



Schizophrenia Ireland  
Lucia Foundation

Annual Report 2008

## What is Schizophrenia?

Schizophrenia is a severe mental illness characterised by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately one in every hundred people worldwide and the first onset commonly occurs in adolescence or early adulthood.

Positive/Active Symptoms include: Delusions, Hallucinations, Disorganised Thinking, Disorganised Behaviour. Negative/Passive Symptoms include: Withdrawal/Loss of Motivation, Loss of Feeling, Poverty of Speech, Flat Presentation.

## What is Bipolar Disorder?

Once called Manic Depression, Bipolar Disorder is a condition which causes extreme mood changes. Someone with this disorder may be very 'high' and over-excited or very 'low' and depressed, often with periods of normal moods in between. It is a common problem that may affect as many as one person in 100 at some time in their lives. Although it can appear at any age, it is more likely to develop for the first time in the teens or twenties, and tends to affect more women than men.

## What is Schizoaffective Disorder?

This is a less common diagnosis which has symptoms similar to both bipolar disorder and schizophrenia, and is treated in the same way. The main feature that distinguishes schizoaffective disorder is the presence of a mood episode that has been present for a substantial amount of time since the person has been unwell, but not necessarily all of the time. The mood and psychotic episodes are present to an equal degree, with neither predominating. A mood episode is a period of time, in which the person has experienced significant symptoms of depression or mania. Symptoms include: feelings of sadness, guilt, helplessness and / or worthlessness, change in appetite, lack of concentration, difficulty in sleeping or excessive sleeping, loss of energy and an inability to experience pleasure. Symptoms of mania include; increased irritability, hostility, grandiosity (inflated feelings of self worth), high levels of energy, irrationality and a decreased need for sleep.

## What is Severe Depression?

Severe depression is a serious mental illness. Unlike normal emotional experiences of sadness, loss, or passing mood states, severe depression is persistent and can significantly interfere with an individual's thoughts, behaviour, mood, activity, and physical health. Depression occurs twice as frequently in women as in men, for reasons that are not fully understood. More than half of those who experience a single episode of depression will continue to have episodes that occur as frequently as once or even twice a year. Without treatment, the frequency of depressive illness as well as the severity of symptoms tends to increase over time.









- Advocacy
- Awareness
- Counselling
- Education
- Employment Support
- Help
- Information
- Listening
- Resource Centres
- Recovery Focus
- Support Groups



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# Strategic Plan

## Mission Statement

*“Schizophrenia Ireland is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bipolar disorder, 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.”*

## Organisational ethos

SI believes that

people with severe enduring mental illness 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;

families and carers, the majority of whom are the primary providers of mental healthcare 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 not 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/opportunities;

we should foster a partnership and collaborative approach with all relevant agencies.

## Objectives

1. To promote the development of parallel self help groups for people with psychosis and enduring mental illness and their family members and carers.
2. To empower people with psychosis and enduring mental illness and their family members and carers through support, individual advocacy, information and education.
3. To promote the right of all those affected by psychosis and enduring mental illness to person centered and appropriate services, which will support the process and goal of recovery.
4. To engage in public awareness activities aimed at challenging discrimination and stigma, and advocating for the rights and needs of all those affected by psychosis and enduring mental illness.
5. To campaign on behalf of all those affected by enduring mental illness to influence policy changes in the provision of mental healthcare services.







# Chairperson's Report

## Welcome to the last Annual Report for Schizophrenia Ireland.

No, we are not going away – we have a change of name to Shine, supporting people affected by mental ill health.

Discussions on a change of name took place at several Annual General Meetings and council meetings of Schizophrenia Ireland in the last few years. Finally a decision was taken to go ahead with a change and then the new name had to be chosen. Members of Schizophrenia Ireland were asked to submit suggestions and over 100 groups and individuals responded. The names sent in had to be checked to see if they were already in use by other organisations. Eventually the number of names was reduced to a handful and the council took a vote and Shine was chosen. The logo was chosen from a dozen designs. The council hope you agree with our choice. We kept the lighthouse on the logo as it is a link to the old logo and was well-loved by most of those who submitted suggestions as it featured on many. The roll out date of February 2009 was decided on.

