

# Annual Report 2005



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

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# 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



2005 may come to be seen as a defining year in the history of mental healthcare in Ireland, for two reasons.

Firstly, in January the Health Service Executive came into being. As the year progressed, with the appointment of key senior personnel and the development of its own administrative and management structures, the HSE began effectively to take over the role and function of the former regional Health Boards. Changes of this kind do not happen all at once or seamlessly, and I am sure that at a local level many of us still have more to find out, and new contacts to make, as we continue to work for the best possible services for ourselves and those close to us.

At a national level, however, there is already evidence of a strong working relationship between Schizophrenia Ireland and the HSE. With this sort of relationship we can feel secure about the funding of our core activities and confident about our ability to develop further.

The HSE faces many challenges across the whole spectrum of healthcare, and it is far too early to pass judgement on its successes and its shortcomings. As far as its Mental Healthcare Service Division is concerned, I believe that Schizophrenia Ireland is strongly positioned to participate in its successes and to comment constructively on any shortcomings. I would like to pay tribute to our Director, John Saunders, for the way in which he has fostered the personal contacts, and maintained the dialogue, which underpin this relationship.

The second significant event in 2005 was the completion of the work of the Expert Group on Mental Health Policy (of which John Saunders was also a member), set up by Tim O'Malley, Minister of State at the Department for Health and Children. Their report, *A Vision for Change*, was launched as an official statement of Government policy by the Tanaiste and Minister O'Malley in January 2006.

More than 20 years ago the last major mental health policy document, *Planning for the Future*, called, with very limited success, for the deinstitutionalisation of mental healthcare. *A Vision for Change* is infinitely more ambitious. But it is also specific, detailed and analytic. We should be optimistic – but not naively optimistic – that its ambition can become a reality. We also have to think about what we can do to help this to happen.

As an organisation, Schizophrenia Ireland has already committed itself to monitoring the pace and delivery of these reforms. Although in its entirety *A Vision for Change* may seem a complex and intimidating document, each chapter has a clearly stated theme and concludes with a list of recommendations. So it is not difficult for all of us, whether as individuals or as local groups, to identify those goals in *A Vision for Change* which are most important to us and to press, locally as well as nationally, for those goals to be achieved.

One measure of the success of *A Vision for Change*, will be further reduction in acute and long-stay beds. We can all agree that mental healthcare should be always person-centred, always holistic, and, whenever and wherever possible, community-based; but we must also accept that the need for in-patient care will not simply disappear

overnight. For some mentally-ill individuals, a need for in-patient care, whether short-term or longer term, once-off or recurrent, will remain; and it may be appropriate for Schizophrenia Ireland to be particularly vigilant to ensure that this minority never becomes a neglected minority.

One way of achieving goals is by strengthening our political voice. In April 2005, along with other members of the Disabilities Federation of Ireland, we lobbied for changes to the Disability Bill then before the Dail. It was encouraging to see that a revised definition of "disability" suggested by members of S.I. to their local TDs was taken up *verbatim* and subsequently incorporated into the Bill.

Our capacity to undertake political lobbying at a local level will, I am sure, now be enhanced by the Mental Health Action Group which came into being in the course of 2005. The idea of forming such a group grew out of the Relatives' Recognition Weekend held in Tullamore on 9-10 April. This enormously enjoyable event reminded us how much we can always find to learn from each other. While local Phrenz and Relatives' groups will always be at the heart of our mutual support system, it is often at larger or differently structured meetings that new ideas emerge, as we found again in the series of regional workshops held later in the year.

These events, and all the other activities which contribute to the growing strength of Schizophrenia Ireland, are described more fully in the following pages. To everyone who has contributed to another busy year I would like to express my thanks: to our Director and all the staff in 38 & 39 Blessington Street and in the Regional Development Offices; to all our volunteers and those members who have strengthened the organisation through fund-raising or consciousness-raising; and to each and every member who has embodied the values of Schizophrenia Ireland by supporting someone else at a time of crisis.

I would also like to thank my colleagues on Council for their work throughout the year. Over the past 12 months we have drawn together the findings of the Organisational Review initiated in 2004. Against this background we have been drafting a new Strategic Plan, intended to guide the organisation forward towards 2010.

As part of the review process we have also taken a look at Council itself. Council's primary responsibility is one of governance, not representation; and so it is important that it includes in its members people with the necessary expertise to ensure it meets its legal obligations as an employer and service-provider. For this reason we will be recommending some changes to the way in which Council is constituted. However election at AGMs will continue to be the primary mechanism for recruitment to Council, so that its representative nature will not be endangered. I am sure too that Council will want to continue to draw on the knowledge and ideas of the Council Consultative Group, whom I would like particularly to thank for the constructive way in which they have defined and fulfilled their role over the past year.

**Patrick Annesley**  
Chairperson

# Organisational Structure

## 2005 SI Staff as of 31 December 2005

### Director's Office

John Saunders	Director
Kahlil Thompson	Policy and Projects Supervisor
Mary Lambe	Admin. Assistant (p/t)

### Rehabilitation Services

Cillian Russell	Manager
Alexandra Scheele	Development Worker
Goedelle van Laake	Development Worker
Adrian McKenna	Development Worker
Jennifer Marsden	Job Club Leader
Niall McMahon	Job Club Assistant

### Counselling and Information Services

Claire Hawkes	Counsellor and Information Helpline Co-ordinator
Mairead Flaherty	Counsellor, Lucia Counselling Service, Tullamore
June Enright	Counsellor and Project Worker, Life Hope—Cork
Damien Lillis	Counsellor and Project Worker, Life Hope—Kilkenny

### Development Team

Patricia Seager	Assistant Director and Manager of Development & Support Services
Christina Burke	HSE Western Regional Development Officer, Galway
Ann Marie Flanagan	HSE Western Regional Development Officer, Ennis
Miriam Murphy	HSE Southern Regional Development Officer, Cork
Martin Matthews	HSE Southern Regional Development Officer, Kilkenny
Brendan Kenny	HSE Southern Awareness Officer (P/T – secondment from Southern HSE)
Richard Hansen	HSE Northern Regional Development Officer, Dublin
Garreth Phelan	HSE Northern Regional Development Officer, Dundalk
Susan McFeely	HSE Mid Leinster Regional Development Officer, Dublin
Mary Kennedy	HSE Mid Leinster Regional Development Officer, Longford
Bernadette Byrne	Administrative Assistant Dublin
Anne Buckley	Support Worker Cork
Karina Keane	Support Worker Galway

### Administration Team

Leonor Bethencourt	Office & Premises Supervisor
Breda Moore	Book-keeper
Doreen Crowe	Book-keeper Assistant (p/t)
Rose Noone	Admin. Assistant (p/t)

### Community Employment Scheme Staff

Niamh Brilley, Barry Walsh, Catrina McCay, Elaine O'Connor, Ann Marie Kelly, Neil McDonald, David Byrne

### 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 2005 Annual Report for Schizophrenia Ireland. This report describes our significant activities and developments during the year.

2005 was a dynamic and busy year for everyone involved in Schizophrenia Ireland. As in previous years we have continued to provide a wide range of support and services to our members and supporters. Among the many services that we provided during 2005 are the development and facilitation of support groups for family members and for those with direct experience. New groups were formed in Cavan, Dundalk, Tipperary, Killarney, Athlone and Dublin.

In addition to providing direct support to groups we have provided a range of educational programmes over the year. These include Family Education programmes for family members, Finding your Way programmes for people with direct experience. Other education and information facilities during 2005 included the Life Hope seminars on the issue of suicide prevention and workshops on hearing voices and paranoia.

During 2005 we have consolidated and improved our helpline information services and we have also focused our attention on consolidating our direct counselling services.

We also took the opportunity to review our rehabilitation services and launched the revised Job Club service in 2005 and of course the Basin Club continued to develop over the year. Another project which continued in 2005 was the Women's Mental Health Project. Additionally the Adult Education project, which commenced in 2004, was finished in October 2005, with the launch of a training pack entitled 'Inclusion, Equality in Mental Health'. This pack is designed to assist third level colleges in providing appropriate supports and guidance to those people who may have mental health difficulties.

From an organisational point of view 2005 was a period of reflection on the future direction of the organisation. During the year we have formulated a new strategic plan, which will be further developed and adapted in 2006. We have also been looking at other important issues such as identity and governance and we would hope to conclude this process in 2006.

With regard to new activities we were very pleased to publish our second occasional paper entitled 'Supporting



Life — suicide prevention for mental healthcare service users'. This document, which was launched in Lucia Week 2005, was an attempt to focus on the very real issue of suicide for those people who are experiencing psychosis and / or schizophrenia. It is estimated that up to 10% of people with a diagnosis may complete suicide. It is therefore relevant and pertinent that Schizophrenia

Ireland should produce a document, which highlights the risk factor for suicide and attempts to give some background information on the issue.

During 2005 we also were successful in receiving Comhairle approval for a new professional mental health advocacy service. This project was developed towards the end of 2005 and will be officially launched in 2006. The purpose of the project is to provide advocacy services in three locations in Dublin, Cork and Galway on a pilot basis. It is hoped that this project will develop to other parts of the country in the future.

