enjoyed working on my project and getting to work on it with some Abbott workers. I enjoyed presenting my project to other people from different workplaces and to my mentors from RSA and to the Minister of Education. I loved all of it.

   Adam Fleming
We were so happy to have so many of our previous graduates, as well as our current students join us for this very special exhibition. It was wonderful to have everyone there together.

We already have a date for your diaries for SciFest@TCPID 2023. This will take place on Thursday June 1st 2023. We look forward to having you all there with us once again.
Graduate Internships

In addition to our graduates who have already secured permanent contracts, we currently have 10 internships in progress, an additional 8 internships which will be starting in the next few weeks and at least another 5 internships to start in September / October.

As always, we are incredibly grateful for your support in providing these wonderful internship opportunities for our graduates. We are still actively looking for internships for September, as well as looking for work placements for February 2023.

Please get in touch with me if you think that you might be in a position to help us with any of these.

We have interviewed a number of our graduates currently in internships to share their stories with you. Read below about:

- David Banfield in Bank of Ireland
- Dúalta Callan in Grant Thornton
- Aoife Cleary in Hibernia College
- Sadhbh Feehan in A&L Goodbody
- Brian Higgins in ICON
- Heather Marshall in Coillte
- Julie O’Brien in Optum
- Sinead Sharkey O’Keeffe
- Kai Tiernan in Grant Thornton
- Bruce Tully in Optum

We are delighted to let you know that 4 TCPIID graduates will shortly be starting internships working in Trinity College itself. Our Provost Linda Doyle has been incredibly supportive in making this happen.

Within the next month or so, we will have graduates working in:

- Trinity Business School
- Trinity College Human Resources
- Trinity College Estates and Facilities
- and here with us in the TCPIID

TCPID graduate Jack Egan on his first day working with the Trinity Business School, surrounded by his new colleagues Ruth O’Leary, Dean Andrew Burke and Mark Heeny.
David Banfield

Can you tell us a little bit about yourself and your background?

I live in Leixlip with my parents. I like music and I can play the piano and violin. I am in the Celbridge concert orchestra. I like running and I go to the parkrun on Saturdays.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?

I always wanted to go to university so Noel McCarron from Stewarts suggested that I might like to go to Trinity. One day he brought me in to see Trinity College. I then applied for the course.

What is your favourite memory from your time as a Trinity College student?

My favourite memory from my time as a Trinity College student was doing Exploring Art with John Kubiak.

Can you tell us about the work that you do in Bank of Ireland?

I do file up’s in the office. This means that I sort files in alphabetical order. I also helped John McGrath to lift things.

Can you tell us a little about your colleagues in Bank of Ireland and how they support you?

My manager is Margaret Hogan. She explains things about my work. I also work with David Hickey.

What do you enjoy the most about working for Bank of Ireland?

They are lovely people to work with. Also it is a lovely building to work in.

What are your goals for the future?

I would like to have a permanent job.
Can you tell us a little bit about yourself and your background?
Hello, my name is Dúalta Callan I am 21 years old With Down syndrome
I live with my mom my dad and my younger sister Nadine.
I have always loved learning new things and getting well with others.
I went to preschool and primary school with my sister Nadine I went to a
different secondary school because her school was all girls
I did the leaving cert applied course and although it was difficult, I did it
and I was very proud of myself for doing it.
I love dancing and dancing in shows with Barn Door creative studios I also
love swimming with the Special Olympics.
I also do synchronized swimming and recently I did our charity in Clontarf
baths. I also enjoy painting, cooking and baking and sometimes I like to
help out at home.

Why did you decide to come to Trinity College to complete the
Certificate in Arts, Science and Inclusive Applied Practice?
I looked at all the available options for people with a disability like me and it looked like the best option. The subjects sounded interesting, and the class was small which I liked and there was a lot of support.
What is your favourite memory from your time as a Trinity College student?
My best memories are the expressive arts class and the poetry class
I enjoyed learning about disability rights and human rights
I liked the 1 to-1 session with Barbara and Iara.
I enjoyed talking to Brian and Cian.
I liked paying for my lunch.

Can you tell us about the work that you do in Grant Thornton?
I open bank statements and scan them down to I manage
I read my emails and answer them if I need to.
I go to team meetings and I find them interesting.
I work with all different teams on my floor I transfer word into a PowerPoint.
I do get boxes on my floor are you white all the people’s names down into a notebook and I emailed them saying to do something with them.
I love all the jobs I have to do.

