



Schizophrenia Ireland Lucia Foundation

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Monday - Friday 9.00am – 4.00pm

Annual Report 2004



Schizophrenia Ireland
Lucia Foundation



What is schizophrenia? Schizophrenia is a serious mental illness characterised by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately one in every hundred people worldwide. First onset commonly occurs in adolescence or early adulthood, although it can also occur later in life.

What are the symptoms? There are a number of signs and symptoms that are characteristic of schizophrenia. However, the expression of these symptoms varies greatly from one individual to another. No one symptom is common to all people, and not everyone who displays these symptoms has schizophrenia (as some physical conditions can mimic schizophrenia). Generally speaking, symptoms are divided into two groups, 'active' symptoms (also referred to as 'positive' or psychotic symptoms) that reflect new or unusual forms of thought and behaviour, and 'passive' symptoms (also referred to as 'negative' symptoms), which reflect a loss of previous feelings and abilities.

What causes schizophrenia? No one single cause has yet been attributed to schizophrenia. Rather, it appears that several factors may play a role in the onset of the illness. The causes of schizophrenia, like many other illnesses, are likely to be a combination of hereditary and environmental factors. The *vulnerability–stress* model of schizophrenia states that there is an interaction between the person's biological vulnerability, stress or change in the environment and their ability to deal with these environmental factors in terms of their social skills and supports. Extensive research is now being conducted into the possible causes of schizophrenia. The prominent theories focus on the areas of biochemical and environmental factors, genetics and drug misuse. One thing we do know for certain is that bad parenting, poverty or sinful behaviour **does not** cause schizophrenia.

Confidential Information Helpline: **1890 621 631**

Table of Contents



- 04 Mission Statement
- 05 Chairperson's Report
- 06 Organisational Structure
- 07 Director's Letter



- 08 National Development
- 13 Major 2004 Developments
- 18 SI Activities
- 21 Fundraising Activities 2004
- 22 Lucia Week 2004
- 25 Biennial Conference

- 26 Policy and Lobbying
- 29 Media Watch
- 30 Officers & Professional Advisers
- 31 Reports & Financial Statements



Mission Statement

“Schizophrenia Ireland is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by schizophrenia and related illnesses, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves.”

Objectives

- 1 To promote the development of parallel mutual self-help groups for people with schizophrenia and their carers.
- 2 To empower people with schizophrenia and their carers through support, individual advocacy, information and education.
- 3 To promote the right to appropriate health, accommodation, employment and other services.
- 4 To advocate for rights and needs and to challenge discrimination against all those affected by schizophrenia.

Organisational Ethos

SI believes that:

- people with schizophrenia should at all times be accorded the rights, entitlements and opportunities available to any other member of society on an equal basis, and should be empowered to participate in the life of the community to the fullest possible extent;
- relatives and families, the majority of whom are the primary providers of psychiatric care in the community should be accorded full recognition and support by the institutions of the State, and be empowered to address their own needs;
- a history of mental illness should never be a cause of discrimination, stigmatisation or prejudice in any form, nor should it inhibit the individual's right of equal access to training, education and employment; and
- we should foster a partnership and collaborative approach with all relevant agencies.

Chairperson's Report

In 2004 every member of Schizophrenia Ireland had an opportunity to express their views on the present state and future direction of the organisation, by participating in the Organisational Review. I would like to thank everyone who contributed to this process both by individual responses and by participating in the various group meetings and discussions that took place. This was a process not just of listening to ourselves – the members and staff and volunteers working for SI – but also of seeking the views of other relevant organisations, such as Mental Health Ireland and the Irish Psychiatric Association. To learn how others see us and what they think we could or should be achieving, can only help us to further define our own vision of ourselves.

All these comments and responses have now been read, collated and analysed and presented as a report to Council. This report, and further consultation between staff and Council, will be used by a Council sub-committee over the coming months to draw up proposals for the new Strategic Plan which is due to come into effect in 2006. Without in any way anticipating the detail of those proposals, I think it is fair to say that two things emerge clearly from the report: one, that attitudes towards SI both from within and from outside the organisation are very largely positive; two, that there is an almost surprising level of agreement both in the evaluation of what we are doing now and over the further targets we should be setting ourselves. None of this is a reason for complacency; nor does it conceal that there are opposing points of view on one or two specific issues. It does mean, though, firstly that in the immediate future we can plan ahead largely consensually, and, secondly, that here and now everyone in SI can be certain that the contribution they make – whether it's the work they do as members of staff, the time and expertise they give us as volunteers or the support they give to fellow-members of relatives' or Phrenz groups – is genuinely worthwhile and genuinely appreciated.

An overview of events and activities in 2004 is given in the Director's letter and other reports in the following pages. At a national level SI continued to campaign for better services in its specific responses to all Government policies and initiatives relevant to mental health. We also made submissions to, among other bodies, the Dail Joint Committee on Health and Children, the Mental Health Commission and the Mental Health Expert Group, of which our Director is a member. November's Biennial Conference further addressed the relationship between governmental responsibility and individual rights and needs, making the case that good service provision should be regarded not as a budgetary burden but as an investment that can bring an *economic* return as well as a social benefit.



One regional highlight was the Flag Day in Cork – a success not only financially but also because of the way that such energetic, high-visibility events engage with the public generally, raising consciousness, winning new friends and combating stigma. Some of the money raised went towards funding one of the successful workshops which, on various themes and in various locations, were very much a feature of 2004. Events like these are valuable not just for their intrinsic content but also for the way in which they can bring us together, as members of SI, in larger groups than usual and from across regional boundaries. Communication was an issue which came up fairly frequently in responses to the Organisational Review, and this isn't only – perhaps not even primarily – an administrative matter. The more we can communicate with each other as members of SI, share experiences and establish common goals, the more we can strengthen SI as an organisation in pursuit of those goals.

While SI continues to develop, we are nevertheless achieving less than we would wish in some rural areas, where isolation and stigma feed on each other and too often prevent people from joining together in mutual support. A sub-committee of Council and staff members has looked at this problem and set up a pilot project to develop and test other models of support for people in rural areas. Meanwhile another Council sub-committee has made recommendations on how SI can improve support for family members in general.

Two additional members were co-opted into Council in 2004, thereby making Council more widely representative both of our regional organisations and of our two main strands of membership – relatives and service-users. In addition to this mainstream representation we also benefit from the presence on Council of a number of "outside" members, who do not have a personal or family connection with the organisation but are nevertheless willing to give us their advice and expertise. One of these outside members, Brid Nolan, faced with increasing personal and professional commitments, resigned during the year. I would like to record our gratitude for the help she gave us and indeed to thank all my colleagues in Council for the time they take out of their often over-busy lives to help our organisation move forward.

Patrick Annesley
Chairperson of SI

Organisational Structure

2004 SI Staff as of 31 December 2004

Director's Office

| | |
|-----------------|------------------------|
| John Saunders | Director |
| Kahlil Thompson | Projects Officer |
| Mary Lambe | Admin. Assistant (p/t) |
| Eamon Sweeney | Project Worker |

Rehabilitation Services

| | |
|--------------------|--------------------|
| Cillian Russell | Manager |
| Emer McCarthy | Development Worker |
| Alexandra Scheele | Development Worker |
| Goedelle van Laake | Development Worker |
| Adrian McKenna | Development Worker |
| Johanne Maher | Job Club Assistant |

Counselling and Information Services

| | |
|------------------|--|
| Claire Hawkes | Counsellor and Information Helpline Co-ordinator |
| Mairead Flaherty | Counsellor, Lucia Counselling Service |
| June Enright | Counsellor, Life Hope — Cork |

Development Team

| | |
|---------------------|---|
| Patricia Seager | Assistant Director and Development Manager |
| Christina Burke | WHB Regional Development Officer |
| Mags Ryan | SHB Regional Development Officer |
| Richard Hansen | NAHB Regional Development Officer |
| Susan McFeely | SWAHB and ECAHB Regional Development Officer |
| Garath Phelan | NEHB Regional Development Officer |
| Mary Kennedy | MHB Regional Development Officer (secondment from MHB) |
| Martin Mathews | SEHB Regional Development Officer (secondment from SEHB) |
| Brendan Kenny | SEHB Awareness Officer (p/t — secondment from SEHB) |
| Anne Marie Flanagan | MWHB Regional Development Officer |
| Anne Buckley | Support Worker — SHB (p/t) |
| Karina Keane | Support Worker — WHB (p/t) |
| Bernie Byrne | Admin. Assistant |

Administration Team

| | |
|--------------------|-----------------------------|
| Shari McDaid | Manager |
| Breda Moore | Book-keeper |
| Doreen Crowe | Book-keeper Assistant (p/t) |
| Rose Noone | Receptionist (p/t) |
| Leonor Bethencourt | Receptionist (p/t) |

Community Employment Scheme Staff

Niamh Brilley, Sinead Fogarty, Rachel Fotheringham, Michael Esan, Neil McDonald, David Byrne, Karl Brophy

Voluntary Workers

We thank our volunteers who give a great deal of their time to help support the activities of Schizophrenia Ireland and provide invaluable contributions at every level of the organisation.

Registered Charity Number 6380
Company Registration Number in Ireland 70462

Director's Letter

Dear Friends,

I am pleased to introduce the 2004 annual report for Schizophrenia Ireland. The report describes significant activities and developments during 2004.

2004 was the first full year of work of the Council Consultative Group. This group was established to facilitate service users to have a voice in the direction of the organisation.