The work of the expert advisory group on mental health continued in 2005 and Schizophrenia Ireland continued to play a part in the process. The new policy, 'A Vision for Change' which was launched early in 2006, is now government policy and replaces the 1984 document 'Planning for the future'. It is envisaged that Schizophrenia Ireland will

continue to advocate to ensure that the policies outlined in the report are implemented fully.

It only remains for me on behalf of Schizophrenia Ireland to thank the staff, the volunteers and facilitators of support groups for all their hard work in ensuring that Schizophrenia Ireland continues to act as a significant voice for those people who experience severe mental health difficulties. I look forward to working with everybody in 2006.

**John Saunders, Director  
April 2005**

*'...2005 was a  
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# 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. The Development Team aims to provide information and support for people with self experience of mental distress and their families and friends. The Regional Development Officers also provide support to Schizophrenia Ireland's network of Phrenz and Relatives' groups around the country, as well as working to develop new groups. The Regional staff were involved in the delivery of a number of training programmes over the year which have proved very successful. The Development Team also run a number of awareness raising events, information evenings, presentations, outreach initiatives, educational workshops and seminars.

## Support Groups

### South Western Area

#### Phrenz Groups

The Ballyfermot group still continues to meet every Thursday night in the Resource Centre. The group has undertaken a lot of facilitation changes in the past year and a big thank you goes to Tracey Reddy and Peter O Connell on all their valuable facilitation support. The groups have undertaken a lot of facilitation training and two of the members are now co-facilitating. There are a number of women in the group who are very active participants in the Women Together Network. The group went on holidays to Donegal and a great time was had by all.

#### Relatives' Groups

The St. James group continues to meet in St. Martha's Day Hospital on the last Monday of each month. The group continues to provide support to long-standing members but also to a large number of new members. They also had their first group social in the summer of 2005, which everyone seemed to enjoy.

The Tallaght group meet on the last Monday of each month. They continue to have a large introduction of new members.

The Clondalkin services with the HSE South Western area have devised a Family Education Course, which provides information to families of people with mental illness. The members of the group then choose whether to be part of the relatives' group which meets on the first Wednesday of each month.

### East Coast Area

#### Phrenz Groups

The Cornerstone group has been very active again this year. There are a large number of members who have been involved within the SI service User Consultative Group, the Action Group for Mental Health and the Women Together Network. There was also a member of the group who was assisting the Mental Health Commission in its training with Solicitors and Barristers. The group also had change of facilitators and would like to thank Jose Oribe and Ian Kelleher for all their hard work. The group went on holiday to Galway this year and everyone really seemed to enjoy it.

The Bray Phrenz group established itself in January 2005. The group meets every Wednesday night at 8pm. The group is quite small but they enjoy a mixture of peer support and occasional social outings. A Finding Your Way Course will be taking place in Bray, following which the group hope to gain some new members.

#### Relatives' Groups

The Cluain Mhuire group have again this year been actively involved both on a political and on a fundraising level. They held a number of flag days that helped support the Cornerstone club and the Friday Night Cornerstone in Dalkey. The group meet on the first Monday of each month in the Cluain Mhuire Family Centre.

The Milltown group continue to meet on the third Tuesday of each month and provide support and information to families and



friends within the Ranelagh, Milltown and Rathmines region.

The Newtownmountkennedy group meets on the first Wednesday of each month. The group have been actively involved in campaigning and raising awareness about schizophrenia and mental health issues.

The Central Mental Hospital (CMH) Relatives' group continues to be quite a strong political force. They have been paramount in the setting up of the Action group for mental health and they continue to lobby and raise awareness around the issues facing their relatives in the CMH.

### **North Dublin Region**

In 2005 there was a strategic change in the distribution of phrenz and relatives' groups in the Co. Dublin and Co. Kildare areas to reflect recent administrative and geographic changes of the Health Boards. As a result of the redistribution, the Northern area RDO has now been given responsibility for the Maynooth Phrenz group and the Ballyfermot Relatives' Group.

#### **Phrenz Groups**

There are currently five Phrenz groups meeting in the North Dublin and Kildare area.

The Blessington Street Phrenz group meets each Monday night between 7 pm and 9 pm and reaches people from many different parts of Dublin. Members had an interesting respite holiday in September.

The Artane Phrenz group is now in its 14<sup>th</sup> year and meets on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from 7 pm to 9 pm at the Artane Day Centre. The Artane group sponsor regular social outings.

A new Phrenz group in the Kilbarrack area has been operating since September and currently has a small membership. It meets at the St. Berach's Community Centre, beside the Kilbarrack Dart Station on Thursday evening.

A steady following of the Maynooth Phrenz group meets every Tuesday from 6:30 pm to 8:30 pm in the Maynooth Health Centre. The members had a respite holiday in Galway this year.

The Kildare Town Phrenz group started this year, the Kildare group meets in the CYMH building in the Town Centre between 1:30 pm and 3:30 pm. This group developed directly

out of two Finding YOUR Way courses run in the area.

#### **Relatives' Groups**

There are five relatives' groups meeting in the Dublin and Kildare regions.

The Ballyfermot Relatives' group meets regularly on the first Monday evening of the month at 7 pm at the Ballyfermot Civic Centre.

The Celbridge Relatives' group meets on the 3<sup>rd</sup> Monday of the month at 7:30 pm - 9:30 pm at the Celbridge Day Centre

The Swords Relatives' group meets on the 2<sup>nd</sup> Monday of the month at 8 pm - 10 pm at the Curam offices in Swords town.

The Blanchardstown Relatives' group meets on the 2<sup>nd</sup> Tuesday of the month between 7 pm and 9 pm at the Coolmine Day Hospital.

The Clontarf Relatives' Group meets on the first Wednesday of the month in the meeting room of the Alexian Brothers facility at 47 Upper Drumcondra Road, between 8 pm and 10 pm.

### **North-Eastern Region**

#### **Phrenz Groups**

There is one Phrenz group in the North Eastern region. This is a relatively new group, which started in December 2005. The group meets every Thursday from 7 pm to 9 pm in the SI office in Dundalk.

#### **Relatives' Groups**

There are three Relatives' support groups in the North East. The Navan group continues to receive good attendance. This group meets on the last Tuesday of each month in Navan Hospital, Psychiatric Unit from 7.30 pm to 9.30 pm. This group is independent of but affiliated to SI. The Dundalk Relatives' group meets on the first Wednesday of the month from 7.30 pm to 9.30 pm in the SI office Dundalk. All those who attend are keen to welcome new members. The Cavan Relatives' group started in October 2005. The venue for this group is Cavan General Hospital. The group meets on the first Tuesday of the month from 7.30 pm to 9.30 pm.

### **Western Region**

#### **Phrenz Groups**

There are currently three phrenz groups in the Western Region in Castlebar, Galway and Loughrea. It was a busy year for the groups and

## National Development

facilitators alike. Throughout the year all groups have organised various activities such as the respite holidays, which were enjoyed by all. Several group members also participated in many SI events such as facilitation training.

The Galway Phrenz Group participated in a Finding Your Way course facilitated by Tim O' Connor which was well attended. In July Mr Billy Flemming retired as facilitator of the Galway Phrenz Group. A special thank you is extended to Billy from within Galway and beyond for his tremendous support and commitment to the Group over many years. I would also like to wish the very best to the newly appointed facilitator Mr Louie Maguire who since taking up his new position has shown great commitment and determination. A special thanks goes to all the facilitators for their support and commitment to the groups which have grown from strength to strength.

### Relatives' Groups

Currently we have four relatives' groups in the region in Castlebar, Galway, Loughrea and Roscommon. A special word of thanks goes to the Facilitators for their huge level of support and commitment to each group.

The year started off with a very successful Family Education Course held in Ballina, Co Mayo. The course was unique in that it was held over a series of Saturdays with over 20 participants from all areas of Mayo. It was a wonderful opportunity for the group to meet with members from all parts of the County to share their experiences. A special word of thanks goes to the facilitators who helped organise the event and most especially the participants who each made the sessions very valuable by their experiences and knowledge.

A Family Education Course was also held in Loughrea and a very special thanks goes to the facilitator who gave such valuable support and commitment to the course. Again the course was an opportunity for people to meet and gain new insights which exchanging their own experiences brings.

The Galway group also had a busy year with members attending various SI events along with members from other groups.

## Mid-West Region

### Phrenz Groups

Each Community Care Area has a Phrenz group. They are located in Clare (Ennis), Limerick and North Tipperary (Nenagh). They provide peer support and friendship by and for people with self-experience. The groups are very active and committed to the Recovery model. In 2005 the three groups came together for three evening to enhance their facilitation skills so that the groups can increase their resources and abilities. Throughout the year many of the members participated in SI support activities i.e. Finding Your Ways Course, Lucia Week, Facilitators Training Day, Women Together Network, Life Hope, Respite breaks, Consultative Group, How to Participate on Committees, Paranoia/Hearing Voices Workshops and The Regional Support Day.