In 2008 Schizophrenia Ireland, along with their partners in the Irish Mental Health Coalition, were alarmed as the extra funding required to implement "A Vision for Change" was not allocated in the Budget. It later turned out that funding allocated in 2006 and 2007 for mental health had been spent by the HSE in other areas. This means that the necessary staff and other resources needed cannot be funded.

After Brian Cowen became Taoiseach he appointed John Maloney as Minister for State at the Department of Health and Children. Minister Maloney met staff and council members of SI and said that he was very keen to see "A Vision for Change" implemented in full. When asked about the move of the Central Mental Hospital to Thornton Hall he advised us it was Government policy to provide a new facility there.

Schizophrenia Ireland's new document "Talking about Talking Therapy; Psychotherapy and Psychosis" was launched in several venues in Lucia Week. This document is a useful informative resource on psychotherapy and its role in psychosis. Local media in some areas interviewed members of Schizophrenia Ireland on this document and brought the information to a wider audience. Other events which took place in Lucia Week in Dublin, Cork and Kilkenny were well supported.

The theme for the 16th Biennial Conference of Schizophrenia Ireland held in Wexford was "Recovery and the Family". About 150 people attended the Conference. The presentations were given by some members of Schizophrenia Ireland and those working in the field of mental health.



*Catherine Bourke*

Minister John Maloney opened the Conference and due to other appointments was not able to attend all the sessions, but stayed as long as he could and was impressed by the speakers.

The Annual General Meeting of Schizophrenia Ireland was held in the evening of the Conference. There was also a dinner where everyone was able to relax and socialise including the staff who had worked so hard.

Schizophrenia Ireland and its partners in several groups are making representations on behalf of those experiencing mental health problems and their families and friends to government here in Ireland and to the EU all the time, so that the problems encountered by people can be minimised and the quality of life for all can be improved.

If you have the time and energy as local groups, be it Phrenz, or Relatives, remind your local politicians you are there and ask them about the implementation of "A Vision for Change", not just once, try every 6 months. You know what is available in your locality and can ask why you do not yet have what has been promised.

***Thank you to the staff and all the volunteers who help to make Schizophrenia Ireland work.***





# Organisational Structure

## SI Staff as of 31 December 2008

### Director's Office

John Saunders  
Mary Lambe

Director  
Administrative Assistant

### National Projects Team

Kahlil Thompson-Coyle  
Hazel Whelan  
Jennifer Marsden  
Deirdre Lillis  
Andrea Farrell  
Miriam Gray  
Jane Arigho  
Rachel Wright  
Louise MacSweeney

Policy and Projects Manager  
Projects Assistant  
Advocate, Dublin  
Advocate, Cork  
Advocate, Galway  
Advocate, Kilkenny  
Headline Media Project Co-ordinator  
Headline Project Assistant and Media Liaison  
Headline News Researcher

### Rehabilitation Services

Cillian Russell  
Alexandra Scheele  
Goedelle van Laake  
Malachi McCoy  
Tim O'Connor  
Stephanie Metcalf  
Denise O'Reardon  
Bruno Nicolai  
Michelle Flaherty

Social and Rehabilitation Services Manager  
Development Worker, Dublin  
Development Worker, Dublin  
Resource Centre Coordinator, Dublin  
Development Worker, Dublin  
Job Club Leader, Dublin  
Resource Centre Co-ordinator, Cork  
Development Worker, Cork  
Development Worker, Cork

### Counselling and Information Services

Claire Hawkes  
Damien Lillis

Counsellor and Information Helpline Co-ordinator, Dublin  
Counsellor, Cork

### Development Team

Patricia Seager  
Christina Burke  
Ann Marie Flanagan  
Miriam Murphy  
Martin Matthews  
Anita Horgan  
Derek Pepper  
Susan McFeely  
Vacant  
Bernadette Byrne  
Anne Buckley  
Karina Keane

Assistant Director and Manager of Development & Support Services  
HSE Western Regional Development Officer, Galway  
HSE Midwestern Regional Development Officer, Ennis  
HSE Southern Regional Development Officer, Cork  
HSE South-Eastern Regional Development Officer, Kilkenny  
HSE Northern Regional Development Officer, Dublin  
HSE North-Eastern Regional Development Officer, Dundalk  
HSE Mid Leinster Regional Development Officer, Dublin  
HSE Midlands Regional Development Officer, Tullamore  
Administrative Assistant, Dublin  
Support Worker, Cork  
Support Worker, Galway