The network for women with mental health difficulties and siblings of people with severe mental illness, also continue to flourish over 2004. One new initiative supported by the Department of Education & Science was the adult education project, which was launched in 2004. This fifteen-month project aims to remove barriers and support people with self experience of mental illness in adult education.

Another new project, which commenced in 2004, is the training workshops for service users to allow them to develop the necessary skills to partake in committees and consultation process. These training courses will continue in 2005.

SI also hosted a paranoia workshop delivered by the Paranoia Network of Sheffield. This was a very successful two-day event for both relatives and service users. It is envisaged that repeat workshops on paranoia and hearing voices will be held in 2005.

The *Finding Your Way* training and development package was launched in 2004. This is a self awareness and development package for people with self experience. It is a structured exploration of recovery delivered over eight modules. To date, this course has been welcomed by service users all over the country and we intend to continue to develop it in response to demands.

During 2004 Schizophrenia Ireland launched a number of publications. As part of Lucia week we launched the video *Towards Recovery*, which was designed to send out a positive message about the possibility of recovery from schizophrenia. In November we published *Learning about mental illness*, a booklet targeted at children whose parents or family members may be experiencing mental ill health. This publication was in partnership with Barnardos, the children's charity. During the year the usual activities of Schizophrenia Ireland continued to develop. These included support groups, counselling and helpline services, family education courses and the Job Club and Basin Club services. It is worth noting that towards the end of 2004 we expanded our Information Helpline hours to 35 hours per week, from 9am to 4pm Monday to Friday. This has led to a significant increase in Information Helpline usage. Other initiatives, which continue successfully from 2004, include our respite service for service users and the Life Hope suicide prevention awareness project.

2004 also saw the hosting of our 14th Biennial Conference, which took place in Clontarf Castle. The theme was *Investing in Recovery: What price mental health?* The conference focussed on the constant message of the need for government to prioritise investment in the mental healthcare service.

During 2004 Schizophrenia Ireland continued in the important work of lobbying government and policy makers for improvement in mental healthcare services. Specifically, activities

included our *Policy on poverty and mental illness* half day seminar in November, to which we invited policy makers concerned with issues of poverty.

Following the publication of the Disability Bill 2004, we initiated a response to support amendments and changes to the bill, to make it a more relevant bill for those people with enduring mental illness. We also made policy contributions to the National Economic and Social Forum, the Department of Finance budget of December 2004 and to plans for the development of the Central Mental Hospital in Dundrum. Other issues of concern during 2004 included the Immigration Bill, which discriminated against people with mental illness.

In addition to the activities described, Schizophrenia Ireland conducted a major internal organisational review with a view to preparing for a new strategic plan for 2006 and beyond. The review involved the gathering of opinions from SI members, support group members, staff and other interested individuals and organisations. The review was completed in December 2004 and will provide much information for debate and discussion during 2005, in the lead up to reviewing the strategic plan of the organisation.

Schizophrenia Ireland also continued to take part in the deliberations of the Mental Health Expert Group, set up by the Department of Health & Children in 2003, to review and construct a new policy for mental healthcare services in Ireland. This work, which is expected to be completed in 2005, will have significant contributions from families and service users through the activities of Schizophrenia Ireland.

2004 also saw the completion of the EUFAMI Prospect Project. This is a new training and education programme containing three modules for different target groups, those with self experience of mental illness, family and carers and health and social care professionals. During 2005 Schizophrenia Ireland intends to deliver a Prospect course for family and carers as a follow up to its own Family Education Course.

You will agree that 2004 has been an extremely busy and productive year for Schizophrenia Ireland and we hope to continue this pattern of activity in 2005. All of the activities of 2004 could not have been successfully undertaken without the support of the Council of Schizophrenia Ireland, all of its staff, volunteers and facilitators of support groups. To those people may I express my sincere gratitude for all your endeavours throughout the year and I look forward to an equally productive and busy 2005.

John Saunders, Director
April 2005





National Development

Schizophrenia Ireland's (SI) Development Team consists of the National Development Manager, eight Regional Development Officers (RDO's), two Support Workers and one Administrative Assistant, all supporting seven of the eight health board areas. The Development Team aims to provide the best possible service for the people it supports in each health board region. The team also provides support to Schizophrenia Ireland's existing network of Phrenz and Relatives' groups around the country, as well as working to develop new support groups. With offices in Dublin, Cork, Galway, Kilkenny, Clare, Meath and Longford, several activities were organised in 2004 and many new alliances were established. Activities organised by the Development Team included awareness raising events, information evenings, presentations, outreach initiatives, educational courses, workshops and seminars.

Support Groups

Northern Area Health Board (NAHB)

Phrenz Groups

Phrenz Groups for the Northern area meet at Blessington Street every Monday night and at Artane Day Centre on the second and fourth Monday of the month. Members of both groups have attended several events over the year including the Blessington Street's Group's respite holiday in Galway.

A new group based on the AA philosophy for people with personal experience of mental distress and alcohol misuse began in the city centre. This group was formed by several SI members who wanted a resource that reflected their particular needs and experiences. They now meet weekly on Thursday night.

Relatives' Groups

There are three Relatives' groups in north county Dublin, one in Drumcondra who meet on the first Wednesday of every month, one in Artane who meet on the last Wednesday of every month and one in Swords who meet on the second Monday of every month. These groups are well attended and offer those attending an open and secure forum in which to give support to each other.

North-Eastern Health Board (NEHB)

Phrenz Groups

There are presently no Phrenz groups in this region.

Relatives' Groups

The Navan Relatives' group is well attended and has gone from strength to strength. It meets on the last Tuesday of each month in Navan Hospital, Psychiatric Unit. It is a self-managing group in which people take it in turns to chair the proceedings etc. The group operates slightly independently from SI but is happy to be recognised as an SI group. They work very well at supporting each other.

The Monaghan Relatives' group meets on the last Tuesday of each month in St. Davnet's Hospital, Co. Monaghan. Some of the members of this group attended a relative's recognition weekend along with members of the Navan group in October 2004. People enjoyed being pampered by a team of therapists who gave workshops on Angel Readings, Relaxation Exercise, Colour Therapy, Aromatherapy and Life Coach Exercises. This event was funded by the National Lottery and people enjoyed their experience in the pleasant surroundings of Dowdstown House.

South Western Area Health Board (SWAHB)

Phrenz Groups

The Ballyfermot group has been quite politically active this year. The group provided both a submission for the Mental Health Expert group and the S.I organisational review. A number of the members attended the women's network workshop and remain actively involved. The group took part in SI

facilitator training, with the aim of providing a diversity of facilitators within the group. The group also enjoyed a holiday in Donegal this year.

The Maynooth group has provided submissions to both the mental health expert group and to the SWAHB on the development of services. The group has had a variety of guest speakers from Consultants, to the Assistant CEO of the SWAHB, to individual members giving talks. A number of the members were also involved as service users in a consultative process. The group enjoyed a holiday in Galway this year.

Relatives' Groups

The Ballyfermot Relatives' Group continues to be active in raising awareness of mental illness and the issues facing people with self-experience and their relatives. In May, they invited the elected representatives of the Ballyfermot region to discuss the issues facing people with mental illness. They highlighted the need for an increased budget and to raise awareness of lack of facilities within their local region. The meeting generated huge response and some parliamentary questions. A follow-up meeting is planned for 2005.

The St. James' group continue to meet on the first Monday of each month. They were involved with the submission to SI's organisational review and the SI biennial conference.

The Tallaght group meet on the last Monday of each month. They changed their meeting venue to the new Exchange buildings beside Tallaght hospital. The group participated in the organisational review.

The Clondalkin group meets on the first Wednesday of every month. The Clondalkin services have developed a Family Education course and are in the process of organising another 8-week lecture series. The aim is that people will then begin attendance of the various SI groups after they have completed the course.

The Celbridge Relatives' group continues to be very well attended. The Kildare services have successfully run two Psycho-education courses, which they developed themselves and a large number of the participants are now attending the relatives group. The group have

had a variety of different speakers from Psychiatrists to representatives from the Irish Advocacy Network to provide information sessions.

East Coast Area Health Board (ECAHB)

Phrenz Groups

The Cornerstone group as always has been very active this year, with a large amount of the members becoming involved within the service user in consultation group, the women's network and the S.I service user council consultative group. A number of the members attended the Paranoia workshop and S.I conference. The group also enjoyed their annual holiday to Ballybunion.

Relatives' Groups

The Cluain Mhuire group have again been very actively involved in fundraising, they had a number of very successful flag days out of which funds provided support for the Cornerstone holiday and Christmas party. The members of the Cluain Mhuire group are always very involved in issues such as housing and raising awareness of mental illness.

The Milltown group continue to meet on the third Tuesday of every month and provide information and support to people within the Milltown, Rathmines and Ranelagh region.

The Newtown Mount Kennedy group meets on the first Wednesday of every month. The group have been actively involved in campaigning for both families and people with mental illness. Paramount to them is the area of housing. This year they invited a number of elected representatives from the Wicklow region to raise awareness about this issue. As a result of this we have been asked to formulate a submission to the Director of housing from Wicklow County Council.

The Central Mental Hospital Relatives Group has been hugely successful with the Investing in Recovery campaign and has generated a number of parliamentary questions on our behalf; it has also provided a front-page article in the Irish Times. We are currently awaiting a reply from the Tanaiste on her invitation to the group. We are also in discussions at present with the management team of the Central Mental Hospital with regard to the new visitation policy.