Members also participated in external activities locally and nationally such as Consumer Panels, Expert Group sub-committees, Mental Health Inspector's Mid-West visit. Members also visit others in hospital, keep in touch by phone and support and encourage people to avail of Phrenz Groups and the regional office. The commitment of the Facilitators is central to the ongoing success of the peer support groups. A sincere thank you to them all.

### Relatives' Support Groups

Relatives' Support Groups are an important feature of the Mid-West regional work of SI. There are groups in Limerick, Clare, Nenagh and Thurles. They are facilitated by very committed mental health professionals. The Limerick Relatives' support group is supported primarily by relatives who give of their time tirelessly. Many relatives are very active in broad mental health related issues too. Relatives have attended the SI campaigning group, met with political representatives, the Regional Support Day, the Facilitators Training Day, Life Hope and Lucia Week. Relatives have also attended consumer panel consultation days. The Thurles Group has moved to St. Mary's Health Centre.

It is important to acknowledge the work of relatives who attend the meeting to provide support to new people coming into the groups. We thank you for that and for ensuring that the door is open every month with support and empathy for all.

## **Southern Region**

### **Phrenz Groups**

We have four Phrenz groups in the Southern region, in Tralee, Cork, Bandon and Bantry. A huge thanks goes to all Facilitators for their input, time, and dedication to the groups. The groups are at different stages of development, and the newest group in Bantry is presently working on a new name for the group, and a new poster to advertise it. The Tralee Phrenz group are a very sociable bunch and have organised lots of social events during the year.

The Cork Phrenz group recently held a Cultural evening and it was deemed a huge success. Members of the group read poetry, sang, read prose, displayed some artwork and played musical instruments. It was most enjoyable. The group has a huge amount of talent within it. Some members of the Cork Phrenz group took part in a ten week Personal Development course which started in September 2005. It was very well attended and 12 participants completed the course and received certificates. The feedback was excellent from those that took part. Again without the support and dedication of those facilitating the groups these activities could not happen.

### **Relatives' Groups**

There are three Relatives' groups in the Southern region, in Cork, Tralee and Killarney. All meetings are held once a month. Killarney is the newest group and is being well attended. This group resulted from an Open Public Information evening held in October 2004. In September a member of the Tralee Relatives' group gave a very insightful talk to a group of 3<sup>rd</sup> year Psychiatric Student Nurses, at a Presentation made by the Southern RDO Miriam Murphy, in Tralee Institute of Technology. The group of Nurses found the Relatives talk very helpful with their study and the feedback received from the group after the event was very positive. All groups in the Southern region are now Peer facilitated.

## **Southeastern Region**

### **Phrenz Groups**

The Kilkenny Phrenz group remains strong and was instrumental in initiating the Inside

Out project. The original project goal was to provide people with experience of schizophrenia who are over weight, with a practical and user-friendly nutritional intake regime, coupled with an exercise and lifestyle plan, which would enable them to lead a healthier lifestyle. This lifestyle and nutrition balance has been completed and deemed as successful as its objectives have been met.

The Clonmel Phrenz group continues to be active and motivated with members attending many SI activities throughout 2005.

A new Phrenz group has been started up in Enniscorthy, Co. Wexford.

### **Relatives' Groups**

The Waterford Relatives' group continues to be active and are at present participating in an Irish Advocacy Network (IAN) initiative on family members and advocacy. The Clonmel family group was formed after a Family Education Course was delivered. The Kilkenny family support group has not been meeting as a support group; however, there have been information talks provided throughout the year. The Newross group has also ceased as a result of poor attendance; however, plans are at an advanced stage to provide a support group in Wexford town for 2006.

## **Midlands Region**

### **Phrenz Groups**

The Longford Phrenz Group is a well established group. The emphasis of this group is social, with trips to shows, cinema etc. The group attended the regional support groups' workshop in Maynooth; it was an opportunity to meet other groups and to exchange views and opinions.

The Tullamore Phrenz group (Light House Group) is going from strength to strength. A full calendar of events was published in January, so it was quite a busy time with bowling, bingo, theatre, shopping and finally going to the dogs (Greyhound racing). They had a very successful Christmas party where they organised a raffle to fund similar events for 2006.

The Athlone Phrenz group (The Candle Light Group) started in March 2005. This followed a public information evening by Dr Lorcan Martin, Consultant Psychiatrist. The group meet twice a month in Dr Dobbs Centre

## National Development

and would welcome new members.

The Mullingar Phrenz Group meets on a monthly basis and is independently facilitated. This group was formed following a "Finding YOUR Way" course.

### Relatives' Groups

The Longford Relatives' Support Group provides an opportunity for families and friends to talk about their worries and share solutions. They meet on the first Wednesday of the month. Guest speakers address the group on various topics, the most recent topic was "Making a Will, Won't kill you" which was very informative.

## Public Presentations

Schizophrenia Ireland made 220 public presentations throughout Ireland in 2005. The aim was to raise awareness about schizophrenia and related issues and to outline services that are provided by Schizophrenia Ireland. These events give people an opportunity to come together to discuss common issues in an open and inclusive setting.

## Family Education Courses

SI offered 8 Family Education courses in 2005. The Family Education courses took place in Cavan, Dublin, Cork, Clonmel, Ballina and Loughrea. A total of 83 people participated. These courses are designed to help caring relatives of people with schizophrenia to learn more about the illness and to manage the symptoms and difficulties encountered.

## 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 and recovery.

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

In 2005, Life Hope information seminars were held in Newbridge, Tralee, Limerick and Navan. The 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.

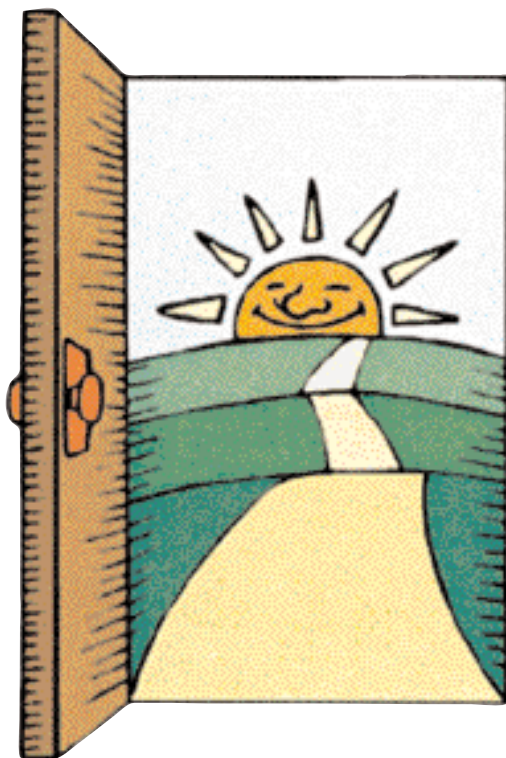
Through the Life Hope project, SI has enhanced its counselling services by opening two additional part-time counselling services based in Cork and Kilkenny. For SI, counselling is viewed as a means of prevention to suicide. The counselling service is open to both people with self-experience of schizophrenia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

## Respite Holidays

For the last seven 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 24 different activities in 2005 including trips to Donegal and Galway, of which 322 people benefited. We acknowledge the Community Foundation's contribution to this year's respite fund.

## Finding Your Way

Finding YOUR Way is a peer facilitated, information and personal development course for people with self-experience of severe mental distress. It has been operating in Ireland for the past two years and continues to receive widespread support.



Finding Your Way has run 10 times in 2005, with over 90 participants nationally completing the courses in: Kildare, Kilkenny, Clonmel, Dublin, Ballinasloe, Galway, Wexford and Dundalk.

Since 2004 when we first rolled this course out, 24 courses have been run across Ireland with more than 180 participants. The feedback we collect from the participants continues to be positive and participants tend to emphasise that they feel very empowered by the course. Specifically it is often mentioned that the opportunity to discuss their symptoms and experiences and hear about others in this open discussion format was empowering and therapeutic. Specifically these comments reflect the feedback we are receiving,

Good, enjoyable, interesting, 10 out of 10.

I thought the course tried to explain person's illnesses in terms of normal malfunctions and tried to explain in general the normal effects of it on the brain and body. I found the course very interesting

I enjoyed the course and it was an enjoyable time discussing problems of mental health. I found it satisfactory and practical.

It's brilliant to have a course and a man like

the facilitator to go through it with and so patiently in 2005! As a mental health sufferer for 35 years there was nothing like this out years ago. Thanks to the facilitator and thanks to S.I. very, very much.

## Prospect/EUFAMI

The Prospect programme is a new training and education programme aimed at developing and promoting training and education to support people with a mental health disorder and their relatives, drawing on best practices from within Europe.