### Administration Team

Elaine Curtis  
Grace Ying Ma  
Leonor Bethencourt  
Rose Noone  
Stephen Mahon  
Maura Delaney

Accounts Manager  
Accounts Assistant  
Office & Premises Supervisor  
Administrative Assistant  
Administrative Assistant  
Cleaner

### Community Employment Scheme Staff

Niamh Brille, Colman Fox, Ann Marie Kelly, Nigel Betts, James Nicholson, Janet Akanbi

### 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 our Annual Report for 2008. During the year we continued to provide a comprehensive range of services to both service users and their family members. Services included: the provision of support groups, information, education and training, advocacy services, individual counselling services, day resource services and public information and awareness campaigns.

Specifically, we continued the hosting of Headline, the national media-monitoring programme promoting responsible and accurate reporting of mental health issues in the media (see [www.Headline.ie](http://www.Headline.ie)). We also continue to host the personal advocacy service Ár nglór (our voice). This service aims to provide individual advocacy to service users and their family members. During Lucia Week, we launched our 'Occasional Paper No. 5, Talking About Talking Therapies, Psychotherapy and Psychosis.' This document set out the argument for the need for greater access to psychological therapies by people who have severe mental health problems. In our ongoing campaign for improved mental health care services, it is important that we continue to highlight the need for access to psychological and social interventions in addition to medical ones. 'Talking about Talking Therapies' aims to provide a stimulus for this debate.

Our report sets out in detail the range of activities offered by Schizophrenia Ireland and shows some very interesting statistics. For example through the year, we made 260 public presentations to over 6,400 people. The aim of these events is to raise awareness and to outline the services that we provide. We also held 2 Family Education Courses, 7 Finding YOUR Way Courses for people with self-experience and provided respite care for approximately 500 people. The Ár nglór Advocacy Service responded to over 230 people nationwide who sought their services and over 1,000 counselling sessions were delivered in the Dublin and Cork offices. Additionally the total number of people who made contact with our offices through our information helpline, one to one meetings and

attendance at our workshop seminars was 8287. Our rehabilitation services in Dublin and Cork between them served 291 people during 2008.

It is clear from the statistics that we continue to extend our services to meet the needs of as many

people as possible and we do that with quite limited resources. The credit for the delivering of our services must go in the first place to our volunteers, including members of Council and operators of our information helpline facilities, our facilitators who facilitate the support groups and provide the seminars and training, and of course our staff without whom it would not be possible to deliver the range of services that we do.

An important event, which took place in 2008, was the decision by Council to commence a rebranding exercise leading to a change in our public image. This meant that from February 2009 we would be known as Shine, Supporting People Affected by Mental Ill Health. During 2009 we will continue to work on this change of image and will continue to provide the high quality of services that we have produced to date.



*John Saunders*

John Saunders, Director  
July 2009

# National Development

Schizophrenia Ireland's (SI) Development Team consists of the National Development Manager, eight Regional Development Officers (RDOs), 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

Our Regional Development Officers support the development and ongoing activities of the Phrenz and Relatives' groups. Without the commitment, energy and dedication of the facilitators, these groups would not thrive. Thank you to all facilitators.

## Phrenz Facilitators

Tim Bingham	– Killarney
Sean Broderick	– Swords
Mary Butler	– Clonmel
Eamon Cogger	– Mayo
Sarah Condon	– Cornerstone
Richard Conroy	– Bandon
John Crilly	– Navan
Owen Dureke	– Tralee
Brian Hartnett	– Limerick
Cherie Herwood	– Loughrea
Mary Hickey	– Mullingar
Mary Hunt	– Longford
Peter Kelly	– Mayo
Thomas Keogh	– Kildare
John Kidney	– Middleton & Tralee
Tricia Killen	– Maynooth
Dara Lakes	– Maynooth
Martina Lannan	– Artane
Barry Lavelle	– Maynooth
Breda Long	– Cork