National Development

Mid Western Health Board (MWHB)

Phrenz Groups

There are now three Phrenz Groups in the Midwest. Ennis and Limerick continue to grow in support and numbers. The Nenagh group is new, coming out of a successful Finding Your Way course. The group came together during the latter part of the year.

The Ennis group organise events and activities throughout the year, meeting up with the Galway group regularly. This is made possible by the Ennis group who hold a flag day each year to support their activities. The grant from SI is of enormous benefit to all the groups.

Respite funding from the National Lottery and the MWHB enabled the groups to enjoy breaks away in Mayo and Galway. A fun filled night was enjoyed by thirty people in Ennis and an enjoyable lunch was held in Nenagh to celebrate Christmas.

Individual members of the groups took part in events organised by SI during the year including the Women's Network, the Biennial Conference, Lucia Week, Information Events, Council meetings, Phrenz of the Media presentations, Life Hope workshops and the Consultative Group.

Relatives' Groups

There are four Relative Support Groups in the Midwest. Ennis, Limerick and Thurles have been providing ongoing support to families and friends for a number of years. After another successful Family Education Course in Nenagh with enormous support from the local Multi-disciplinary mental health team, a new relative's support group was established. As a result of the new developments in Nenagh our Lucia Week event was hosted there.

The groups have been proactive in engaging with members of the Phrenz groups to gain insight into their recovery strategies by inviting them to their monthly meetings. There continues to be great frustration for many members due to the lack of community-based services for their relatives.

There are extremely committed relatives, who attend the support groups month after month, to be a support to others joining the groups. They attend SI events keeping up to

speed on new developments. A big thank you to all of you who play a huge role in providing peer support. Also sincere thanks to the facilitators who give their time and keep that link between families and the mental health services.

Southern Health Board (SHB)

Phrenz Groups

We have four Phrenz groups' meetings in the region, in Cork City, Bandon, Tralee and Bantry.

A huge thank you to the facilitators for all their support, input and dedication to the groups. The groups are in various stages of development, which is reflected in the various activities and pieces of work they undertake. The most recently established group is the Bantry Phrenz Group. They have met up with the Clinical Director in the locality to assist the publicising of the group and for information and support purposes. Again, without the support and contribution of all those attending, the groups would not be such a valuable resource.

Relatives' Groups

There are currently 2 long standing relatives groups in the Southern Region, Cork city and Tralee. We plan to invite a variety of speakers to make presentations to the groups as we have found that they provide valuable information to the members while also providing links to external services. We would also like to recognise the value and contribution of all who take part in the groups, without which the groups would not be of such support to those attending.

I have met with interested families from Killarney who have requested that we re-establish the Killarney Relatives Group and we hope to restart the group in early 2005. We held an open public information evening in Killarney in October 2004, which generated much interest in the organisation and the group.

South Eastern Health Board (SEHB)

There is a strengthening of the groups for relatives, carers and people with self-experience of the symptoms of schizophrenia in the Southeast.

Phrenz Groups

Groups for people with self-experience of the symptoms of schizophrenia continue to meet in the Clonmel and Kilkenny area. Individual members of the groups serve on committees and associations in relation to mental health and other aspects of community enterprise. Support for these groups by health professionals is mainly positive.

Relatives' Groups

The Waterford group has been established for the last few years, the members attend in good numbers each month. A couple of the members also sit on the South Eastern Consumer Panel, indeed one of our members is the chair person of this panel. The group members have attended and participated in information sessions and other activities throughout the region and the country.

A new relatives group has been formed in Kilkenny. This group was formed following a Schizophrenia Ireland Family Education Course. Members in this group have also attended activities throughout the region.

There has been an increase in outreach work in relation to relatives, carers and people with self-experience of the symptoms of schizophrenia. This increase can be explained somewhat by an increased awareness of Schizophrenia Ireland as an organisation and the work it carries out in the region.

Midland Health Board (MHB)

Phrenz Groups

The Longford Phrenz Group meets twice a month to chat and exchange views. Day trips and meals out are high on the list of priorities. Members contributed to "Magical stories and Observations", a newsletter supported by the Midland Alliance for Mental Health.

The Tullamore Phrenz group (Lighthouse Group) meets on the 1st Tuesday of the Month. Each meeting is followed by a cup of coffee. Recent social events were, bowling, a train trip, shopping in Liffey Valley, a Mama Mia concert in The Point Depot, and a Christy Moore concert.

Relatives' Groups

The Longford Relatives' Group meets on the 1st Wednesday of the month, at the community Mental Health Centre, Dublin Road, Longford.

Recent activities included social evenings, meals, and a Relatives' Recognition Weekend. Members of the group helped to organise and participated in the Midland's Lucia event, and attended the Biennial Conference in Clontarf Castle in November, as well as the "Life Hope" Suicide Prevention Seminar in Tullamore in December.

Family Education Courses

SI offered 12 Family Education courses in 2004. The Family Education courses are designed to help caring relatives of people with schizophrenia to access accurate up to date information and to develop and share coping skills.

Life Hope

SI's three-year Life Hope project, which commenced in 2004, has been supported through a grant from the Department of Community, Rural & Gaeltacht Affairs. The purpose of the Life Hope project is to increase awareness about suicide, its relationship with severe mental illness, its prevention, and to offer enhanced counselling services for both persons with self-experience and relatives. It is SI's view that the best prevention of suicide is the social and emotional support given to people with schizophrenia, offering them hope that life will improve.

To carry out the project, SI has been receiving valuable information and implementation support from the National Suicide Review Group (NSRG) and the various Suicide Resource Officers throughout the country. The project consists of two strands, information seminars and counselling.

In 2004, Life Hope information seminars were held in Kilkenny, Cork, Limerick, Galway, Tullamore and Dublin. The

National Development

participants for the seminars included people with self-experience, relatives, healthcare professionals and other related organisations. The seminars focused on suicide prevention while discussing the link between suicide and mental illness, and encouraging people to understand the issues surrounding suicide and how and where to seek help.

Through the Life Hope project, SI has enhanced its counselling services by opening two additional part-time services in Cork and Kilkenny. For SI, counselling is viewed as a means of prevention to suicide. The counselling service is open to both people with self-experience and their relatives. SI currently has Counsellors based in Dublin, Tullamore, Cork and Kilkenny.

Respite Holidays

For the last six years SI has been supporting, with the assistance of National Lottery grants, a number of respite breaks for people with self-experience of mental distress. These breaks are organised through the Phrenz group network and the groups themselves decide the type of activity most suited to their interests. Some people take long weekend or full week breaks, and others opt for a series of day trips or social outings. The Phrenz groups undertook 29 different activities in 2004.

World Mental Health Day

In October 2004, a group of 41 relatives arrived at Dowdstown House just outside of Navan, Co Meath to enjoy a relatives' recognition day and to help mark World Mental Health day.

The event included numerous relaxation and information activities including colour therapy, aromatherapy, life coaching exercises, massages, and reflexology. It was a very enjoyable event, and there was plenty of opportunity for relatives to meet and share their experiences, especially during the tea breaks and the walks in the grounds. Friendships were made and phone numbers were exchanged, helping to strengthen the relatives' support network.

Public Presentations

Significantly, Schizophrenia Ireland made 161 public presentations throughout Ireland in 2004. These events were held at various locations throughout the country and aimed to provide information on schizophrenia and related issues, as well as to provide an opportunity for people to come together and discuss common issues in an open and inclusive setting.

Prospect/EUFAMI

2004 was the third and final year of the European Union project in partnership with EUFAMI. This programme, called Prospect, is a new training and education programme aimed at developing and promoting training and education to support people with a mental disorder and their relatives, drawing on best practices from within Europe.

Prospect brought together the work of fourteen partner organisations from across Europe and three specialisations in the field of training, psycho social integration and psychiatric rehabilitation. The final programme contains three modules for different target groups, those with self experience of mental illness, their family and carers and health and social care professionals. In addition there is a fourth common ground module, which looks at issues of communication and coping, which are relevant to all three groups.

The training programme has been designed in a flexible modular format that allows it to take place in a way that meets local needs in each country or locality. The contents of the package are designed to touch upon areas that are often excluded in formal education programmes.

During 2005 Schizophrenia Ireland will launch the Prospect training programme for families and friends. This programme will act as a level two training programme for those individuals who have already completed SI's Family Education Courses. We anticipate the first course will be delivered in April 2005.





The Year in Review

Major 2004 Developments

Finding YOUR Way ■ Council Consultative Group ■ Adult Education Project ■ Women with Mental Health Difficulties Network ■ Service User Involvement ■ *Towards Understanding* Video ■ Siblings' Network ■ Learning About Mental Illness ■ Cork Paranoia Network ■ Organisation Review



Above, l-r: Anne Buckley, SI Support Worker; John Saunders, Director of SI; Cllr. Sean Martin, Lord Mayor; Patrick Annesley, Chairperson of SI and Mags Ryan, Regional Development Officer, Cork at the Cork Lucia event.

Left: Minister Brian Lenihan at the launch of *Learning about Mental Illness*.

Major 2004 Developments

Finding YOUR Way

'Finding YOUR Way' is an exciting new self-awareness training and development package for people with self-experience of mental distress. It explores the path to recovery from mental ill health within the framework of eight learning modules, drawing examples and stories from the individual and group's experiences. Each module deals with a different aspect of managing symptoms, from understanding the range and impact of the symptoms, to the various interventions available to deal with them and how they might impact recovery. As the title, 'Finding YOUR Way' implies, recovery is an individual and unique experience.