The programme 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 Autumn 2005 Schizophrenia Ireland ran its first Family and Friends Prospect programme in 38 Blessington Street. Six participants took part in the course that ran over a period of ten weeks. The course was peer facilitated by Colette Fahy and Sheila Dubel. All participants appeared to enjoy the course and found it a valuable experience. The next course will take place in the Autumn of 2006 and will be run in the North Eastern Region

The current Family and Friends programme facilitators will be taking part in refresher training in Amersfoort, Holland in May of 2006.





# The Year in Review

## Major 2005 Developments

- Hearing voices/Paranoia Workshops
- Recover.ie
- Occasional Papers
- Women Together Network
- Mental Health in Education
- Staff Training Pack
- Relatives Recognition Weekend
- Wheatfield Prison Support Group
- Council Consultative Group
- Participating in Committees Research Group



## Major 2005 Developments

### Hearing Voices/Paranoia Workshops

Hearing Voices / Paranoia Workshops were held in Cork, Dublin and Kilkenny throughout 2005: In February, 135 people attended a Hearing Voices Workshop in Cork; in June, 105 people attended a Paranoia workshop in Kilkenny; and the Hearing Voices Workshop in Dublin, in September, was attended by 139 people.

The workshops focused on issues and concerns relating to hearing voices and paranoia. Each workshop was held over two days, with one day exclusively for people with personal experience of hearing voices and/or paranoia or similar symptoms and the other day was for professionals and the general public.

The workshops were led by two members of the Sheffield based Hearing Voices Network, Peter Bullimore and Chris Stirk. The Hearing Voices Network is a service user led support network for people experiencing voices and similar persistent symptoms of psychosis, with years of experience of working with people experiencing these difficult life events. Peter and Chris presented their personal experiences of recovery from mental ill health as a backdrop to a wealth of research and practice that demonstrates recovery from persistent symptoms in a hopeful and proactive manner.

### Recover.ie

A major 2005 initiative for SI was the launch of Ireland's first ever web based information resource on schizophrenia, Recover.ie.

Recover.ie is a user-friendly website of comprehensive information for people with self-experience of schizophrenia, their caring relatives, the general public and healthcare professionals. Recover.ie provides information about schizophrenia and offers a platform to centralise the relaying of information in Ireland.

For many years Schizophrenia Ireland has wanted to provide an inclusive and wide-ranging internet site that specifically answers questions about schizophrenia within an Irish context. We are delighted that Recover.ie is now available, and that people can access information on schizophrenia from their own pc. An important message that we have tried to convey through Recover.ie is that, with the right supports, people with schizophrenia can and do recover.



From left to right: Damian Kenny, Fernal Solutions; John Bowman, broadcaster and historian; Kahlil Thompson-Coyle, Policy and Projects Supervisor of SI; Patrick Annesley, Chairperson of SI; and John Saunders, Director of SI, at the launch of Recover.ie.



Recover.ie covers topics such as: what is schizophrenia; if you have schizophrenia; relatives and friends; the recovery process; getting help; national and international research; suicide and schizophrenia; stories of recovery; national mental health policy; and challenging stigma.

You can find Recover.ie on the Internet at its address: [www.recover.ie](http://www.recover.ie)

### Women Together Network

The Women Together Network is a national network for women with mental health difficulties, set up by Schizophrenia Ireland and funded by the Combat Poverty Agency. It seeks to create an empowering, holistic, inclusive environment that promotes equality and respect for women with mental health difficulties. It aims to develop participants' self-esteem so they can make their voices heard.

The network held five weekend seminars in

## Major 2005 Developments

2005. The women examined issues of employment and recovery to provide a context for their own personal life aims and explored barriers to employment and participation.

All women with mental health difficulties are welcomed and encouraged to get involved. There is a management committee of the women involved in developing WTN. They have published and evaluation of the work carried out with the 1<sup>st</sup> round of funding. Contact SI if you want to get involved

### Mental Health in Education: College Staff Training pack

On 22<sup>nd</sup> November 2005, the Minister of State at the Department of Education and Science, Ms. Síle de Valera, T.D. launched the **Training Pack on Inclusion, Equality and Mental Health** to be distributed to further and higher education colleges. The Training Pack is the outcome of the Mental Health in Education project in the Liberties College, Dublin. The project, promoted by Schizophrenia Ireland with support from the Education Equality Initiative Phase 2, is about reducing barriers for people with self-experience of mental health difficulties returning to further education.

The Training Pack includes a student guide, staff handbook and information for other colleges to organise a similar programme. The student guide informs students about the college's willingness to support them in their learning needs and encourages students to enquire about leaning supports that they feel would help them. They are ensured of a sympathetic hearing and total confidentiality. The staff handbook encourages educators to look at students' mental health issues from a 'learning needs' viewpoint.

The contents of the Training Pack can be accessed on the Internet at <http://www.leargas.ie/eei/projects/lfsi.html> or <http://www.recover.ie>

For further information on Liberties College please call **01 4540044**, or log on to [www.libertiescollege.ie](http://www.libertiescollege.ie).

Eamon Sweeney, Project Coordinator, Mental Health in Education Project



Left to right: Eamon Sweeney, project coordinator; Minister de Valera; Jacinta Stewart, CEO, City of Dublin Vocational Education Committee; Michael King, Principal of the Liberties College.

### Relatives' Recognition Weekend

Over 180 family members who were invited to come together for a weekend of information, relaxation and time out attended the event. The event was based on the premise that family members of people with severe and enduring mental illness need to take time out for themselves to look at their own well being and to recharge the batteries. The activities at the weekend were a mixture of information giving exercises around looking after your own personal needs, issues of confidentiality and legal matters such as wills and trusts. In addition, there was a range of alternative therapies available including Indian head massage, reflexology, neck and shoulder massage, relaxation and yoga for beginners.

### Wheatfield Prison's Support Group

In March of 2005 we began the process of setting up a self help group in Wheatfield Prison. A facilitator was appointed and in September a small group began meeting in the Education Unit of the prison. The prison setting presents significant challenges to the peer support model that SI works to. Issues of confidentiality and safe space particularly are compromised by the environment making the sharing of even day to day concerns difficult. The need for support for prisoners, however, is very significant and SI will continue to work with the staff of Wheatfield Prison and the VEC to develop a process that will help to alleviate the isolation and mental distress experienced. We acknowledge the support of the St. Stephen's Green Trust for this project.

### **Council Consultative Group**

This group met ten times during 2005. The group comprises of ten service users with support from the Director's office in S.I.

During 2005 the group engaged in the following activities:

- Report to Council on issues of patient confidentiality
- Discussions on the image of Schizophrenia Ireland
- Contribution to the Mental Health Commission — Training for staff of Tribunals
- Committee skills training
- Took part in the ERHA consultation process for improving health services
- Produced a report on their experiences of poverty which was published in SI news.
- Presentation to the Mental health Expert Group on rehabilitation issues.
- Representation on the Mental Health Action Group

### **Participating on Committees Research Group**

The "Participating on Committees" research group is made up of SI service user members who undertook pilot training in 2005. Thirteen

people from around the country participated in the training. Over two weekends, one in Cork and one in Meath, participants learned how to influence change in the mental health services, and took action to try to change the rules for the medical card, and to change how the mental health services are run. There was tremendous energy and enthusiasm throughout the training, with people coming together as a group to learn from each other and from the trainers. Overall, it was a very positive experience for everyone.

The overall aim of the training was to increase the skills of participants in how to have an impact on issues of concern. Sessions included learning how to negotiate, committee rules and procedures, how to analyse policy documents, gathering information, and learning how to support each other in being a representative.

In November 2005, the research group launched "How to Participate on Committees: A Collective Advocacy Training Pack for Mental Health Advocates".

**Below:** The launch by Martin Rogan, Care Group Manager at the Health Service Executive on 11th November 2005 in SI's Dublin office. of "How to Participate on Committees: A Collective Advocacy Training Pack for Mental Health Advocates".





# SI Activities

## Counselling Services

### Dublin

A total of 87 clients availed of the Dublin counselling service in 2005, with the total number of sessions amounting to 581. While there was a decrease from 2004, in the number of people attending, there was an increase in the number of sessions offered to clients. 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 164, almost doubling the figure of 88 in 2004. There has been a steady increase in the amount of people utilising the service due to advertising the service locally. The majority of people seeking counselling have a diagnosis of schizophrenia or related mental illness.

### Life Hope Counselling Service

As part of the Life Hope project SI expanded its counselling service and now provides counselling in Cork and Kilkenny. There has been a very positive response to the service in both areas, with the majority of those seeking counselling having a diagnosis of schizophrenia or related mental illness.

The total number of counselling sessions in SI's **Cork** counselling service was 237.

The total number of counselling sessions in SI's **Kilkenny** counselling service was 164.

### Information Helpline 1890 621631

In November 2004, the Information Helpline hours were extended to 35 hours per week. Consequently this year we are presenting data differently, looking at the overall amount of calls received countrywide.

There were two radio campaigns advertising the Information Helpline. The first campaign started on Mar 1<sup>st</sup> and ran for three weeks on ten local radio stations. As a result of this there was a huge increase in calls received that month. Our volunteers were very impressed with the impact of the

advert, as many callers said they were phoning as a result of hearing the ad. Both staff and volunteers work on the Information Helpline.