Liam Madden	– Kildare
Louie Maguire	– Galway
Ailish Maher	– Kilkenny
Owen McCoy	– Dundalk
Ed McGeough	– Cornerstone
Ann Mulkerrins	– Galway
Niall Payne	– Athlone
Raymond Noble	– Tullamore & Portarlington
Mary O'Malley	– Kilrush
Mary O'Shea	– Ennis
Jim Power	– Galway
Patrick Ryan	– Carlow
Cathail Shanahan	– Nenagh
Rosanna Sherlock	– Ballyfermot
Anthony Smith	– Kilrush
Francis Stuart	– Blessington Street
Richard West	– Killarney
Rowanna Woods	– Artane

## Relatives' Facilitators

Eileen Barry	– Leitrim
Tony Blackmore	– Waterford
Tim Bingham	– Killarney
Martin Cahill	– Cluain Mhuire
Maura Cannon	– Inishowen
Ann Cleary	– Loughrea
Ann Concannon	– Milltown
Noelle Dáson	– Limerick
Hugh Devlin	– Buncrana
Margaret Downey	– Clondalkin
Patricia Duffy	– Inishowen
Kathy Eastwood	– Galway
Collette Fahy	– Clontarf
Annette Field	– Swords
Stephen Garland	– Blanchardstown
Pauline Gill	– Dundrum
Paul Guckian	– Ennis
Deirdre Hayden	– Artane
Anne Hoey	– Tallaght
Angela Hunter	– Cork
Maria Keating	– Thurles
Tom Lohan	– Glenamaddy
Marion Masterson	– Longford
John Matthews	– St. James
Peggy McColgan	– Inishowen
Hubert McHugh	– Leitrim
Brian Miles	– Milltown





Ann Marie Mullery	– Roscommon
Joan O'Brien	– Tralee
Rene O'Brien	– Tralee
Patricia O'Donnell	– Naas
David O'Gorman	– Navan
Aine O'Reilly	– Ballyfermot
Chrstina Peltz	– St. James
Laura Thompson	– Nenagh
Marie Tuohy	– Mayo
Joyce Watson	- Cluain Mhuire

## Anne Hoey R.I.P

It is with great sadness that we learned of the sudden death of Anne Hoey, one of our valued facilitators who passed away on 2nd of August 2008. Anne worked as an Occupational Therapist within the Tallaght Mental Health Services and as one of the Schizophrenia Ireland Relatives group Facilitators for many years. Anne was dedicated to the support of both families and people with experience of mental ill health and will be missed by all who knew and worked with her.

## East Wicklow/South Dublin Region

### Phrenz Groups

The Cornerstone Phrenz group continues to do well. There is a large membership, which provides peer support to both existing members and new members. The Cornerstone group also provides a very informal atmosphere, which meets the needs of people with mental health issues who are either seeking support or an opportunity to meet others.

### Relatives' Groups

The East Coast Area has three Relatives' groups: in Milltown, Blackrock and the Central Mental Hospital (C.M.H.) in Dundrum. All groups are doing well and each has created their own identity, based on the specific needs in their local area, which include Housing, Funding, Peer Support and Human Rights. The Central Mental Hospital continues to lobby the government in relation to the proposed inappropriate move to the Thornton Hall site. They work closely with the management of the C.M.H to improve conditions and services for their relatives.

### Gateway

SI has been involved with the development of a drop in resource centre in conjunction with the Rathmines Partnership in the Dublin 6 region. Initially we were invited to be part of a consultation group with a number of different stakeholders from both voluntary

and statutory services to discuss the need for such a service.

Gateway opened in 2004 for only one afternoon a week providing arts and crafts, tai chi and stress management. The group went from strength to strength and expanded its service to two afternoons a week. The group is peer driven and is supported by the Rathmines Information Centre, the group not only accesses the services of Gateway, but also of the Rathmines Information Centre. This year has been a very successful year for the Gateway group. A full time coordinator and two community employment workers now support the group.

### Trinity Nurse Training Programme

Since 2005, SI has been involved in both the development and delivery of the Recovery module within the Bsc in Mental Health Nurse Training. Over the past few years we delivered the training primarily to third year students, but in 2008, we commenced the training with the second year students, which appeared to be received very well. The SI Regional Development Officer for the Eastcoast and Southwest Areas has delivered it in partnership with the Irish Advocacy Network and an SI Relatives group. Within the module we explore what recovery is, from the perspective of both a family member and a person with self-experience. We also discuss the role of the voluntary agencies within the current Health Service Executive and the benefits of both advocacy and peer advocacy. The modules have been received very well and the students felt it provided them with a clearer insight into Schizophrenia, Schizophrenia Ireland and the experiences of a person using their service.