A peer (a person with self experience of mental distress) facilitator, who has been trained by SI delivers the programme. At present there are three people trained to deliver the programme. 'Finding YOUR Way' was piloted in early 2004 and was modified to reflect the feedback we received. Seven courses were delivered around the country and more than forty eight people with experience of mental distress attended the programme in 2004.

The feedback gathered indicates that this programme has been well received and many participants feel they have had an opportunity to explore their symptoms in a way they never had before.

It is well researched and documented that education, awareness and understanding are key elements in a person's recovery from mental distress. We believe that as awareness of this programme grows, more and more people will have the opportunity to explore their recovery in a more confident and knowledgeable way.

Council Consultative Group

In the winter of 2003 the Council of Schizophrenia Ireland, after much discussion, agreed that service users should have more of a voice and be more involved in the policy making of the organisation. To this end an invitation was sent out to all members who are service users, to meet in the Dublin office in February 2004. From

this meeting a sub committee evolved which now meets on a regular basis to discuss various issues of concern and to bring them to the attention of Council. To date there have been six meetings and some of the topics discussed were doctor/patient confidentiality, training needs and other general matters of concern.

Two members of this group attend the regular bimonthly Council meetings and give feedback to Council directly.

Adult Education Project

In July 2004, with the support of the Equality Education Initiative, SI began a fifteen month project with a view to removing barriers to education for people with self-experience of mental illness. The Project, called Mental Health in Education, is working closely with Liberties College, a further education college of the CDVEC, situated close to St Patrick's Cathedral in Dublin's inner city. The aims of the project are to increase awareness of student mental health disability needs among educators, to offer training in skills to meet those needs, and to facilitate access for people with self-experience so that they can integrate or reintegrate into the mainstream of further education.

The project got off the ground by reviewing how further and higher education colleges around the country were tackling issues of inclusion and equality especially in relation to mental health. When the college year opened, the teachers in the Liberties were briefed on the project and their support was enlisted. There followed a series of focus group meetings with the various faculties in the college during which the educators expressed their views about student mental health issues and their expectations of the project. At the same time students with disabilities in the college, some of which are mental health disabilities, were interviewed about their experience of going to college. As a result of the project, Liberties College is undertaking the writing of an inclusion policy with mental health as its principal focus. The Mental Health in Education Project still has a good way to go and we look forward to its further progress in 2005.



Members of the Women's Network attending a workshop in Limerick.

Women with Mental Health Difficulties Network

Through funding secured from the Combat Poverty Agency under their 'Building Healthier Communities', workshops for women with mental health difficulties were held in 2004. The aim of the workshops was to assist women to come together to discuss issues that directly affect their lives. This funding is assisting women with mental health difficulties to progress in affecting positive change in their lives. There has been an element of personal development, discussion, policy development, community development, personal appreciation, learning and teaching. The work is decided on by the women who participate in the project, with supports built in where they are required.

At the first planning meeting the women involved recognised that this funding is facilitating the growth and development of a Women's Network. It is hoped to be the beginning of a much longer process as this is the first opportunity for women with mental health difficulties to get organised, identify responses by self/peer advocating and supporting each other. Another

exciting element of women coming together is working with the National Women's Council of Ireland (NWC). Through their Outreach Policy Facilitator, the women are gaining new knowledge of the women's movement and more importantly, are ensuring that the issues affecting the lives of women with mental health difficulties are included in the actions of the NWC and other organisations, e.g Community Development Programme and Partnerships, National Disability Authority and the Women's Health Council.

There were three weekend workshops in 2004 with another (at least) two planned for 2005. The places are limited to twenty six women. During the weekends the women explored the myriad of issues affecting their lives i.e. loss, advocacy, personal growth and assertiveness. They have established a coordinating group, although all women discuss and collectively decide the next part of the process. The women decide all actions and participate in the Combat Poverty Agency collective meeting of all funded projects.

Service User Involvement

Service user involvement in mental health services has increased dramatically in Ireland in recent years. In an effort to throw light on this process, a workshop was organised in October 2004 in Bettystown, Co. Meath to bring together service users interested in participating on mental health service and other advisory committees. A committee consisting of two service users and two SI staff members planned the workshop. During planning the committee agreed that the workshop would benefit from input from an experienced service user representative in the UK. The service users also sought information on the Criminal Insanity Bill, Equality Act 2004 and Disability Bill. Over the two-day workshop 15 participants from across Ireland heard Mr. Colin Gell, founder member of the Nottingham Advocacy Group speak on the UK experience. They also received input on the Disability Bill from Mary Keogh, Director of the Forum of People with

Major 2004 Developments

Disabilities, on the Criminal Insanity Bill from Dr. Darius Whelan of UCC, and on equality legislation from Eilis Barry of the Equality Authority. Participants were greatly encouraged by Mr. Gell's presentation. Two participants, Alan Duffy and Brendan Kenny, reported on the workshop at SI's Biennial Conference under the theme 'Experts by Experience'. Further training on user participation is planned for 2005.



Towards Understanding Video

Towards Understanding: a film on Schizophrenia is a new film aimed to help people gain a better understanding of schizophrenia. The film highlights the recovery process and has been developed specifically for people with self-experience of schizophrenia, their family members and friends and concerned members of the public.

Siblings' Network

When a family member is diagnosed with schizophrenia, or any other significant mental distress, the whole family will be affected in some way. As a family adjusts to the new and often difficult circumstances, the role of the brothers and sisters can become unclear and their needs may become overlooked. The overall result can be hidden needs and hidden problems.

In early 2004 a meeting was held in the Galway SI office to plan a series of activities that aimed to address some of these issues. The first of these was a workshop in Athlone on April 3rd 2004. It proved to be very informative and participants came from all over the country. It was a unique experience and the first time SI specifically held a workshop dedicated to the needs of brothers and sisters of those with schizophrenia.

Following the workshop, it was decided to set up the Siblings' Network as a response to the needs of brothers and sisters of those with schizophrenia and related mental

health disorders. A newsletter was also produced to keep siblings updated on a wide range of issues, relating to access to the right to health and legal rights in general. More specifically the newsletter was intended to give a voice to the "hidden people", the brothers and sisters of those with mental illness.

The Siblings' Network was set up primarily to promote the following:

- ◆ Recognition by mental health practitioners and mental health policy of the key role the family plays in the recovery of their brother/sister/child from schizophrenia
- ◆ An ongoing external support system for the family e.g. family therapy, family mediation
- ◆ A shift to a family model of recovery in mental health practice
- ◆ Ease of access to information and education for families
- ◆ Access to the highest standard of healthcare for the person experiencing the illness and their family
- ◆ Equality of opportunity for the person experiencing the illness and their families in terms of healthcare/management plans, housing, employment, education etc.

Learning About Mental Illness

In November 2004, SI published *Learning about Mental Illness*, in association with Barnardos. *Learning about Mental Illness* is a booklet which was specially designed for children whose parent, brother or sister are experiencing mental ill health. The publishing of the booklet was made possible through a grant from The Ireland Funds. *Learning about*





Mental Illness looks at mental health, mental illness, understanding when a person is unwell, and the different kinds of treatments. It also explores with the child the many and varied feelings that may arise.



Above: Minister Brian Lenihan at the launch of *Learning about Mental Illness*.

Below left, l-r: John Saunders, Director of SI; Minister Brian Lenihan; Pat Seager, Assistant Director of SI; Owen Keenan, Chief Executive of Barnardos.

Cork Paranoia Workshop

In November 2004, the Paranoia Network of Sheffield carried out two one-day workshops for SI, on the experience of paranoia and delusions. These took place in Cork. The focus of the workshops was to look at these experiences from a self-experience point of view, offering some practical strategies and some hope and optimism for all present. The first day was oriented towards those experiencing paranoia and the second day was particularly aimed at relatives and

professionals. Both days ended by looking at how to set up a Paranoia Support Group. A theme throughout the workshops was the fact that the medical model alone is insufficient in supporting someone experiencing paranoia and delusions and is sometimes not helpful if a range of psychological, social and occupational supports do not accompany it. One of the core elements to be taken from the workshops is the need for people to be heard and respected for their experiences and to be valued as experts of their experiences in their own right.

Organisation Review

Throughout 2004, Schizophrenia Ireland conducted an internal organisational review following on from Council's direction in November 2003. The objective of the review was to further improve the performance of the organisation in the achievement of its objectives, to ensure that the organisation was relevant to the needs of its individual membership, support groups and wider clientele and to improve the public image and awareness of the organisation.

The review included a consultation process with the members of Schizophrenia Ireland, SI volunteers, SI staff, members of SI support groups, facilitators of support groups and representatives from other external organisations, who would have contact with Schizophrenia Ireland. The method of gathering information was questionnaires, meetings and face-to-face interviews. The information was collected over a nine-month period from March to December 2004 and culminated in the final report, which will be distributed in 2005.

The results of the organisational review show that Schizophrenia Ireland has a very positive support and many of its activities are highly valued by members and others. The review also shows that we need to intensify our activities around our strategic objectives and endeavour to provide a more consistent level of service provision throughout the country. During 2005 the results of the organisational review will be used to formulate and develop new strategic plans and activities for the next five years.

SI Activities

Counselling Services

Dublin

A total of 117 clients availed of the Dublin counselling service in 2004, an increase of 23% from last year. 60% of the Dublin clients had a diagnosis of schizophrenia or related mental illness.