Can you tell us a little about your colleagues in Grant Thornton and how they support you?
All of my colleagues at Grant Thornton are very nice to me. If I have a problem at work I would ring Marie or I can go up to any of my work colleagues if I had a problem at work, especially Liz who is my work buddy. I have her phone number and I can ring or text her about anything in the job or text her if I was late. She is very kind and very helpful she would understand my emails and tells me what needs to be deleted or not.

What do you enjoy the most about working for Grant Thornton?
I enjoy traveling independently.
I love the big building with great views from the windows.
I love technology. For example, my card opens the lift.
I enjoy all types of office work.
I enjoy meeting new people and getting to know their names.
I enjoy the great lunches.
I enjoy getting paid and saving for my apartment in Dublin.

What are your goals for the future?
My goals are to work full-time and be independent.
To own my own house or apartment
To learn to drive and have a car.
To continue swimming and dancing.
To help my family and other people.
Can you tell us a little bit about yourself and your background?
My name is Aoife Cleary I have a syndrome called cri-dv-chat which is the cause of my intellectual disability. I have never let it hold me back. I get lots of support from my family to reach my goals. I have achieved so much because of that support I love reading, walking, comedy, sociable.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?
Because I wanted to Continue learning and wanted to do a course that would get me good job, also to be like other girls in my class and go to college.

What is your favourite memory from your time as a Trinity College student?
My favourite memory as a trinity student is walking through the campus and blending in with all the other students it gave me my confidence.

Can you tell us about the work that you do in Hibernia College?
Here is some of the work I’ve been doing.

1. Shutterstock images for upcoming events i.e. Pride, easter, images of classrooms.
2. Interviewing staff for newsletter i.e. where they live, about their weddings
3. Researching for information on the internet regarding programmes.
Can you tell us a little about your colleagues in Hibernia College and how they support you?
My colleagues have been amazing and supportive from first day Cristina was there to help me get set up on my computer. She was there when there was an IT problem. I’ve worked closely with Mary and Fiona and they are great mentors. They explain things clearly and I’m not afraid to ask for help if I need it.

I love my job in Hibernia I feel that I am more confident because of the encouragement I get from Mary and Fiona. On my first anniversary they had a celebration for me. I feel that my work is acknowledged.

What do you enjoy the most about working for Hibernia College?
Everyone is so helpful and I love my work. Mary and Fiona like to see me achieve.

What are your goals for the future?
To have a job and be very good at the skills I’ve learned. To do more work. To be involved in drama.
Can you tell us a little bit about yourself and your background?
Hi my name is Sadbh Feehan. I am 24 years old. I live in Carlow with my mam, dad, sister and brother. I also have two dogs, I enjoy swimming, horse-riding among other sports with Carlow Special Olympics.

I also like listening to music, singing, going to musicals, performing, going out for coffee, collecting snow globes, travelling, camping with the girl guides and hanging out with friends.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?
I decided to come to Trinity College to complete the Certificate in Arts, Science and inclusive Applied Practice, because I thought it would be a course that I would enjoy and I knew there would be good supports there.

My dad and my sister both went to Trinity College, I really felt I should be able to go too. Also, I wanted to prove to myself that I could work hard and study there. I wanted to experience what it would be like as a college student and I really wanted to gain more independence.

What is your favourite memory from your time as a Trinity College student?
There are too many great memories to choose from but one of my favorite memories from my time as a college student was when we went to the art gallery for the history of art class. I found myself becoming so interested in the paintings shown to us. Now I would happily spend time in any gallery and really appreciate the skill of the artists and the story the painting tells.
Another favorite memory I have was the very first day when I met my classmates and making new friends. We got into the habit of going for coffee regularly – mostly the coffee house close to TCPID! I also loved hanging out at the Perch and the Buttery.

I love to talk to people. I was always happy to tell other college students about my course. A lot of them weren’t aware of it so I was delighted to tell them about it as well as finding out what they were studying.

I am so proud to be a graduate of Trinity College, but especially of TCPID!

Our graduation day was definitely another happy memory!

Can you tell us about the work that you do in A&L Goodbody?

The kind of work that I did in A&L Goodbody was mainly posting up on their intranet ALICE and Yammer. I posted about different events that were going on in and out of the firm, for example the Calcutta run fundraiser. I stuck on the logo onto buckets, I made the answer sheets for the quiz and I put up the poster all around the office with one of my colleagues. I also helped with the promotion of the Pride festival. Even when I was working from home I was involved in the social and fun events online!