### UCD Nurse and Medical Student Training


In 2008, Schizophrenia Ireland and the Irish Advocacy Network began providing a module for the medical students and student nurses undergoing training within UCD. The aim of the course is to provide awareness into the areas of recovery, empowerment and advocacy. It is also an opportunity to explore the development of the partnership between statutory and voluntary agencies. SI continues to provide this training on an annual basis.

## Kildare/West Wicklow and Dublin West Region

### Phrenz Groups

There are three Phrenz groups within the Southwest area: in Ballyfermot, Kildare and Maynooth. All groups continue to do well and have an increase in





membership. All groups provide both peer support and an opportunity to meet others in social settings.

### **Relatives' Groups**

The Southwest area has four Relatives' groups which continue to do well in Kilmainham, Clondalkin, Ballyfermot and Naas. The groups provide an opportunity for relatives of people with self-experience to both meet and gain support from people with similar experiences. The Ballyfermot group is very politically active and works with local elected representatives to highlight the issues and improve the services within the Dublin West region. In 2008, the group has also been very active with the services around the issue of mental health promotion.

## **Mid Western Region**

### **Phrenz Groups**

There are three Phrenz groups in the Midwest; in Nenagh, Limerick and Ennis with a fourth group in the set up stage in Kilrush (West Clare). As always the groups are strong, active, vibrant and supportive. All existing group facilitators are active in other activities of SI and participate in the training and support that is offered. The groups are very independent and organise all their own activities, such as their respite break, their Christmas party and other celebrations throughout the year. At the end of the year the Limerick Phrenz group said good-bye to their founder member and Facilitator Tim O'Connor, who moved to Dublin to work full-time as a Development Worker in the Basin Club. Thanks and good luck Tim. Welcome Brian. Thanks to all the facilitators who are there every week to be a support to many others.

### **Relatives' Groups**

There are four Relatives' support groups in the Mid West; in Limerick, Nenagh, Ennis and Thurles with a new group beginning in Kilrush (West Clare) in 2008. The Thurles group was suspended during the year, as the group had to find new premises and after many years of commitment Teresa Bannon stepped back from Facilitation. We thank her most sincerely for everything and welcome Maria Keating who will take up the role. The group will meet in the Thurles Action for Community Development building. As always the groups meet monthly to support each other and share information and continue to be an opportunity to meet with the Regional Development Officer and to keep up to date on the activities of SI in the region and nationally. At Christmas the Limerick and Nenagh groups enjoyed a relaxing meal out in appreciation of their unyielding commitment and support to their

relative. We would like to thank the facilitators who support the groups every month on a voluntary basis.

### **Nenagh Youth Peer Support**

A number of concerned and interested workers have come together in the Nenagh area to consider the support needs of young people aged between 14 to 18 years of age. Those involved in the project have experience of working with youth, people with mental health support needs and with disadvantaged communities. Gerry Mitchell, a Community Development Worker with Loretto House, identified the need. People were brought together to support young people, who find themselves supporting a friend, who with some new skills may feel better able to respond.

## **Midlands Region**

### **Phrenz Groups**

2008 was another busy year in the Midlands. The Phrenz Groups in the Midlands provide peer support and opportunities for social interaction. The Longford Phrenz Group had many day trips and enjoyed pleasant meals with good food and good company. They have continued to enjoy art and poetry appreciation and discussion, and some group members are starting to consider meditation as an option. The Candle Light Group in Athlone meets monthly and enjoys planning outings, social meals and having a good laugh together. The Mullingar Phrenz Group meets on the last Friday of the month at the Eala Centre, in St Loman's Hospital. Discussions can be lively, with topics ranging from drug taking, personal responsibility, family support and recovery. But space is always there for people who are not ready to talk but want to be present. The Light House group in Tullamore enjoyed a very full calendar of events in 2008, which was drawn up by the members. Emphasis of this group is social interaction. Some of the activities they attended were Bowling, Bingo, a Pub Quiz, Crazy Golf and the Christmas Party.