Midlands, Tullamore Service

The total number of counselling sessions in SI's Tullamore counselling service was 88. There has been a steady increase in the amount of people utilising the service due in part to advertising the service locally. The majority of people seeking counselling have a diagnosis of schizophrenia or related mental illness.

Life Hope Counselling Service

SI was delighted to see the expansion of its counselling service in 2004 to now also provide counselling in Kilkenny and Cork, provided under the Life Hope project.

Information Helpline

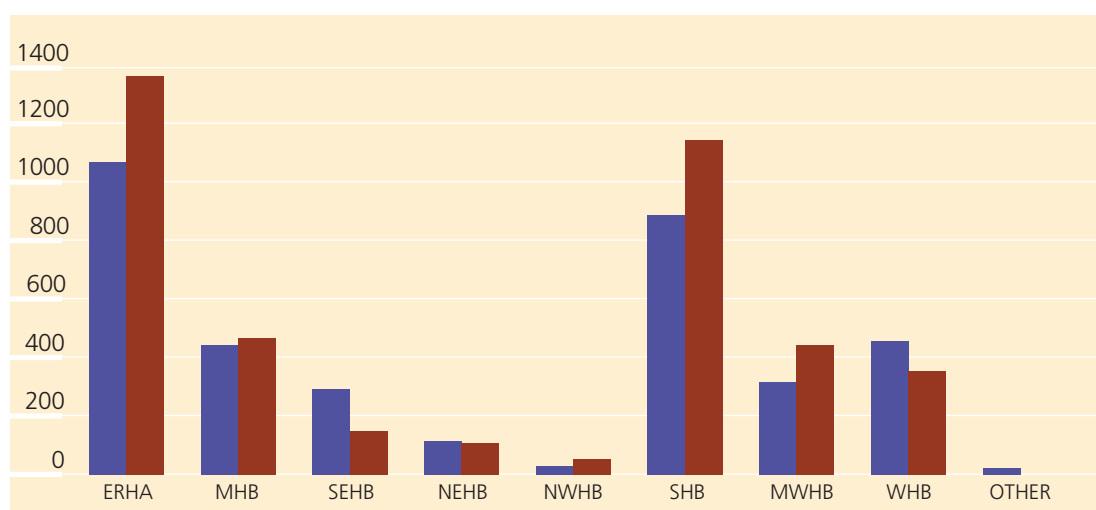
1890 621 631

The Information Helpline received 839 calls in 2004: 55% were from relatives; 30% were from people with diagnosis; the remaining 15% were professionals and the general public.

In November 2004 the Information Helpline hours were extended to 35 per week. This followed an extensive analysis of the various types of telephone contacts received by the organisation during office hours.

This expansion was made viable following the training of eleven new volunteers in March and the participation of staff members to supplement the roster. The Information Helpline has for many years been sustained by volunteer activity but, in common with many other organisations, we found it increasingly difficult to attract a sufficient number to extend the hours of the service. The combination of volunteers and staff into a single and streamlined information Helpline has proved very successful and, we hope, of value to the callers.

2003 vs. 2004 Enquiries by Health Board Region



Enquiries 2003

| ERHA | MHB | SEHB | NEHB | NWLB | SHB | MWLB | WLB | OTHER | TOTAL |
|------|-----|------|------|------|-----|------|-----|-------|-------|
| 1069 | 450 | 298 | 129 | 27 | 895 | 315 | 423 | 17 | 3623 |

Enquiries 2004

| ERHA | MHB | SEHB | NEHB | NWLB | SHB | MWLB | WLB | OTHER | TOTAL |
|------|-----|------|------|------|------|------|-----|-------|-------|
| 1386 | 462 | 168 | 126 | 41 | 1176 | 462 | 378 | 0 | 4199 |

Rehabilitation Services

Basin Club: The basin club is a peer driven resource centre for people with self-experience of mental illness. It operates within an ethos of cooperation and partnership. It celebrated its second anniversary in November 2004.

An in-depth review of the basin club was carried out at the beginning of the year and a development plan was agreed. As part of this review it was decided to set up three working units to manage the day-to-day running of the club. These units are reception & information, administration and members & groups. The idea behind this was that we could participate in the workings of a unit therefore be responsible for running the basin club ourselves. This has proven to be very successful and now the members run the reception and information area. The members do all filing and data entry and the members look after all of the hygiene needs of the club.

The wellness recovery action plan (WRAP) was piloted in 2004 and proved to be very popular. WRAP is a health management tool and will be one of the options available within the club for 2005. A stress management course to take place over 6 weeks was also developed and will be piloted in 2005.

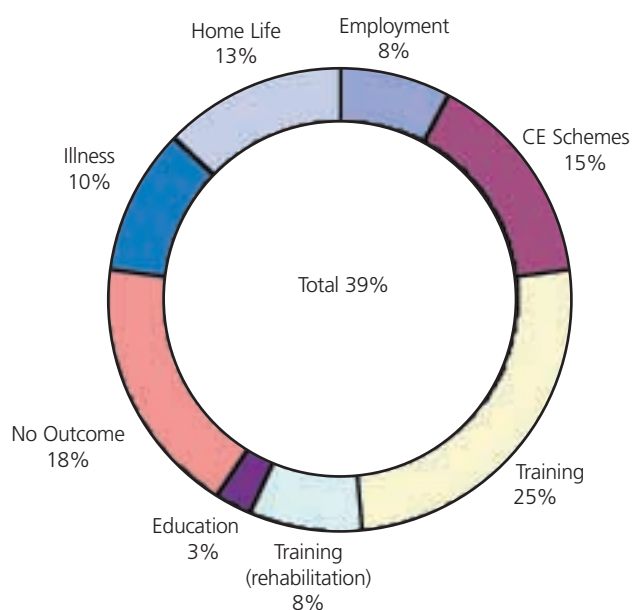
Sufficient additional funding was agreed this year to employ a third member of staff, this

occurred in the second half of 2004. Funding was also secured to enhance the facilities within the basin club and a quiet room was set up and furnished. The purpose of this room is to provide a space for members to relax and to be used as a space for discussion groups and meetings. We also took the opportunity to frame and hang ten pieces of art that were completed in 2004.

The art group took part in a series of workshops in 2004, which were held in and facilitated by IMMA. Our Friday social group travelled the length and breadth of the east coast visiting museums and galleries and in the better months took trips to Bray, Dalkey and Howth. Other groups and activities available during 2004 were a creative writing group, a health management group, an evening social group and a number of guest speakers and discussion groups. The Basin Club also hosted the local Phrenz support group and the Job Clubs employment support group.

During 2004 127 people used the basin club, of these 67 were registered members and of those 39 members moved on.

Outcomes Basin Club 2004



Members' Statements

"It helps me with my mental health, and is a good place for socialising."

C.G. - member for one year

"It's a good place to socialise and make new friends."

K.M. - member for six months

"The Basin Club helps cheer me up and I like the social basis as well as the activities."

I.L. - member for two years

"It gets me out of my home and gives me a purpose. The staff are friendly."

S.D. - member for 3 years

"You never know what will happen from day to day and from week to week. And we have a good rapport with each other, because we've all been there."

B.N. - member for 2 months

"I get support from other people with mental illness, and I use the information service on jobs and training courses and take part in whatever groups interest me."

R.S. - member for 2 months

SI Activities

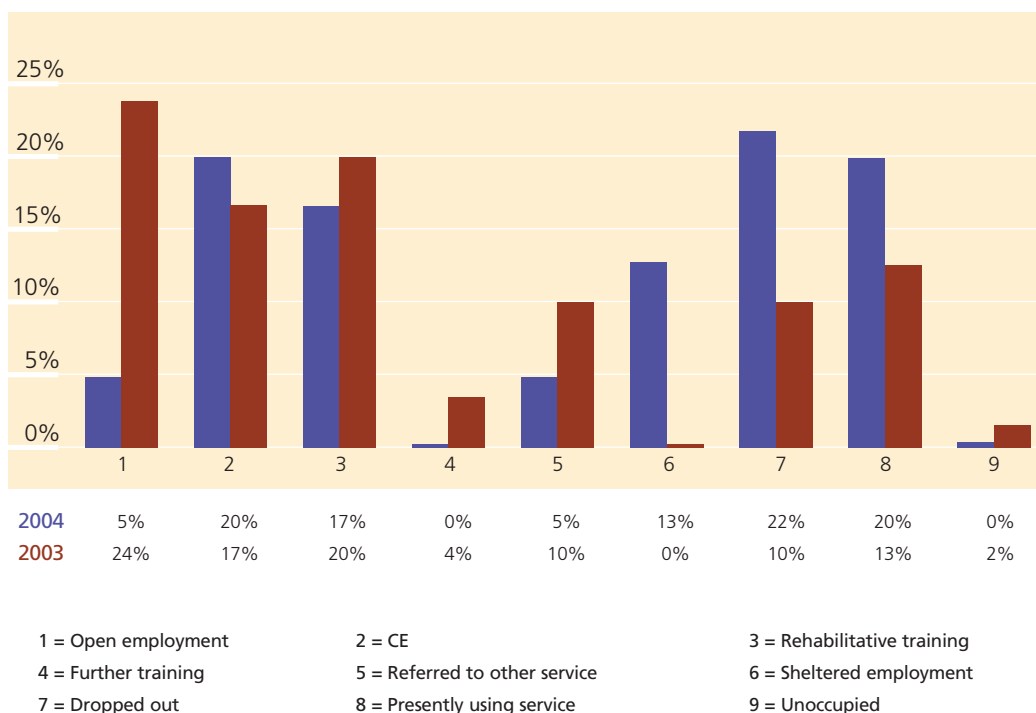
Job Club

The Job Club was set up at in September 2000 in response to the employment support needs of people using the then Worklink services. Over the past four years the Job Club has proved itself both effective and responsive to the needs of its members. Since the set up of the Job Club a number of significant changes have happened in the area of rehabilitation, training and employment services. The mainstreaming of disability services saw the disbandment of the National Rehabilitation Board (NRB) in 2002 with responsibility for vocational training and employment services going to FAS. Over this period significant progress has been made in access for marginalised groups to mainstream education and training options. Since the set up of the Job Club other employment support models have been established, most notable is the FAS funded supported employment services. More

recently FAS have put in place the 'Gateway' system whereby anyone accessing FAS services are first given the opportunity to meet with a placement officer to discuss the options open to them. Towards the end of 2004 the need to review the role of the Job Club within this new and developing environment and in response to the changing needs of those requesting support was recognised. This review should be complete early in 2005.