Some of the feedback from volunteers included;

*"I felt really useful working on the information/helpline and that I had contributed something positive to the callers. There was a feeling of job-satisfaction at the end of the shift".*

*"The increased level of calls has renewed my enthusiasm for the work"*

*"As a relative of someone with the illness, I know first-hand how difficult this illness can be and how much people affected by schizophrenia need to know about and need to access the information helpline".*

A training weekend took place in June, and we now have fifteen volunteers making a very valuable contribution to our work on the information helpline.

In November, a second radio advertisement campaign ran for six weeks on Dublin's FM104 radio station.

The total number of calls received by SI offices was 6291 of which 28% were from people with a diagnosis of schizophrenia or related mental illness; 32% were from carers; 31% were from professionals and 9% were from other callers.

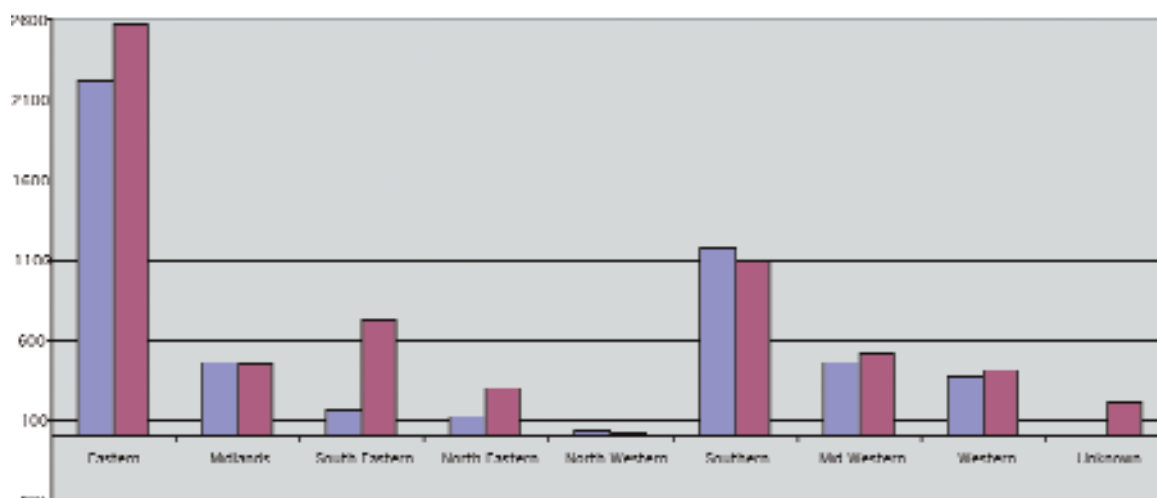
The type of call most frequently received related to seeking information on schizophrenia. While most of our calls are received by telephone, we also receive enquiries via email and people calling in person to head office or the regional offices.

#### Type of call

Information	4899—78%
Listening Ear	804—13%
Crisis Point	231—4%
Other	357—5%



2004 vs. 2005 Enquiries by Health Board Region



Enquiries		2004								
<b>ERHA</b>	<b>MHB</b>	<b>SEHB</b>	<b>NEHB</b>	<b>NWHB</b>	<b>SHB</b>	<b>MWHB</b>	<b>WHB</b>	<b>OTHER</b>	<b>Total</b>	
2225	462	168	126	41	1176	462	378	0	5038	

Enquiries		2005								
<b>ERHA</b>	<b>MHB</b>	<b>SEHB</b>	<b>NEHB</b>	<b>NWHB</b>	<b>SHB</b>	<b>MWHB</b>	<b>WHB</b>	<b>OTHER</b>	<b>Total</b>	
2571	447	719	295	27	1102	508	415	207	6291	

## Rehabilitation Services

### The Basin Club

The Basin Club describes itself as a member led resource centre for people with self-experience of mental illness. It celebrated its third anniversary in November 2005.

The Basin Club was founded on the following principles:

- Members must have a voice in the development and provision of services used by themselves.
- Services must recognise recovery as a process and that the role of the rehabilitation services is to foster this process.
- Implicit in the recovery process must be the concepts of developing greater responsibility for oneself and for self-determination.

A comprehensive review of the Basin Club was carried out at the beginning of the year with the support of John Redican CEO of the Irish Advocacy Network.

### Self-assessment Statement

*"We feel that the social activities of the Basin Club have been important in improving the quality of our lives, have lessened our feelings*



*of isolation, particularly for those who live on their own, and have improved our social skills. Team leaders and the mentoring system have been positive sources of support for freedom of expression and inclusion. The Jobs Club was useful for skills training and for building self-esteem.*

## SI Activities

*We feel that there is room for improvement occasionally ..... but acknowledge that we could be more proactive in working for change."*

### **Basin Club Membership Evaluation**

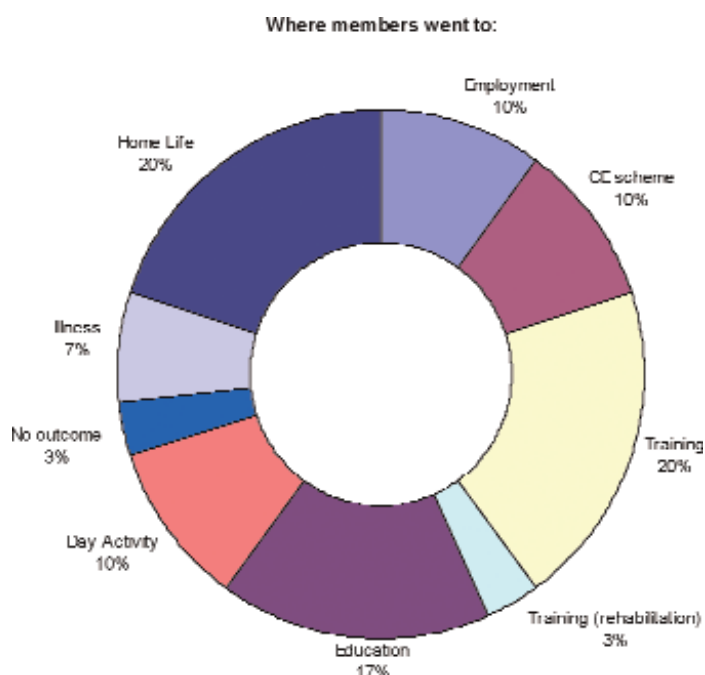
"This simple yet powerful statement facilitates the evaluation of the Basin Club. It has clearly produced a membership that is secure enough to acknowledge the support that they have needed, empowered enough to endorse the means by which this occurred and confident enough to advocate on its own behalf for positive change in the future. It will be interesting to see how things progress, but I think that all concerned deserve great credit for the current status quo. If it is not perfect, the Basin Club clearly has a lot to offer and appears to be very much on track. It has been an honour to have been asked to participate. Best of luck for 2005."

*John Redican,  
Chief Executive, Irish Advocacy Network*

### **Some notable events of 2005**

- Design of a three-fold brochure and headed notepaper with matching complement slips.
- An open day for friends, family members and professionals, as part of the Lucia Week celebrations.
- Introduction of the Integrated Assessment System (IAS) to recognise and accredit learning and skills developed by members through their involvement in the Basin Club.
- Stress Management Course piloted and approved.
- 'Finding your Way' made available to members.
- The reestablishment of the Job Club.
- Establishment of a new information resource.
- The first issue of the bimonthly Basin Club Newsletter, April 2005
- Establishment of out reach to keep in touch with members
- Daily relaxation group

During 2005 124 people used the Basin Club. Of these 62 were registered members and of those 30 members moved on.



### **Job Club**

Following changes in the rehabilitation, training and employment services between 2000 and 2004, and in response to trends in the use of the Job Club service, the Job Club was reviewed in depth at the end of 2004 and the findings made available at the beginning of 2005.

The Review, comprising questionnaires to service users and professionals, and a focus group, found the Job Club to be regarded as an important employment service for people with mental illness living in Dublin, with a special area of expertise. It recommended that the Job Club be recognised as an effective continuous assessment process, and its remit broadened accordingly, and that it align itself with FAS employment services, in a two-way direction, as a referral point for these services, and as a bridge to them.

The Job Club was re-established in July 2005, following a period of closure whilst the findings of the review were evaluated, and during which time vocational services were provided by the Basin Club.

A total of 65 individuals used the Job Club resources after July. Of these, 26 attended the formal Job Club programme in three groups, the third group being still in progress at the

end of the year. 39 individuals requested one to one support, which included assessment, vocational guidance, assistance with job-searching activities, information –finding, assistance with welfare issues and continuing support whilst in employment.

The demand for Community Employment remained high and increased as the year progressed. Although the outcomes for open employment were up on 2004 figures, the general trend is still downward, with those looking for open employment taking longer than others to find placement. Delays in securing open employment and the preference for Community Employment may suggest changing needs of Job Club participants in the light of the mainstreaming of the employment services.