I also sorted out the confidential files and the non-confidential files into the different bins, I helped clear out the cupboards, I got involved in the D&I group (Disability and inclusion) I also posted an event on Yammer for the group as well.

When I helped out in the marketing department I had to phone and email restaurants to make inquiries about their facilities and services for visiting clients to the firm. I also researched various theatres and venues and put a powerpoint presentation together to show what entertainment would be available to clients.
Can you tell us a little about your colleagues in A&L Goodbody and how they support you?
I honestly can’t say enough positive things about my colleagues, even when I first started online, they were so kind, so helpful even though we never met in person before.
If I ever needed any advice on what to say on a post, or if I need a hand with anything they were happy to help.
When I got to go into the office after working from home, they just made me feel so welcome.
I couldn’t have asked for better mentors.

What do you enjoy the most about working for A&L Goodbody?
What I really enjoyed most about working in A&L Goodbody was how included they made me feel. I also enjoyed when I was involved in the morning call. They really me like a valued member of the firm. Even on lunch breaks some of the mentors would come for a walk with me, chatting and telling me about the area and things we both had an interest in.

What are your goals for the future?
To be working in an office/learning environment. I would love to my future to include work and travel to educate people with or without disabilities, to be an advocate and a voice for people who may not have one, to have the opportunity to learn more and take part in more courses. For example, I am really interested in ancient Greek and Roman and Egyptian history.
I am a good communicator and passionate about advocacy and inclusion – in education, sport and life! I am also passionate about animals and would hope to volunteer at an animal shelter some day. I like helping out with children and volunteer with Carlow youth services childrens camps. Volunteering will always be an important part of my life – with animals, Special Olympics, children and perhaps other areas in the future.
My internship with ICON by Brian Higgins

My first role in ICON was as an assistant in the SMT section of the labs.

I collected paperwork that I then had to put into a machine for batching. When the batching was finished, I had to attach summary sheet to each batch. I had to collect frozen samples that had to be disposed in a red bin. I also had to clean the batching machine very often because of carbon soot.

My new role is with the Facilities Department.

In the morning I transfer paper from the storeroom to different buildings in ICON. I then go to reception and help with disposing used visitor cards. At twelve noon I do a car count in the car parks using a clicker. In the afternoon I stamp the post for delivery. If there is a meeting scheduled I would help to set up the room and I have attended a ‘town hall’ meeting with all the departments.

I really enjoy being part of a friendly, helpful and caring team in ICON. There is a great atmosphere in the company and I have been made very welcome.

They always help me if I have a problem.

A few words from Niamh Murphy, ICON Senior Director of Corporate Communications:

‘It’s been a pleasure having Brian as part of the ICON team over the past 6 months. He has gained knowledge of the workings of a global laboratory, which included distributing lab samples to the testing team. He is currently working in our busy facilities management department, helping out in areas such as room set-ups, courier deliveries and the post, to name a few. Brian is a ray of sunshine in the building, enjoys the social side of work and has made many friends in ICON.’
Heather Marshall

Can you tell us a little bit about yourself and your background?

I am a graduate of the Trinity Centre for People with Intellectual Disabilities (TCPID) in the School of Education, Trinity College Dublin. I have completed a Certificate in Arts, Science and Inclusive Applied Practice in the TCPID between 2018 and 2020.

During my time as a student in Trinity College, I acted as class representative on two occasions, and I was also a student mentor.

Along with my classmates we researched, wrote and delivered a lecture on Inclusion for the Professional Master in Education students in the School of Education in November 2020. This lecture was so well-received by the students and teachers that my colleagues and I were asked to deliver the lecture to four Masters class groups.

In my spare time, I like to go horse riding and helping at the riding yard, walking and looking after the dogs, volunteering with Meals on Wheels every Saturday, and baking cakes for family and friends.
Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?

I decided I wanted new challenges as well as making new friendships.

What is your favourite memory from your time as a Trinity College student?

I enjoyed walking through the college with friends, taking part in scifest, and graduating from the college.

Can you tell us about the work that you do in Coillte?

I’m currently interviewing staff from across Coillte, capturing their interviews in a bi-monthly internal newsletter - Heather’s Headlines. This newsletter is to help staff connect. Separately, I also work on reception answering phone calls and helping staff in the canteen.

Can you tell us a little about your colleagues in Coillte and how they support you?

Coillte employees have supported me with learning new skills such as interview skills, admin skills and gaining more confidence in the workplace.

What do you enjoy the most about working for Coillte?

I like meeting new people and being more independent.