During 2004, 169 individuals sought guidance or support from the Job Club. Of those, 42 attended the Job Club course in 4 groups over the course of the year. In comparison to 2003 whilst the overall numbers accessing the service increased, the numbers gaining open employment fell, with most of the participants moving on to community employment, training and supported employment.

Job Club Outcome Comparison 2004/2003



Fundraising Activities

Thank you to all of our supporters who gave so generously to Schizophrenia Ireland during 2004.



Cork Flag Day

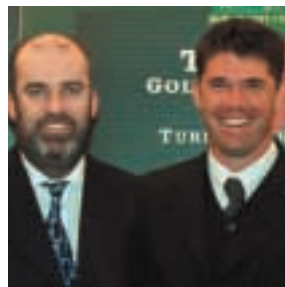
In May 2004, members of the Cork Phrenz and Relatives Groups and their friends and families under the co-ordination, support and encouragement of Kieran Coogan, held a Flag Day in Cork City and some surrounding areas. They raised in excess of €16,000, 25% of which went to Schizophrenia Ireland's central funds and the remainder to local groups. The money was raised with the intention of making a difference in some way to the quality of people's experiences in the region. The day was a huge success and many of those involved are already planning to help out again next year. We would like to take this opportunity to acknowledge and thank all who were involved, particularly Kieran, for all the hard work and support.

Womens' Mini Marathon

The 2004 Women's Mini Marathon in Dublin was one of the most successful for SI to date. More than 20 women braved the day either to walk, run or jog the 10 kilometers to help raise much-needed funds for the organisation. The marathon, which is the largest all-women event of its kind in the world, saw 40,013 participants

helping to raise money for charities. We sincerely thank all of the women who participated in the marathon on behalf of SI. Furthermore, another family attained sponsorship to do the Cork Ladies Mini Marathon, which greatly benefited SI's Cork office.

3Ts



In February 2004, Ireland's golf superstar Padraig Harrington presented a €10,000 cheque to John Saunders, Director of Schizophrenia Ireland, on behalf of the 3T's (Turning the Tide of Suicide) project. The project aims to raise awareness of the problem of suicide in modern Ireland, while also raising much-needed funds for organisations addressing suicide, such as Schizophrenia Ireland. With this early success and the financial support that has been generously contributed through golf tournaments played in golf clubs nationwide, the mission of shared purpose to turn the tide of suicide in Ireland through research, education and support continues. A sincere thank you to all those who participated in the 2004 tournaments.

Iceland Trek

In July 2004, trekkers headed to Iceland to help raise funds for Schizophrenia Ireland. The challenge undertook the Fjallabak route across the Southern Highlands through one of the most actively volcanic areas in Iceland. After five exhilarating days, the walkers headed to Reykjavik and ended their journey with a fantastic plunge into the Blue Lagoon. Many thanks to the trekkers for generously donating their time and energies to help raise funds for SI!



Above: Secondary student volunteers at the Cork Flag Day.

Left: some of the volunteers who ran the Women's Mini-Marathon for Schizophrenia Ireland.

Right: Cork Flag Day volunteers.



Lucia Week 2004 and *Towards Understanding*

Lucia Week 2004 – The National Schizophrenia Awareness Week

To help mark this year's Lucia Week, *Towards Understanding: A Film on Schizophrenia* was launched and viewed throughout the country. *Towards Understanding* is a new film aimed to help people gain a better understanding of schizophrenia. The film highlights the recovery process and has been developed specifically for people with self-experience of schizophrenia, their family members and friends and concerned members of the public. The film was distributed widely at each event and made available free of charge.

Dublin

Lucia Week was celebrated in Dublin with Senator David Norris, who officiated at the national launch with a maximum-capacity audience in the Bank of Ireland Arts Centre. Senator Norris's sense of humour and his compassion for mental health issues provided an excellent and enjoyable backdrop to viewing *Towards Understanding*. John Saunders, Director of SI, and Patrick Annesley, Chairperson of SI, also addressed the audience.

Bray, Co. Wicklow

Schizophrenia Ireland launched its video in the Esplanade Hotel in Bray, Co. Wicklow. The aim of the event was two fold: firstly to raise awareness of Schizophrenia Ireland and its services, and secondly to explore the need for a Phrenz support group in the Wicklow region. The event was very well attended by people with self-experience, relatives, and health and social care professionals. There was a lot of positive feedback to the video and its contribution to de-stigmatising schizophrenia.

Dundalk, Co. Louth

This year the NEHB's Lucia event was organised in the Imperial Hotel in Dundalk. Guest speakers

included Irish international footballer Mr. Steve Staunton, who spoke briefly about the value of such a film and its impact upon families and carers who currently deal with schizophrenia. Mr David Gorman, Chairperson of Navan Relatives' Support Group, also spoke about the importance of understanding the experiences of families and carers and the benefits that support groups can offer.

Galway

Lucia Week celebrations in the Western Health Board Region took place in the Galway Bay Hotel in Salthill, with a packed audience. John Saunders, Director of Schizophrenia Ireland, chaired the meeting. Well-known Galway football star Padraic Joyce launched the video. Padraic spoke of the courage, dedication and inspiration of people with mental health difficulties and their families. The launch was followed by a presentation from Agnes Tully, Nursing Lecturer at the National University of Ireland, Galway. Agnes spoke of the importance of the recovery model. The overwhelming message of her speech was the need for increased spending in the area of mental healthcare to maintain and develop better services.





Left, l-r: Curt Phillips; Martin Matthews, Regional Development officer, Kilkenny; Damian Tiernan, South East correspondent for RTE; Bridget Heffernan; John Saunders, Director of SI and Mary Butler.

Cork

In celebration of Lucia Week, the Southern Health Board region held the launch of *Towards Understanding* in the Cork Gresham Metropole Hotel. This turned out to be a wonderful occasion, with approximately 80 people attending the launch, including members of the Phrenz and Relatives' groups as well as colleagues within the mental health services. Patrick Annesley, Chairperson of SI, opened the event with an inspirational, optimistic and encouraging talk, particularly in discussing the work still to be tackled by SI and the focus on recovery for people with self-experience. Patrick was followed by the Lord Mayor, Cllr Sean Martin, who was very well received by all and who has highlighted, among other concerns, issues of people experiencing disabilities as an important focus for his work in the coming year. John Saunders, Director of SI, brought the event to a close, speaking about the process of the production of and hopes for the video, as well as thanking all concerned. After the formalities ended, everyone got the chance to catch up with each other over food and drinks, as well as having opportunities to network and make new acquaintances.

Nenagh, Co. Tipperary

Senator Kathleen O'Meara launched *Towards Understanding* in Nenagh. Senator O'Meara has been active on mental health issues in the North Tipperary area for some time, highlighting the need for an acute unit at Nenagh General Hospital. She is also concerned that there is no peer advocate in the Mid-Western Health Board area, although the funding has been made available. Patrick Annesley, Chairperson of SI, chaired the meeting. After showing the video to a packed room of approximately 100 people, we had the pleasure of listening to Marian, who shared her experience of recovery. This is always the highlight of the events in the Mid-West. It moves us to think positively about recovery and that it is a reality for people with schizophrenia and related mental health difficulties. Patrick Brosnan, Mental Health Director, took us through the developments of the MWHB in great detail and answered questions from the floor. Mr. Brosnan also made a commitment to get further information on the issues raised. One of the main issues from the floor concerned training and employment opportunities. People mentioned the frustration of spending years in training centres and

Far left, l-r: John Saunders, Director of SI; Senator David Norris and Patrick Annesley, Chairperson of SI at the Dublin Lucia event.

Left, l-r: Padraig Joyce; John Saunders, Director of SI; Christina Burke, Regional Development Officer Galway; and Agnes Tully, NUI Galway.

Right, l-r: Anne Buckley, SI Support Worker; John Saunders, Director of SI; Cllr. Sean Martin, Lord Mayor; Patrick Annesley, Chairperson of SI and Mags Ryan, Regional Development Officer, Cork at the Cork Lucia event.



Lucia Week 2004



workshops without progression paths available to them, which they felt was not conducive to well being and recovery. John Saunders, Director of SI, made some closing comments. He indicated SI's commitment to continuing to represent people with self-experience and their caring relatives in order to achieve the appropriate level of resources and supports necessary to ensure a better quality of life.