#### **Job Club Outcome Comparison 2004/2005**

(Note: The Job Club was operational for 6 months in 2005 compared to 12 months in 2004)

1 = Open Employment

2 = CE

3 = Rehabilitative training

4 = Further training

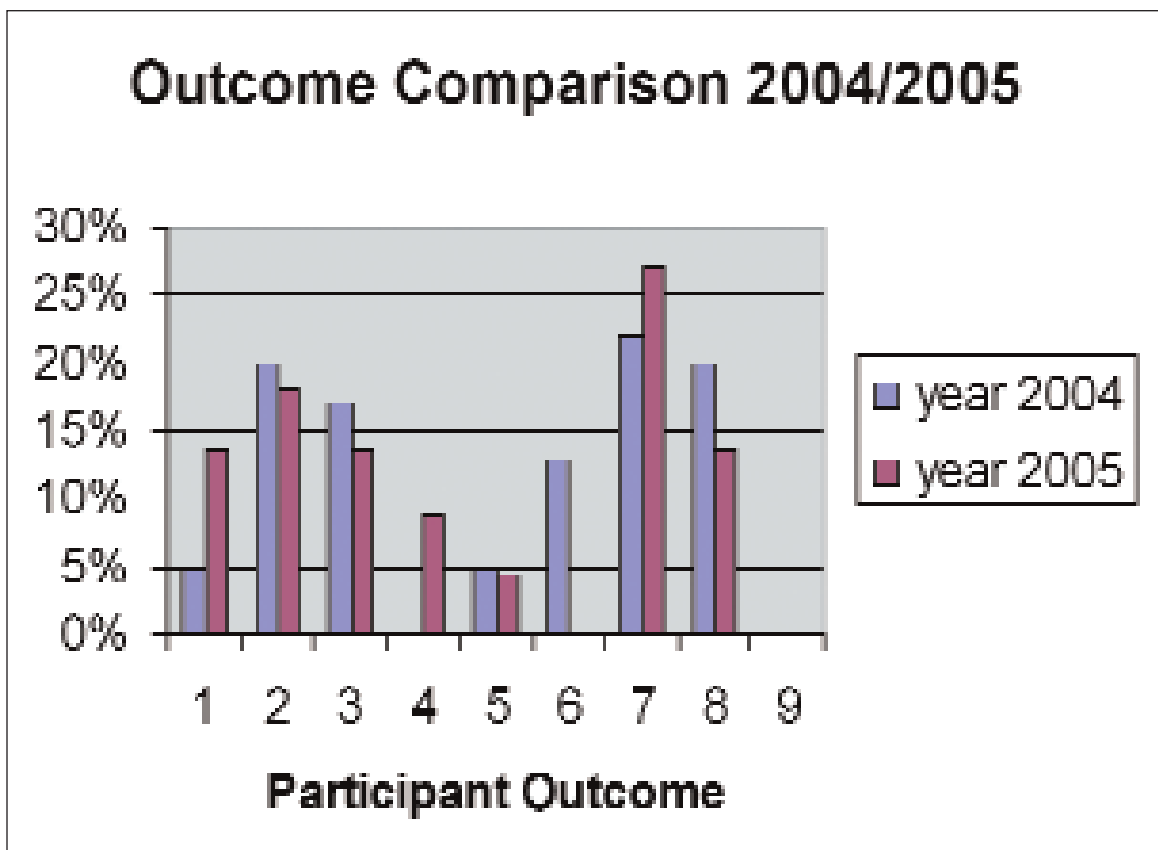
5 = Referred to other service

6 = Sheltered employment

7 = Dropped out

8 = Presently using service

9 = Unoccupied



# Lucia Week 2005

## ***Supporting Life: Suicide Prevention for Mental Healthcare Service Users***

This year's Lucia Week, the national schizophrenia awareness week, was marked with the launch of a new document *Supporting Life: Suicide Prevention for Mental Healthcare Service Users*.



Back row (l-r): Patrick Annesley, Chairperson SI; Martin Rogan, National Care Group Manager of Mental Health Services; Pat Seager, Assistant Director SI; Minister Tim O'Malley; Tim O'Connor, SI; Front row: Ann Marie Flanagan, RDO SI.

It is widely acknowledged that 40% to 60% of individuals with schizophrenia will attempt to take their own life, and approximately 10% of people with schizophrenia die by suicide. The prevention of suicide is an important issue for Schizophrenia Ireland. The reasons why people die by suicide are many and varied and in many cases it is difficult to ascertain a precise reason. We do know, however, that certain at-risk groups are more likely to attempt suicide and these include people with a diagnosis of schizophrenia, bipolar disorder and depression. The purpose of this document is to encourage discussion around these at-risk groups and to suggest ways that we can assist in reducing that

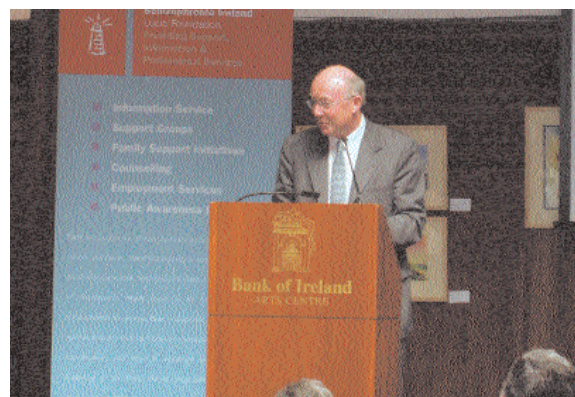
risk.

*Supporting Life* discusses the historical context of suicide prevention in Ireland, mental health services and national mental health policy, suicide and schizophrenia, dealing with suicidal thoughts and the personal story of a person with schizophrenia who attempted suicide.

In Dublin Tim O'Malley T.D., Minister of State at the Department of Health and Children launched the document and gave the keynote address. Tim O'Connor read his piece from the document, which was extremely well received by everyone. The audience was genuinely appreciative for his



l-r: John Saunders, Director of SI; Denys Hughes, Louth Rose; Gareth Phelan, RDO, SI; Damien English, TD.



Minister Tim O'Malley





l-r: Martin Matthews, RDO SI; Marie Fitzpatrick, Mayor of Kilkenny

openness and message of hope. In Dundalk Damien English TD gave the keynote address and Denys Hughes, the Louth Rose, launched the document. Galway saw the document launched by Mr Dan Neville TD. in the

Westwood House Hotel . Tim O Connor and Ann Callanan of the National Suicide Review Group also spoke. Councillor Deirdre Clune, Lord Mayor of Cork performed the official launch of the document in the Southern region supported by Pat Sexton and Patrick Annesley (Chair of SI)

The Mid-West hosted its event on 25<sup>th</sup> July at the Greenhill's Hotel. Tim O'Connor opened the evening and was followed by Tim O'Malley T.D. Martin Rogan, National Care Group Manager of Mental Health Services, was the



Back row, l-r: Brendan Kenny, SI; Phil Hogan, TD; Martin Matthews, RDO, SI. Front row, l-r: Dr Jeanne-Marie Nangle, co-author of Supporting Life document; Pat Seagar, Assistant Director of SI

keynote speaker and congratulated SI on the document and went on to say that investment in suicide prevention was necessary to reduce and prevent people from taking their own lives. In Tullamore, Tim's story was read with great feeling by Mary Kennedy. Cllr Molly Buckley, Offaly Co. Council and Tullamore Town Council, then performed the launch. This was followed by an address from Rita Kelly, Suicide Resource Officer for the HSE Midlands. Phil Hogan TD launched Supporting Life in Kilkenny and special mention must also be given to surprise guest Marie Fitzpatrick, Mayor of Kilkenny who stated that she intended to give support to any initiative, which attempts to prevent suicide becoming a realistic option in peoples lives.



l-r: Mary Kennedy, RDO SI; Pat Seagar, Assistant Director of SI; Ms Rita Kelly, Suicide Resource Officer; Councillor Mary Buckley.



l-r: Christina Burke, RDO, SI; Tim O'Connor, SI; Anne Callanan, National Office for Suicide Prevention and co-author; Pat Seagar, Assistant Director of SI; Patrick Annesley, Chairman SI; Dan Neville, TD.



# Policy and Lobbying

In 2005, Schizophrenia Ireland engaged in several policy and lobbying activities. These included identifying and recommending alternatives on issues that impact the lives of people with mental health problems and their relatives. This activity consisted of engaging with and influencing legislators on specific issues of concern. Below are some examples of the policy documents that were submitted.

## **Mental Health Expert Group**

Schizophrenia Ireland was very pleased to be involved in the work of the Mental Health Expert Group and the final report "A Vision for Change", which was launched in January 2006 by the Tánaiste and Minister O'Malley. This report is the first comprehensive review of mental health policy since "Planning for the Future" was published in 1984.

The Expert Group, which was appointed by Minister O'Malley in August 2003, was chaired by Professor Joyce O'Connor, President of the National College of Ireland, consisted of 18 widely experienced people drawn from a range of backgrounds within the mental health services. The report outlines an exciting vision of the future for mental health services in Ireland and sets out a framework for action to achieve it over the next 7-10 years.