What are your goals for the future?

I would like to travel, work and be financially independent.
Can you tell us a little bit about yourself and your background?

My Name is Julie O’Brien. I am 23 and I have Down Syndrome. I attended mainstream Primary and Secondary School and I am now a graduate of Trinity College Dublin.

I have had wonderful opportunities over the last few years. I loved working in Dail Eireann in Minster Helen McEntee’s office. I also enjoyed being on the set of Fair City as I would love to be an actress some day. During Lockdown rather than sit at home, my Mum and I volunteered to deliver PPE for Home Instead Senior Care all over Co. Meath. We also delivered Meals on Wheels on a daily basis. I really enjoyed meeting so many different people.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?

I have two cousins aged 22 and 24 who have supported me all through my education and when I heard them talk about going to Trinity, I decided I wanted to go the too and be just like them.

What is your favourite memory from your time as a Trinity College student?

My graduation day was something special. Even though it was during covid my family and my two cousins managed to attend the ceremony and I got to throw my cap in the air. It was just Magic! I was so proud.

Can you tell us about the work that you do in Optum?

Working in Optum was such a joy. I worked online two days a week and went in the office on Thursdays. I also got to visit the Donegal office on two occasions. I gained so much experience in IT (Microsoft Word Excel and Power Point) and I was introduced to Yammer.
Can you tell us a little about your colleagues in Optum and how they support you?
The encouragement and support I received from my work colleagues was unbelievable and they made me feel like part of the team from day one. My manager really inspired me and I will always consider her a true friend.

What are your goals for the future?
To continue my charity work
To do a course in IT and improve my skills.
To join another company where I feel I can make a real difference.

A few words from Nodlaig Brolly, Optum Communications, Engagement and Education Lead:
Julie joined Optum during the pandemic, a challenging time for us all and lifted all our spirits! Having Julie as part of our team in Ireland, changed the dynamic in a positive way particularly in how we related to each other as she is full of joy brought out the best in people.

Julie has strong inter-personal and presentation skills and in her comms role, engaged across teams making an impact across the globe even within the limitations of the virtual set-up. After a short time, Julie became very efficient in posting announcements on our Ireland & UK Yammer and our analysis of the metrics show that Julie was by far the most popular contributor!

Julie is very passionate about helping people in need and she supported many charities through her creative virtual events that were always well attended.

Another value of the internship was uncovering a hidden talent that Julie has as she demonstrated a real aptitude for IT and we hope that she will develop this skill in order to reach her full potential and broaden her career opportunities in the future.

The support of Marie and the TCPID team was constant, and it was vital to the success of the internship which was a first for us!
Can you tell us a little bit about yourself and your background?
I have just graduated from Trinity College Dublin with a Certificate in Arts, Science and Inclusive Applied Practice. I am currently working in Ornua. I would love to find another job after I finish in Ornua that is both challenging and rewarding. I love to work with people in a team and I also enjoy working individually. I am hardworking, reliable and keen to learn. I have great communication skills and would love to add to my skill set.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?
I found the course interesting and I wanted to learn new skills.

What is your favourite memory from your time as a Trinity College student?
My favourite memory was being in class and meeting my friends for hot chocolate and lunch. One my skills was organising a museum trip to see the Seamus Heaney museum and a birthday party at lunchtime.

Can you tell us about the work that you do in Ornua?
In Ornua I send emails and I did an insight workshop and other workshops. I did icebreaker games and a PowerPoint presentation third time. I looked up recipes and a few newspapers for the company and I looked up supermarket prices for butter.

Can you tell us a little about your colleagues in Ornua and how they support you?
The girls are lovely and friendly and helpful.

What do you enjoy the most about working for Ornua?
Yes I am enjoying working in Ornua because I was in different teams and they were friendly and chatty. I enjoyed some meetings and learnt a lot on them, but I sometimes found some of the meetings difficult to follow.

What are your goals for the future?
To get job and to learn more skills.
Kai Tiernan

Grant Thornton

Can you tell us a little bit about yourself and your background?
I’m Kai Tiernan, 23 years old from Meath and I’m a Trinity graduate working in Grant Thornton.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?
I decided to come to Trinity College Dublin to complete the ‘Certificate in Arts, Science and Inclusive Applied Practice (ASIAP)’ because it was a course for people who have intellectual disabilities like me and wanted to get a qualification for passing this course which I did.

What is your favourite memory from your time as a Trinity College student?
It’s hard for me to pick out what are my favourites because I liked everything about it.