Longford

This year Lucia Week was celebrated in the midlands in Longford. It was a great success. The audience included Phrenz group members, relatives, mental health professionals, representatives of voluntary organisations, County Councillors and the Lord Mayor. Ms. Pat Seager, Assistant Director of SI, welcomed everyone and

introduced the speakers. Mr. Kevin McGill, Clinical Nurse Manager at the Community Mental Health Centre, outlined the local mental health services. Mayor Peggy Nolan, Longford Town Council, addressed the audience; she praised the work of SI in producing the video, expressing the hope that it will help people to gain a better understanding of schizophrenia. Plenty of food was available, and everybody had an opportunity to mingle and enjoy the evening.

Kilkenny

The South-Eastern Health Board Area video launch was deemed a success by all who attended. *Towards Understanding* was officially launched by Damian Tiernan, the RTE news correspondent for the southeast. He spoke of how any initiative that increases public awareness about the symptoms of schizophrenia can only be positive. This in turn will lead to a reduction of the stigma that people may experience as a result of their personal mental health difficulties. Damian also praised the quality of the production of the DVD/video.

Above l-r: Senator David Norris and Patrick Annesley at the Dublin Lucia event.

Bottom left, l-r: Pat Seager, Assistant Director of SI; Pat Brosnan, Director of Mental Health for the MWHB; Patrick Annesley, Chairperson of SI and Ann Marie Flanagan, Regional Development Officer in Ennis.

Bottom right, l-r: Barry Searle, Regional Development Officer, Navan; Pat Seager, Assistant Director of SI; Steve Staunton and David Gorman, Chairperson of Navan Relatives' group at the Dundalk Lucia event.





Biennial Conference

Schizophrenia Ireland's 14th Biennial Conference took place from 12—13th November at the Clontarf Castle Hotel, Dublin. The theme of the conference was "Investing in Recovery: What Price Mental Health?" The aim of the national conference was to focus on the necessity to prioritise government investment in mental healthcare. The conference examined the issue from an economic resource perspective as well as from a health and social perspective. The conference proved to be an important platform to convey the message of our current national campaign—which is to have the issue of investment in mental health prioritised by the government.

Of the various sessions, one in particular exemplified the range of matters meant when the phrase 'investing in recovery' is used. Dan Chisholm of the World Health Organization (WHO) examined the cost effectiveness of schizophrenia care in economic terms. This was then followed by Brian Hartnett of the Irish Advocacy Network who gave a moving and eloquent presentation on self-experience of schizophrenia. Brian's lecture gave true meaning to Dan's words and graphs, and the two presentations very aptly wove together an extremely strong case for the necessity to invest in recovery.

The keynote address was given by Tim O'Malley TD, Minister of State at the Department of Health & Children with Special Responsibility for Mental Health.



Above left, l-r: Dr Dan Chisholm, WHO; Pat Seager, Assistant Director of SI.

Above middle: Patsy Tams, Clare Mental Health Services.

Below, l-r: Dr Dan Chisholm, World Health Organization (WHO); Patrick Annesley, Chairperson of SI; Minister Tim O'Malley; John Saunders, Director of SI; Brian Hartnett, Irish Advocacy Network

Above from top, l-r: David McDaid, London School of Economics (LSE); Dr Siobhan Barry, Cluain Mhuire.

Middle: Bairbre Nic Aongusa, Department of Health and Children.

Above: Enjoying the conference atmosphere.

Bottom right, l-r: Brian Hartnett, Irish Advocacy Network and Ann Marie Flanagan, SI's RDO for the MWHB region.



Policy and Lobbying

Policy, Poverty and Mental Illness Seminar

In November 2004, Schizophrenia Ireland held a seminar discussing public policy, poverty and mental illness. The seminar, which was funded through the Combat Poverty Agency as part of its Working Against Poverty Grants Scheme, brought together some of the key policy makers from government, statutory and non-governmental bodies concerned with the issues.

The seminar explored the relationship between policy, poverty and mental illness within the context of considering possible policy gaps, and solutions aimed at improving the status quo in Ireland.



l-r: Liz McManus, TD, Labour Deputy Leader and spokesperson on health and Vicki Somers, Mental Health Commission, discussing the issues.

Below, l-r: Bjørge Njaa of the Norwegian Relative's Association and Kevin Jones, Treasurer of SI's Council and Chairperson for the seminar.

Key contributions were made by: David McDaid, London School of Economics (LSE) and Consultant to the World Health Organization (WHO); Bairbre Nic Aongusa, Principal with the Department of Health & Children; Brian Hartnett, Irish Advocacy Network (IAN); and Bjørge Njaa, President of the Norwegian National Association for Relatives of the Mentally Ill to discuss the Norwegian experience.



Disability Bill

On 17th September, 2004, the Government published its new disability legislation, the Disability Bill 2004, along with sectoral plans from each governmental Department. The Bill's objective is to provide for the assessment of health and education needs, the provision of services to meet those needs, the preparation of sectoral plans and the establishment of appeals procedures for people with disabilities. Schizophrenia Ireland raised a number of concerns regarding the Bill in its briefing document and press release. Most importantly, the Bill appeared to exclude people with mental health difficulties from its assessment and service provisions. Concern was also raised regarding the exclusion of other areas of support such as housing and vocational services, and the need for more consultation on genetic testing. The Bill is now in its second stage in the Dáil and considerable lobbying continues to take place by disability groups and individuals in order to effect changes.

NESF

The National Economic & Social Forum (NESF) is a government-appointed body established to advise the Taoiseach on matters of equality and social inclusion, especially with reference to social partnership programmes and initiatives. In December 2004 the NESF sought submissions on creating a more inclusive labour market as part of a project to develop key policy innovations. SI made a submission to the NESF, which highlighted:

- ◆ The high rate of unemployment amongst people with a diagnosis of schizophrenia;
- ◆ The need for a range of employment models including open employment, supported employment, social firms, social economy posts, Community Employment Schemes, and sheltered employment;
- ◆ The need to recognise the intermittent and/or cyclical nature of mental illness;
- ◆ The need for flexibility on the part of employers in such areas as working hours, sick leave, and alternative duties;
- ◆ The need for a flexible partial incapacity benefit to enable people to take up work part-time without loss of income or benefits; and
- ◆ The need for an effective anti-stigma programme targeted at employers.

Pre-budget Submission

In December 2004, SI released its submission to the Minister for Finance, Mr. Brian Cowen TD, in anticipation of the budget for 2005. The document discussed SI's priority issues for finances and resource allocation, made specific recommendations on finance policy and outlined the case for increased funding for mental healthcare services.

Central Mental Hospital

In summer of 2004, a group of relatives took part in a Family Education course, which was run by the Central Mental Hospital. As a result of this the relatives with the help of the social work department formed a relatives' group. Schizophrenia Ireland was then invited to discuss joining as an SI support group.

The group's main aims were to lobby and create awareness within government of the inadequate conditions that people in the C.M.H were expected to live in and also to give their views of the most appropriate services. They also wanted to express their objections to the possible proposed move from the Dundrum site to the new Mountjoy complex.

In autumn the group with the help of Susan Mc Feely, RDO ECAHB, and Pauline Gill Social Worker CMH composed a letter expressing their strong objections to the proposed Mountjoy site. This letter was sent to every T.D. and Senator in Ireland. The



response to this letter was overwhelming and has also been a topic for a number of parliamentary questions. The group also received quite a number of calls from various T.D.'s and Senators willing to make further representation within the Dail.

In response to this letter, an article appeared within the Examiner expressing the views of relatives on the proposed move. A further article was then written in conjunction with the relatives in the Irish Times. As a result of this, the relatives composed another letter outlining what they see as the most appropriate therapeutic environment. This also provided an overwhelming response.

Since the announcement by Minister McDowell about the new Mountjoy site in Thornhill and possible new site for the CMH, the group has been actively providing interviews with journalists and lobbying government ministers.

Pre-Election Manifesto

Prior to the June 2004 local and European elections, SI produced *Investing in Recovery: Local & European Elections Manifesto*. This document was sent to all candidates through their party headquarters, and highlighted SI's priority issues for finances and resource allocation for mental healthcare services.



The Mental Health Commission

The Mental Health Commission began development of a system for continuously improving quality in mental health services in June 2004. SI made an in-depth submission to the Commission on this important long-term issue. Key points raised in the submission included:

- ◆ Defining quality in terms of a partnership between mental health services and service users in which the service user will be the primary assessor of quality;
- ◆ Orienting quality around the recovery model;
- ◆ Developing standards in partnership with service users, including relatives of people with a diagnosis;
- ◆ Recognising the role of voluntary agencies;
- ◆ Involving service users in the ongoing monitoring and evaluation of services;
- ◆ Ensuring that quality is viewed within a human rights framework which provides adequate access to complaints procedures and advocacy services;
- ◆ Incorporating specific standards on a quality environment, quality in nutrition; quality recreation and occupational activities, quality in the care plan, and quality aftercare; and
- ◆ Providing for direct feedback from service users on the effects of medication.

The Commission's Report on the consultation was published in February, 2005 and incorporates some of SI's submission into its findings.

Immigration Bill 2004

The Immigration Bill 2004 was passed in the Senate on 11 February 2004. In the final Senate debate, Schizophrenia Ireland's 9 February 2004 letter addressed to Minister McDowell was referenced seven times. In the letter, Schizophrenia Ireland had called on Government to remove mental illness (however termed) as a basis for the refusal of permission to enter Ireland, and to redraft the Bill so that it reflected Ireland's commitment to the international human rights of persons with self-experience of a mental illness.