## **Political Friends of Mental Health**

In October 2005, Schizophrenia Ireland, Aware and Bodywhys organised a breakfast briefing on mental health for sitting TDs. The event provided politicians with an opportunity to learn about the main concerns in Irish mental healthcare services and to debate the issues in an informal way. Ms Ursula Stephens, a visiting Australian parliamentarian who has a special interest in mental healthcare issues and is the founding co-chair of the Australian Parliamentary Friends of Schizophrenia, made the keynote presentation. The event provided an opportunity for a lively discussion among those present on important issues of mental healthcare within the Irish context. The Political Friends of Mental Health was established in 2005 as a support forum for elected representatives who are interested in mental health issues.

### **Pre-Budget Submission**

In December 2005, SI released its submission to the Minister for Finance, Mr. Brian Cowen TD, in anticipation of the budget for 2006. 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**

SI welcomed the decision to develop plans for a new Central Mental Hospital in 2005. However, SI was strongly critical of the Government's agreement in principle to locate the Central Mental Hospital on the same grounds as the new prison complex to replace Mountjoy.

SI supported the concerns of relatives of patients within the CMH that the proposed new site in Thorntown, County Dublin would lead to the criminalisation of the Central Mental Hospital and its client population – this will add to the stigma already associated with mental illness.

Schizophrenia Ireland called on Government to reconsider the plans to locate the Central Mental Hospital on the same site as the new prison complex, taking into consideration the issue of stigma as well as the therapeutic needs of the Central Mental Hospital's client population.

The Central Mental Hospital (CMH) Relatives' group continues to be quite a strong political force. They have been paramount in the setting up of the Action Group for Mental Health and they continue to lobby and raise awareness around the issues facing their relatives in the CMH. The group has since had two further visits from Tim O'Malley, Junior Minister for Health and an additional meeting with Paul Howard, Advisor from the Department of Health and Children. Teresa Carey, Inspector of Mental Health Hospitals has also met with the group to discuss their issues.

### **The Mental Health Commission**

SI made a submission to the Police and Mental Health Working Group set up by the Mental Health Commission. This document outlined the concerns that relatives and services users have expressed regarding Garda involvement with involuntary admissions. It also outlined the need for increased training and knowledge for Gardai and close links with community mental health teams.

### **Ireland's National Action Plan against Poverty**

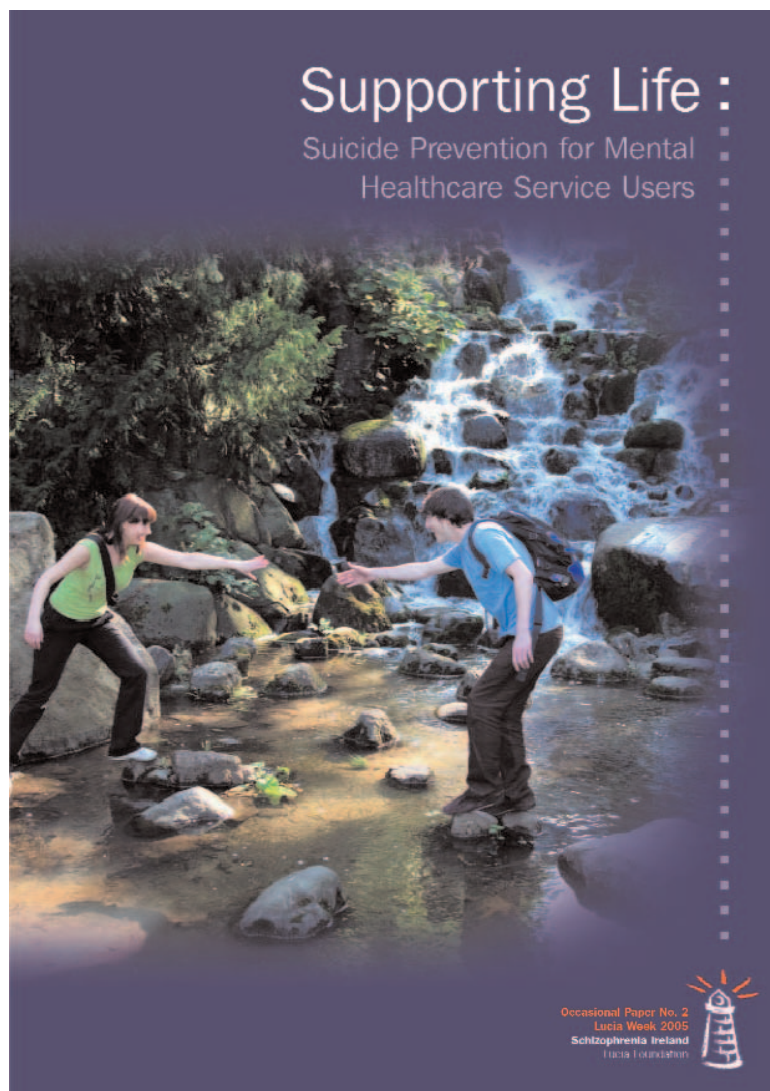
The purpose of this submission was to outline the main issues confronting people with schizophrenia and their families in Ireland today, and to make recommendations for Ireland's National Action Plan against Poverty and Social Exclusion 2006-08. SI welcomed this opportunity to engage in promoting a reformed and enhanced National Action Plan against Poverty and Social Exclusion that meets the real needs of the people it serves.

### **Broadcasting Commission of Ireland's (BCI) Code of Programme Standards**

The purpose of this submission was to outline the main issues confronting people with schizophrenia and their families in Ireland today, and to make recommendations for the BCI Code of Programme Standards. SI welcomed this opportunity to engage in developing the Code of Programme Standards, which will contain principles and rules that will apply to programming content on radio and television services licensed by the Commission, as well as RTE radio and television services, and TG4.

## Occasional Papers

In 2005, SI commenced the publishing of a series of Occasional Papers, providing a policy and lobbying platform for the organisation. Occasional Paper No. 1 was entitled *Public Policy, Poverty and Mental Illness: Opportunities for Improving the Future*, which was a discussion of the issues presented at a policy seminar funded through the Combat Poverty Agency. The document highlighted the necessity of the poverty dimension of mental illness to be included on the Irish public policy agenda. Occasional Paper No. 2 was entitled *Supporting Life: Suicide Prevention for Mental Healthcare Service Users*. The document provided information on suicide prevention for people with severe mental illness, highlighting policy implications. The document was launched during Lucia Week 2005.





## Press Releases

In 2005, SI released 11 national press releases on a variety of topics. The regional offices also sent the press releases to the local media in their area. Available to view on our website:

[www.sirl.ie](http://www.sirl.ie)

*27 January 2005*

**NEW CENTRAL MENTAL  
HOSPITAL PLANS CRITICISED**

*2 March 2005*

**REACHING OUT TO FAMILIES**

*8 March 2005*

**CHALLENGING STIGMA: ONLY  
1 ARTICLE OUT OF 24  
WORTHY OF PRAISE**

*28 April 2005*

**CHARITY GOLF CLASSIC IN  
AID OF SCHIZOPHRENIA  
IRELAND**

*6 May 2005*

**CORK CITY FLAG DAY TO  
FIGHT STIGMA**

*4 July 2005*

**PSYCHIATRISTS MUST STOP  
DENYING HUMAN RIGHTS**

*26 July 2005*

**MINISTER O'MALLEY LAUNCHES  
SUICIDE PREVENTION  
DOCUMENT**

*12 October 2005*

**IRELAND'S FIRST EVER ONLINE  
SCHIZOPHRENIA RESOURCE**

*4 November 2005*

**TIME TO ACT! - SCHIZOPHRENIA  
IRELAND RELEASES ITS PRE-  
BUDGET 2006 SUBMISSION**

*17 November 2005*

**STATEMENT BY SCHIZOPHRENIA  
IRELAND ON THE REFUSAL OF  
CONSULTANT PSYCHIATRISTS TO  
COOPERATE WITH THE IMPE-  
LEMENTATION OF PART 2 OF THE  
MENTAL HEALTH ACT 2001**

*22 November 2005*

**MINISTER DE VALERA LAUNCHES  
COLLEGE STAFF MENTAL HEALTH  
TRAINING PACK**

## Media Watch/SI in the news

In an effort to promote greater awareness and understanding of schizophrenia and mental illness, SI launched the Media Watch project in 2003. The Media Watch project highlights both the accurate and inaccurate coverage of schizophrenia and mental illness by writing a letter to the media source pointing out what was either a correct or incorrect portrayal. If a piece about schizophrenia or mental illness portrays the issues 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 and mental illness in general, while also encouraging those in the press and media who depict the issues in a true light.

There were 17 Media Watch letters sent in 2005, three of which were to congratulate the authors on an accurate portrayal of schizophrenia or mental illness, while the remaining 14 raised attention to the fact that their media pieces inaccurately portrayed schizophrenia or mental illness.