### **Relatives' Groups**

The Longford Relatives have met sporadically this year. They continue to enjoy sharing their experiences and being kept abreast of Schizophrenia Ireland's ongoing work.

Sadly Mary Kennedy ceased her close connection with SI and returned to her previous posting within the HSE in the summer of 2008.







## North Dublin Region

### Phrenz Groups

There are three Phrenz groups in the Northern Area. These are located in Swords, Artane and Blessington Street. All groups meet on a weekly basis and have been in operation for a number of years now and thanks to strong facilitation, have proved to be very successful.

### Relatives' Groups

The Northern Area has three Relatives' groups, which continue to meet in Clontarf, Swords and Artane. These groups meet on a monthly basis, providing peer support to a consistent membership.

## North Eastern Region

### Phrenz Groups

There are two Phrenz groups operating within the North East region. The Navan Phrenz group has enjoyed great success over the past 3 years and meetings are held every Thursday night. The group has been a fantastic support to people from the Navan and surrounding areas and continues to enjoy a growing membership.

The Phrenz group in Dundalk has been in existence for one year and meets every Wednesday night. The group enjoys regular attendance from its members and hopes to increase its membership during the course of the coming year.

### Relatives' Groups

The Navan Relatives' group, continue to meet on the last Tuesday of every month. The group has been in operation for over 10 years and while operating slightly independently of SI, they remain happy to be affiliated with SI and avail of the support provided by SI whenever necessary.

## Southeast Region

### Phrenz Groups

The Kilkenny Phrenz group is going well. The Enniscorthy group is also progressing well, while the Clonmel Phrenz group has expanded and is going well too. The Carlow Phrenz group is still taking place and was reviewed in the summer of 2008 where it was deemed to still be a viable option. All the Phrenz groups got together for the Lucia Day celebrations in July 2008. A new group has been meeting in Waterford with varying degrees of attendance but it is a valuable point of contact for its members.

### Relatives' Groups

The Waterford Relatives' group continues to meet in the Cheshire Home in Waterford and is still a very vibrant group. In general the Regional Development Officer had an increased amount of one to one contact with relatives in the Southeast region in 2008. Relatives appear to prefer to meet up with the RDO rather than attend a support group on a regular basis.

### Drop In Morning

A drop in morning has been developed in the Kilkenny office. The group call themselves the Kilkenny Basement group. Attendance is quite large and the group runs every Friday from 10.30am to 1pm. Tea coffee and discussions are the order of the day.

### Taking Control

This course is a new training program, which was delivered in Kilkenny in 2008. The course is designed for people with self-experience of mental health difficulties, particularly those who experience symptoms such as paranoia, fear, panic attacks and voice hearing. It looks at how these symptoms may impact on their lives and identifies the relationship these symptoms may have with fear and how the feeling of fear may increase the intensity of the above-mentioned symptoms; leading on to the identification and provision to individuals of practical coping skills that the person themselves may have found to be beneficial. Participants also learn from other group members what has worked for them in the past and what is working for them in the present. It is envisaged that the course participants will become prospective trainers in the future.


## Southern Region

### Phrenz Groups

The Bandon Phrenz group meets every fortnight. In 2008 they went on some day trips to Glengariff in West Cork and Kenmare in Co. Kerry and also had some meals out. They also went out socially a few times as a group during the year for evening meals in Bandon. Many members of the group attend the Watergate Day Centre in Bandon and meet up regularly outside of the Phrenz group.

The Tralee Phrenz group meets fortnightly. They go out regularly for meals and to the cinema. They held a very successful music and karaoke evening in November 2008. Some members of the group visit the Basement Resource Centre in Cork on a regular basis. Many members also attend Caherina Day Hospital regularly and get support there from group sessions and from linking in with Key Workers and Nurses.





The Cork Phrenz group meet weekly and have new members most weeks. Many of the members take part in the Basement Resource Centre activities. The group hosted a Cultural evening and also invited guest speakers to speak to the group during the year. Among those who gave talks were Kathleen Lynch, local city Labour TD and a Pharmacist who gave a talk on Medication. The group also like to practice public speaking and do this from time to time within the group. They go out for meals and meet up for coffee outside of the Phrenz group meetings. The group also took part in a very successful Lucia event in Cork in July 2008.