In response to SI's lobbying position, the Minister of Justice, Equality and Law Reform stated that "if and when the Common Position develops into an actual EU Directive (which I would welcome, and hope that it will be sooner rather than later), I can assure the House that the necessary steps will be taken, as they must be, to implement that Directive in Irish domestic law."



Press Releases

In 2004, SI released 10 national press releases on a variety of topics. The regional offices also sent the press releases to the local media in their area.

3 February 2004

Schizophrenia Ireland releases response to the Immigration Bill 2004.

7 May 2004

First ever Cork city flag day to fight stigma.

14 July 2004

Warnings on cannabis welcomed.

26 July 2004

New film on schizophrenia.

27 July 2004

Norris launches new film on schizophrenia.

3 August 2004

Plans for new central mental hospital condemned.

2 November 2004

Investing in recovery: what price mental health?

15 November 2004

Time to act! SI's pre-budget 2005 submission.

30 November 2004

Launch of booklet explaining mental illness to children.

8 December 2004

Serious concerns over the Disability Bill.

Media Watch/SI in the news



In an effort to promote greater awareness and understanding of schizophrenia, SI launched the Media Watch project in 2003. The Media Watch project highlights both the accurate and inaccurate coverage of schizophrenia by writing a letter to the media source pointing out what was either a correct or incorrect portrayal of schizophrenia. If a piece about schizophrenia portrays it inaccurately, then SI sends the media source a copy of the *Guide for journalists and broadcasters reporting on schizophrenia*, which was produced by the National Union of Journalists along with Schizophrenia Ireland. It is hoped that the Media Watch project will help to prevent the use of discriminatory language and inaccurate facts about schizophrenia, while also encouraging those in the press and media who depict it in a true light.

There were 24 Media Watch letters sent in 2004, one of which was to congratulate the author on an accurate portrayal of schizophrenia, while the remaining 23 raised attention to the fact that their media piece inaccurately portrayed schizophrenia.

Officers & Professional Advisers

The Schizophrenia Association of Ireland

T/A SCHIZOPHRENIA IRELAND (A company limited by guarantee and not having a share capital)

| | |
|---------------------------|--|
| COUNCIL | Patrick Annesley (Chairperson) Colette Fahy (Vice-chairperson) Kevin Jones (Treasurer) Martin Cahill Patricia Clarke Robert Thompson Bridget Bermingham Vera Murphy Clodagh Fetherston Brid Nolan Anthony Grealish Angela Farrell Patrick Brassil Evelyn McHugh |
| SECRETARY | Valerie O'Kane |
| CHIEF EXECUTIVE | John Saunders |
| AUDITORS | Deloitte & Touche Chartered Accountants Deloitte & Touche House, Earlsfort Terrace, Dublin 2 |
| ACCOUNTANTS | Norton & Norton Chartered Accountants 35 Carysfort Avenue, Blackrock, Co. Dublin |
| BANKERS | Bank of Ireland Lr Drumcondra Road, Dublin 9 |
| SOLICITORS | Gore & Grimes Cavendish House, Arran Court, Smithfield, Dublin 7 |
| REGISTERED OFFICE | 38/39 Blessington Street Dublin 7 |
| CHARITY TAX REFERENCE NO: | CHY 6380 |

Council Attendance

Six meetings were held from January 2004 to December 2004

| Name | Attendance | Name | Attendance |
|--------------------|---------------------|---------------------|----------------------|
| Patrick Annesley | 6/6 | Brid Nolan | 3/6 |
| Martin Cahill | 3/6 | Patricia Clarke | 4/6 |
| Colette Fahy | 4/6 | Vera Murphy | 4/6 |
| Kevin Jones | 4/6 | Clodagh Fetherstone | 6/6 |
| Valerie O'Kane | 5/6 | Anthony Grealish | 6/6 |
| Robert Thompson | 2/3 resigned May 04 | Angela Farrell | 3/3 elected May 04 |
| Bridget Bermingham | 5/6 | Patrick Brassi | 2/2 co-opted July 04 |
| | | Evelyn McHugh | 2/2 co-opted July 04 |

Reports & Financial Statements

The Schizophrenia Association of Ireland

T/A SCHIZOPHRENIA IRELAND (A company limited by guarantee and not having a share capital)

Independent Auditors' Report to the Members of The Schizophrenia Association of Ireland

We have audited the financial statements of Schizophrenia Association of Ireland T/A Schizophrenia Ireland, for the year ended 31 December 2004 which comprise the Statement of Accounting Policies, the Income and Expenditure Account, the Balance Sheet and the related notes 1 to 13. These financial statements have been prepared under the accounting policies set out therein.

This report is made solely to the Association's members, as a body, in accordance with Section 193 of the Companies Act 1990. Our audit work has been undertaken so that we might state to the Association's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Association and the Association's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of Council and auditors

The Council is responsible for preparing the Annual Report, including as set out in the Statement of Council's Responsibilities, the preparation of the financial statements in accordance with applicable Irish law and accounting standards. Our responsibilities, as independent auditors, are established in Ireland by statute, auditing standards as promulgated by the Auditing Practices Board in Ireland and by our profession's ethical guidance.

We report to you our opinion as to whether the financial statements give a true and fair view and are properly prepared in accordance with Irish statute comprising the Companies Acts, 1963 to 2003 as applicable to a company limited by guarantee and not trading for profit. We also report to you whether in our opinion: proper books of account have been kept by the Association, and whether the information given in the report of the Council is consistent with the financial statements. In addition, we state whether we have obtained all information and explanations necessary for the purposes of our audit and whether the Association's balance sheet and income and expenditure account are in agreement with the books of account.

We also report to you if, in our opinion, any information specified by law regarding Council's remuneration and Council's transactions is not given and, where practicable, include such information in our report.

We read the Report of the Council and consider the implications for our report if we become aware of any apparent misstatement within it. Our responsibilities do not extend to other information.

Basis of audit opinion

We conducted our audit in accordance with the auditing standards issued by the Auditing Practices Board and generally accepted in Ireland. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the Council in the preparation of the financial statements and of whether the accounting policies are appropriate to the Association's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion the financial statements give a true and fair view of the state of the affairs of the Association as at 31 December 2004 and of the surplus for the year then ended and have been properly prepared in accordance with the Companies Acts, 1963 to 2003, as applicable to a company limited by guarantee and not trading for profit.

We have obtained all the information and explanations we considered necessary for the purpose of our audit. In our opinion proper books of account have been kept by the Association. The Association's balance sheet and its income and expenditure account are in agreement with the books of account.

In our opinion the information given in the Report of the Council is consistent with the financial statements.

DELOITTE & TOUCHE
Chartered Accountants and Registered Auditors
Dublin

23 March 2005

Reports & Financial Statements

The Schizophrenia Association of Ireland

T/A SCHIZOPHRENIA IRELAND (A company limited by guarantee and not having a share capital)

Income and Expenditure Account for the Year ended 31 December 2004

| | Notes | 2004 € | 2003 € |
|--|-------|----------------|----------------|
| Income | 1 | 1,675,735 | 1,367,109 |
| Expenditure | | (1,545,006) | (1,342,316) |
| Surplus on ordinary activities before taxation | 3 | 130,729 | 24,793 |
| Taxation | 4 | - | - |
| Surplus on ordinary activities after taxation | | 130,729 | 24,793 |
| Revenue Reserves brought forward | | <u>289,820</u> | <u>265,027</u> |
| Revenue Reserves carried forward | | <u>420,549</u> | <u>289,820</u> |

The operating surplus derives solely from continuing operations.
All recognised gains and losses are dealt with in the income and expenditure account.

*The financial statements were approved by the council on 23 March 2005
and signed on its behalf by:*

Patrick Annesley)
)
Kevin Jones)

Reports & Financial Statements

The Schizophrenia Association of Ireland

T/A SCHIZOPHRENIA IRELAND (A company limited by guarantee and not having a share capital)

Balance Sheet

as at 31 December 2004

| | Notes | 2004 € | 2003 € |
|---|-------|------------------|------------------|
| TANGIBLE FIXED ASSETS | 5 | <u>470,703</u> | <u>472,210</u> |
| CURRENT ASSETS | | | |
| Cash at bank and in hand | 6 | 173,827 | 135,171 |
| Debtors | 7 | <u>226,188</u> | <u>134,564</u> |
| | | <u>400,015</u> | <u>269,735</u> |
| CURRENT LIABILITIES | | | |
| CREDITORS (Amounts falling due within one year) | 8 | <u>(269,025)</u> | <u>(224,134)</u> |
| NET CURRENT ASSETS | | <u>130,990</u> | <u>45,601</u> |
| | | 601,693 | 517,811 |
| CREDITORS (Amounts falling due after more than one year) | 9 | <u>(117,976)</u> | <u>(133,694)</u> |
| NET ASSETS | | <u>483,717</u> | <u>384,117</u> |
| Represented by: | | | |
| CAPITAL GRANT | 10 | 63,168 | 94,297 |
| REVENUE RESERVES | | <u>420,549</u> | <u>289,820</u> |
| | | <u>483,717</u> | <u>384,117</u> |

The financial statements were approved by the council on 23 March 2005 and signed on its behalf by:

Patrick Annesley)
)
Kevin Jones)

Notes