Can you tell us about the work that you do in Grant Thornton?
I work as a tax/company secretary. I do the timesheets on the computer and send people emails asking them to complete their timesheets. I do scanning on the printer from the computer and forward them to one of my mentors. Sometimes I scan forms and letters then send them to the people whom I know in GT, then sometimes I leave the posts in their folders or give the posts to them. I sometimes go to the filing room to sort the green folders out. I go and collect the post everyday as my job and my new job is sending the post to other workplace companies.

Can you tell us a little about your colleagues in Grant Thornton and how they support you?
I have 4 mentors. They help and support me by showing me how to do the tasks that I need to do everyday. I can ask them questions if I need to.

What do you enjoy the most about working for Grant Thornton?
Being on the computer is what I enjoy the most.

What are your goals for the future?
I’d like to get a full-time job somewhere and I’d like to travel.
Can you tell us a little bit about yourself and your background?

- I am from Ireland.
- I like making candles.
- I like cutting the grass with the lawnmower.
- I like using smart technology NFC and card payments on vending.
- I like electric cars and batteries.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?

- To build my skills.
- To learn new things.

What is your favourite memory from your time as a Trinity College student?

- When we planned and went on outings.
- Seeing my friends.
Can you tell us about the work that you do in Optum?

- I work from home and do accessibility work with Mick and Gareth.
- I did my LearnSource on Health & Safety with Optum.
- I use Microsoft teams with Optum.
- I watch some accessibility videos and discuss them after.
- Learned how to test for colour contrast using the testing tool.
- Learned about the importance of Alternative Text.

What are your goals for the future?

- Build my skills on the computer.
- I have an interest in robots and I like ASIMO Honda.

Can you tell us a little about your colleagues in Optum and how they support you?

- Mick has a dog.
- Mick and Gareth like Lego and they live in Kildare.

What do you enjoy the most about working for Optum?

- I like to work from home in my office.
- I like to meet new people and use computer and Microsoft.
- I like to learn new things about big companies.
- I like to learn about accessibility.

A few words from Mick Keane, Optum Principal Digital Accessibility Engineer:

“Bruce has been fantastic to work with as part of the TCPID internship program. Kind, compassionate and a fast learner, he brings great value to the team. He never says no to a challenge and completes tasks when assigned. For me a call with Bruce is the highlight of my day, and it’s been a career highlight to see him progress, and learn from him”
 Permanent Roles

Shane McGilton has recently received a permanent contract in Grant Thornton. Shane was one of our first graduates of the Certificate in Arts, Science and Inclusive Applied Practice. Shane has been working with Grant Thornton since October 2021. He had been due to start in 2021 but that was delayed due to the Covid pandemic. In addition to his role in Grant Thornton, Shane is also permanently employed in Arthur Cox for two mornings per week.

Can you tell us a little bit about yourself and your background?

I was born in England to Irish parents, Emily and Alan, in 1993 and moved to Ireland when I was one. I lived in Monasterevin, Co Kildare from 1994 to 2010 and now live in Ballybrittas. I have two half-brothers and two half-sisters and lots of aunts, uncles and cousins.

I went to Scoil Mhichil Naofa primary school in Athy. They were the first primary school in Leinster to have separate classes for children with intellectual disabilities and I did a lot of activities with all children across the school. Before I went to primary school I attended Alcan Tara Preschool run by KARE in Newbridge. After primary school I went to St Annes Secondary School run by KARE on the Curragh and really enjoyed my time there.

I love watching comedies on TV and going to the movies. My favourite movie is Die Hard. When I was younger I was involved a lot in the Special Olympics with Blackrock Flyers Basketball Club and some football with KARE. I now go to the gym, do some paddleboarding and like walking a lot and love the playstation.

Why did you decide to come to Trinity College to complete the Certificate in Arts, Science and Inclusive Applied Practice?

I didn’t want to end up going to a day centre everyday to keep busy because years would pass without doing much. I found out that I could go to Trinity College, get more education and my certificate and a job so that really interested me. KARE supported me in applying to Trinity and I was accepted.
**What is your favourite memory from your time as a Trinity College student?**

Meeting everyone helping us in Trinity and making my new friends who did the course with me: Niamh, Marian, Hugh, Dairine and Mark. I loved every minute of walking into Trinity and meeting them. It was hard work, but we laughed a lot. And I loved the Buttery!

**Can you tell us about the work that you do in work?**

Arthur Cox: I work in the Restaurant, Gather & Gather which I really enjoy.

Grant Thornton: I work in the facilities department.

