

## CHARITY WORK

1. ISPCC – Childline
2. Irish Guide Dogs
3. NCBI – National Council for the Blind of Ireland
4. CASA – Caring and Sharing Association
5. Childvision
6. Ablevision Ireland
7. Fight for Sight
8. National Disability Authority



## ABOUT ME

- PhD Researcher
- Qualified Solicitor (First visually impaired Solicitor in Ireland).
- Certified Mediator
- Motivational Speaker – The Kane Ability [www.sineadkane.ie](http://www.sineadkane.ie)
- Tedx speaker 'Be a Defender to Bullying not a Bystander'.
- Mentor on the Alumni Program at DCU
- Writer with the Irish Criminal Law Journal
- Director of Ablevision Ireland
- Volunteer with Childline for past 7 years
- Marathon and Ultra Marathon Runner
- RTE documentary – Two for the Road – Horse Riding in Mexico
- Women's mini marathon – changed policy to allow male guides assist participants with a disability.
- First visually impaired female to complete Dublin marathon.
- First visually impaired athlete to complete an ultra-marathon in Ireland.

## FUTURE GOALS

- Professional - To teach online DCU module regarding Bullying and the Law in conjunction with the Anti-Bullying Centre.
- Sport - To set an Irish Record in Running.
- Charities –
  1. To run Wings for Life World Run as Race Ambassador and raise awareness about the organisation.
  2. To run an Extreme Marathon and raise funds for Ablevision Ireland and Childline.

# The Kane Ability – Engaging society to 'see' beyond disability.

I choose to be visionary, not blind.



Sinead's background is mainly legal. Sinead qualified as Ireland's first visually impaired solicitor in 2009. She completed her law degree and masters in law in UCC having mainly studied through the use of a handheld magnifier and zoom text on her PC. She writes for the Irish Criminal Law Journal.

Currently, she is a fulltime PhD researcher at the Anti-Bullying Centre in the School of Education at DCU researching the area of a teacher's legal duty of care towards young people relative to bullying inside and outside of school. Sinead suffered bullying as a result of her disability in both primary and secondary school which has led her to have an avid interest in the topic.

From a young age Sinead campaigned for rights for people with disabilities alongside her mother which in turn led her into a dedicated interest in voluntary work. At 7 years of age, Sinead's parents' taught her the values of helping in your community and so she would stand for hours collecting for her favourite charities. Sinead has continued her charity work into her adult life. She believes that 'we don't do life by ourselves' and that it is always important to help other people. Sinead has worked with charities such as NCBI, Irish Guide Dogs, CASA, ISPCC. She is also a director of Ablevision Ireland.

She believes in not allowing her disability to hold her back. She crystallises opportunities in her mind and then sets out to do it. Too many people are not living their dreams because they are living their fears. Most successful people only achieve their goals through encountering obstacles, having doors closed in their faces, dreams derailed by mistakes, setbacks and naysayers constantly saying you are not good enough. The difference between those who win and those who give up is often the level of persistence and determination the person possesses in tough times. Staying upright in a world full of chaos is hard. But we can still win out if we believe we can. If you google the surname Kane you will find it means: 'Little Battler'. It could not be more appropriate as being resilient and adaptable has been the key to Sinead's success in spreading the message that your disability does not have to hold you back. Sinead believes in being visionary and not blind. She was born with just 5% vision and was registered blind. She could not control being born with a disability but she can control her outlook on life. She chooses to have a positive one. We can all make a difference in another person's life. Life is about helping others and passing on kindness. Our ability to handle life's challenges is a measure of our strength of character. It takes courage to do some of the achievements that Sinead has achieved but what Sinead has learnt from life is that courage has a ripple effect. Every time we choose courage we make those around us feel better and the world a bit braver.

## KEY MESSAGES

1. Overcome Adversity – use this to help others.
2. Available for leadership opportunities with young people and business people.
3. Times are tough. I come from a background of limited resources yet I have learnt to keep my head high and be educated.
4. We don't buy products we buy people and thus we need to respect and value difference in people
5. We are all responsible for our own journey.
6. Visualise your potential
7. Honour your commitments with integrity.
8. 'Couldn't control being born blind but can control how I live my life. I choose to give back to society and be proactive.'
9. "Hard things are put in our way, not to stop us, but to call out our courage and strength".

## ADVOCATE AND POLICY CHANGER

- Has previously got legislation implemented to help blind solicitors in court.
- Implemented legislation to help blind solicitors in court.
- Sat on International Bar Association with Cherie Booth Blair QC as Solicitor & Advocate for people with disabilities.
- Organised a conference for people with disabilities in conjunction with the National Disability Authority. Invited and inspired David Blunkett, former MP, to attend as guest speaker.
- Forced a change in policy with Women's Marathon to allow male guides assist participants with a disability.

**When everyone else says – No you can't – determination says YES YOU CAN.**

**Media Release March 12th 2015**  
Thursday, 12th March 2015  
The Women's Mini Marathon Limited has reviewed its policy relating to visually impaired and wheelchair entrants. To preserve the female character of the event only females can enter. However, we appreciate that some visually impaired or wheelchair entrants need assistance. We have changed our policy in this respect and will welcome both male and female assistants for these entrants. Male assistants will be given a special permit to allow access, while female assistants can either enter the event or receive a special permit. Kathy Endersen, Deputy CEO said "we have always welcomed visually impaired and wheelchair athletes in the event and do our utmost to facilitate their needs. Sinead Kane participated in our event in 2012 where she came second in the visually impaired category and we look forward to receiving her entry for this year and wish her every success."

For further information:

Please contact: The Women's Mini Marathon Limited (01) 293 0985

## CONTACT DETAILS

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