# Fundraising Activities

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



## Cork Flag Day

SI's 2005 Flag Day in Cork was the second year running for the event, extending to Cobh and Carrigaline. The collectors consisted of 94 school students and 136 adults. Several local SI members took to the street to support the collection. The promising message was that as more people connected to schizophrenia come out into the wider community, the public would have more knowledge and understanding of mental health issues. There was considerable press coverage for the event, which focussed on the personal stories of a number of service users and relatives. The total raised was €23,019.85. Congratulations and many thanks to all those who participated in making this a tremendously successful event!

## Women's Mini Marathon

The 2005 Women's Mini Marathon in Dublin was a great success for SI. Several women braved the day to walk, run or jog the 10 kilometres to help raise much-needed funds for the organisation. In this year's Cork Women's Mini Marathon, 75 people participated on



behalf of SI. The race was 8km and the average time of our group finished in 1 hour 35 minutes.

## Charity Golf Classic

On 13<sup>th</sup> May, Schizophrenia Ireland held its first national charity golf classic at the Portmarnock Hotel and Golf Links. Despite a fierce wind, the sun was shining and everyone enjoyed the day out. RTE's Shane O'Donoghue made a fantastic MC for the event and handed out the winners' prizes, which were generously donated by Waterford Crystal, Day Dream Health Spa, Tullamore Court Hotel, Portmarnock Hotel and Golf Links and Eurostyle Sports.



# 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) Martin Cahill Colette Fahy (Vice Chairperson) Kevin Jones (Treasurer) Valerie O’Kane (Secretary) Bridget Bermingham Kieran Coogan — elected May 05 Vera Murphy Clodagh Fetherston Anthony Grealish Angela Farrell Patrick Brassil — co-opted Evelyn McHugh Brid Nolan — resigned Jan. 05 Patricia Clarke — resigned May 05 Valerie O’Kane
SECRETARY	
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 2005 to December 2005

Name	Attendance		
Patrick Annesley	6/6	Patricia Clarke	2/3 Resigned May 05
Martin Cahill	5/6	Vera Murphy	3/6
Colette Fahy	6/6	Clodagh Fetherston	6/6
Kevin Jones	4/6	Anthony Grealish	4/6
Valerie O’Kane	4/6	Angela Farrell	4/6
Bridget Bermingham	4/6	Patrick Brassil	2/6 Co-opted
Brid Nolan	- Resigned Jan 05	Evelyn McHugh	5/6
		Kieran Coogan	3/3 Elected May 05

# 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 2005 which comprise 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 in the Statement of Accounting Policies.

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 Association's members as a body, for our audit work, for this report, or for the opinions we have formed.

### Respective responsibilities of directors and auditors

The directors are responsible for preparing the financial statements, as set out in the Statement of Directors' Responsibilities in accordance with applicable law and accounting standards issued by the Accounting Standards Board and published by the Institute of Chartered Accountants in Ireland (generally accepted accounting practice in Ireland).

Our responsibility, as independent auditors, is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with Irish statute comprising the Companies Acts, 1963 to 2005, 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 directors' report is consistent with the financial statements. In addition, we state whether we have obtained all the information and explanations necessary for the purposes of our audit and whether the company's balance sheet and profit and loss account are in agreement with the books of account.

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

We read the Directors' Report and consider the implications for our report if we become aware of any apparent misstatement or material inconsistencies with the financial statements. Our responsibilities do not extend to other information.

### Basis of audit opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. 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 directors 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, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of affairs of the Association as at 31 December 2005 and of its surplus for the year then ended; and have been properly prepared in accordance with the Companies Acts, 1963 to 2005, 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 purposes of our audit. In our opinion proper books of account have been kept by the Association. The Association's balance sheet and its profit and loss account are in agreement with the books of account.

In our opinion the information given in the Directors' Report is consistent with the financial statements.

DELOITTE & TOUCHE  
Chartered Accountants and Registered Auditors  
Dublin

13 March 2006

## 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 2005

	Notes	2005 €	2004 €
<b>TANGIBLE FIXED ASSETS</b>	5	<u>451,650</u>	<u>470,703</u>
<b>CURRENT ASSETS</b>			
Cash at bank and in hand	6	360,472	173,827
Debtors	7	<u>86,499</u>	<u>226,188</u>
		446,971	400,015
<b>CURRENT LIABILITIES</b>			
<b>CREDITORS</b> (Amounts falling due within one year)	8	<u>(340,390)</u>	<u>(269,025)</u>
<b>NET CURRENT ASSETS</b>		<u>106,581</u>	<u>130,990</u>
		<u>558,231</u>	<u>601,693</u>
<b>CREDITORS</b> (Amounts falling due after more than one year)	9	<u>(101,698)</u>	<u>(117,976)</u>
<b>NET ASSETS</b>		<u><u>456,533</u></u>	<u><u>483,717</u></u>
<b>REPRESENTED BY:</b>			
Revenue reserves		424,494	420,549
Capital Grant	10	<u>32,039</u>	<u>63,168</u>
		<u><u>456,533</u></u>	<u><u>483,717</u></u>

The financial statements were approved by the Council on 11 March 2006 and signed on its behalf by:

Patrick Annesley

Kevin Jones

DIRECTORS

## Reports & Financial Statements

### The Schizophrenia Association of Ireland

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

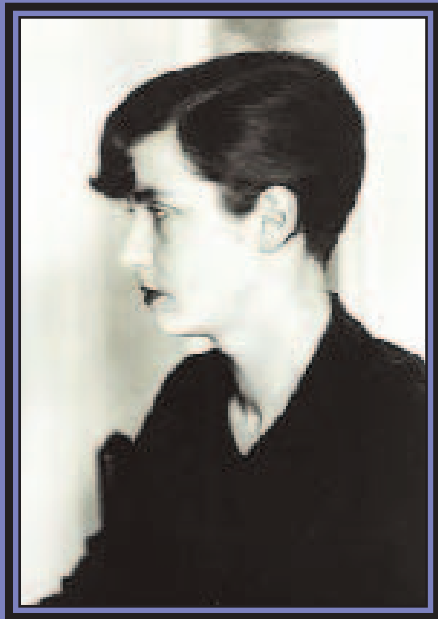
## Detailed Operating Statements for the year ended 31 December 2005

	2005	2004
	€	€
<b>INCOME:</b>		
National Lottery (Department of Health)	6,000	82,000
Health Boards:		
-Northern Area	675,775	581,541
-North Western	10,000	25,000
-Western	92,880	87,232
-North Eastern	77,205	83,205
-South Eastern	62,019	61,214
-Mid Western	75,585	67,801
-Southern	140,813	110,813
-Midland	42,051	49,750
-Department of Community, Rural and Gaeltacht Affairs	72,000	62,000
-Department of Education and Science	50,200	17,800
	1,304,528	1,228,356
EUFAMI – Prospect project	-	32,811
Donations, membership fees etc.	104,240	93,339
Conferences and courses	24,520	473
Grants and co-funding	281,962	319,065
Interest received	<u>1,083</u>	<u>1,691</u>
	<u>1,716,333</u>	<u>1,675,735</u>
<b>EXPENDITURE</b>		
Staff costs	1,195,452	1,056,994
Rent and mortgage interest	63,535	61,765
Administration costs	156,985	158,088
Training - staff and volunteers	5,434	3,497
Services expenses	259,171	226,407
Audit and accountancy	5,128	5,895
Trainee expenses	12,797	22,420
Professional fees	8,293	5,120
Depreciation	36,722	35,962
Grant amortisation	(31,129)	(31,129)
<b>TOTAL</b>	<u>1,712,388</u>	<u>1,545,006</u>
<b>NET SURPLUS FOR THE YEAR</b>	<u>3,945</u>	<u>130,729</u>



# Notes

# Notes



## *Lucia Joyce* *(1907-1982)*

When Lucia was fifteen, she began taking dance lessons, mostly of the new, anti-balletic, "aesthetic" variety, and this became her main interest during her teens and early twenties. Lucia pursued a career as a modern dancer and was an accomplished illustrator. She spoke four languages: English, French, German and Italian. In 1929, dancing on stage at the Bal Bullier in Paris: an angular mermaid-cum-fish in a skin-tight sheath of sequins that she designed herself with fins at the hips and fronds falling to the waist, a critic singled her out as "subtle and barbaric." She was 22, dedicated, passionate, with a kind of bony, bodily wit and an electric energy that captivated her audience.

Lucia may have been a source of inspiration for Joyce's work, particularly on *Finnegan's Wake*. Lucia was diagnosed as having schizophrenia at a young age. Joyce referred to schizophrenia as "the most elusive illness known to man and unknown to medicine"

Lucia's birthday week has been chosen to mark SI's National Awareness Week in testimony to her immense spirit coupled with her father's infinite love and dedication to seeking help and providing support for his daughter.



# Schizophrenia Ireland Lucia Foundation

## HOW TO CONTACT US



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Information resource: [www.recover.ie](http://www.recover.ie)

Confidential Information Helpline: **1890 621 631**

Monday - Friday 9.00am – 4.00pm