**Can you tell us a little about your colleagues in work and how they support you?**

Arthur Cox: Everybody in Arthur Cox is so friendly, supportive, patient and helpful. It’s a great place to work and I enjoy meeting the different people. I feel included in all the activities and proud to work in Arthur Cox.

Grant Thornton: Everybody in Grant Thornton has been so welcoming. I work closely with my colleagues who support and help me every day. It is also a great place to work.

I feel so lucky to work in two great companies with such inclusive cultures and I have fun at work every day.

**What do you enjoy the most about working?**

This is easy. The people I work with are so lovely and they make me feel really welcome every day.

**How did you feel when you found out that you were being offered a permanent role in Arthur Cox and then Grant Thornton?**

Both times I was thrilled, and it made me feel really happy inside. I was dying to tell my parents and family because they always want to know what is going on. I felt Arthur Cox and Grant Thornton liked me being there with them so that was very special and made me feel part of the teams.

Shane working in reception at Grant Thornton
What are your goals for the future?

I want to continue working and keep adding to my life. I am looking at a type of semi independent living but it’s hard to find the right place to live. I want to travel more because I love seeing new places. I would like to see all my family more when I can because I always have so much fun when I meet up with them and catch up on the family news. KARE continue to support me through the Outreach programme helping me explore and achieve my goals.

What do your parents think about Trinity College and your permanent jobs?

Alan – Shane’s Dad:

I am very proud of the hard work Shane did himself to be in the position he is now. Not only had he to prove he could travel to and from Dublin on the train independently and get across the city each day he attended Trinity College and now his permanent roles in both Arthur Cox and Grant Thornton but also show that he has the desire, ambition and resilience to succeed. The work he has done and continues to do has been matched by the fantastic teams in Trinity College, Arthur Cox, Grant Thornton and KARE. He is on the road to his goals of living a semi independent life and being firmly part of the community and workplace. Of course, he will continue to need the support of family, friends, colleagues and the wider community but he has opened doors and options for himself to achieve his true potential.

Emily – Shane’s Mum:

Trinity was a transformative experience for Shane. He became so independent, and proud of his achievements. It changed how he showed up in the world; he walked tall, became confident and forged lasting friendships. Shane’s interactions in Trinity gave him freedom. His achievements far outweighed expectations. He grew up!

The pride he felt on graduating was only equal to the pride I felt! It was such an emotional day. His achievement was made possible by many people including the Outreach Team in KARE, family & friends. However, the Trinity Staff and class mates were at the core of Shane’s achievements and experience. They made it possible. Getting not one but two permanent jobs is beyond what we had thought possible and Trinity (Marie) supported Shane throughout the process. Simply put, the Trinity experience changed his life.

Shane on his graduation day from Trinity College with his classmates Mark and Dairine
Here are some quotes from Shane’s Grant Thornton colleagues

**Amy, Assistant Manager, Facilities**

“It’s a pleasure to have Shane on board as part of the team. He is always willing to help and has a positive attitude towards everything that he does. He really enjoys working as part of a team and interacting with his colleagues. We now have our very own in house movie aficionado!”

**Liam, Client Experience Coordinator**

“Shane really enjoys getting involved and is always eager to help. He loves interacting with the clients and always greets them with a warm welcome”

**Bernie, Grant Thornton Catering Manager**

“Shane is an extremely pleasant and affable young man. Always in good form and willing to help!”

Shane with his colleague Liam Fagan, Grant Thornton Client Experience Co-Ordinator
New Collaborations

We are delighted to announce an exciting new partnership with AIB. We look forward to working closely together with the entire AIB team over the coming years. One of our recent TCPID graduates is going to be joining AIB very soon to start a 6 month internship there.

AIB

AIB is a financial services group operating predominantly in the Republic of Ireland and the UK. It provides a comprehensive range of services to personal, business and corporate customers in its target markets and has leading market shares in banking products in the Republic of Ireland.

Geraldine Casey, AIB Chief People Officer said “We are delighted to support the Trinity Centre for People with Intellectual Disabilities on their important and innovative work to make a positive impact on employment opportunities for people with disabilities. We want to ensure that AIB is an inclusive place to work for all and helping colleagues with disabilities develop their potential is an important element of our strategy to build a culture that is inclusive and diverse. Plans are well advanced for us to welcome our first graduate internship from TCPID by the end of the Summer and we look forward to working with them in a supportive manner.”
Thank you as always to all of our Business Patrons, Business Partners and other collaborators for your continued support.