The Killarney Phrenz group have a new venue with tea and coffee making facilities and parking, which has made a big difference to them. The group went with the Killarney Relatives group for a late Christmas meal in early January 2008 and had a great time. Richard West who facilitates the group has introduced a 10-minute relaxation period at the end of the meeting and this is very well received. The group also invited Noreen Fitzgibbon from the Irish Advocacy Network as a Guest Speaker during the year.

### **Relatives' Groups**

Some members of the Cork Relatives' group are actively involved in the Cork Housing Action Group and the Inter Agency Housing group. Angela Hunter who facilitates the group organised guest speakers to give talks at the meetings. Among them were Noreen Fitzgibbon from the Irish Advocacy Network and John Redican also from the Irish Advocacy Network who was accompanied by Ber Cahill from the Health Service Executive. Many members of the group took part in a Family Education Course in May 2008. Dr. Rosemary Shinkwin attended session 3 of the course and she answered many questions from the group about Medication and other issues. Feedback about the course in general was very good. Some members of the group also attended the SI Conference in Wexford in November 2008 where Angela Hunter, Facilitator made a Presentation, which was very well received.

The Tralee Relatives group is small and meets monthly. This group also enjoys social outings.

The Killarney Relatives group is a small group. Noreen Fitzgibbon from the Irish Advocacy Network visited the group as a guest speaker at one of the meetings in 2008. This group usually meets up with the Killarney Phrenz group to socialise and are hoping to organise some more guest speakers in 2009 and maybe meet up with the Tralee Relatives group for a joint support meeting.

## **Western Region**

### **Phrenz Groups**

There are currently three Phrenz groups in the Western Region in Castlebar, Galway and Loughrea. The groups provide peer support and friendship by and for people with self-experience. All the groups are actively committed to the Recovery Model. Throughout the year members of the groups participated in fundraising activities and attended various events organised by Schizophrenia Ireland. They also took part in the annual respite breaks.

The facilitator of the Castlebar group has been appointed to facilitate a Rehabilitation and Recovery group, which was organised by the community rehabilitation team. Over the next year this person hopes to raise the profile of the Phrenz group in the region among professionals, carers and people with self-experience.

Some members of the Galway group in addition to the Phrenz Group have recently set up a peer support group called 'Tar lsteach'. The group meets as a drop-in group every Wednesday.

A special thanks goes to all the facilitators for their tremendous support, and congratulations goes to all the members on their many achievements and participation on the Consumer Panels, along with the various committees they are engaged in at HSE level.

### **Relatives' Groups**

There are Relatives' groups in Galway City, Loughrea, Castlebar, Roscommon and Glenamaddy, which are facilitated by extremely committed health professionals.

This year members of the groups continued to participate in the local Health Service Executive Consumer Panels. The quality of speakers visiting the groups in 2008 was extremely appreciated by all the group members and it is hoped that this will continue in 2009. A special word of thanks goes to all the facilitators for their tremendous commitment and congratulations also goes to them on their achievements over 2008. The group meets as a drop-in group every Wednesday.

Congratulations goes to all the members on their many achievements and participation on the Consumer Panels, along with the various committees they are engaged in at HSE level.



# Projects 2008



## Introduction

Headline has been set up by the Health Service Executive's National Office for Suicide Prevention as part of "Reach Out" the National Strategy for Action on Suicide Prevention, and is managed by Shine. Headline works with editors and journalists, including the National Union of Journalists, and media students to find ways to collaborate to ensure that suicide, mental health and mental illness are responsibly covered in the media.

Headline monitored Irish print media for coverage of mental health and suicide using a list of key search terms. In 2008 there were 19,337 articles in Irish print media.

Headline provides information on its website [www.Headline.ie](http://www.Headline.ie) to assist with reporting on mental health and suicidal behaviour. Headline encourages the use of media guidelines and provides media guidelines and resources. The headline website received 7,573 unique visitors in 2008. They viewed 19,031 pages on the site. The 7,537 unique visitors came from 95 countries and the top 10 were Ireland, USA, UK, Canada, Australia, India, Germany, France, Spain, and the Philippines. Headline had 29 on line polls on the headline website in 2008.

Headline serves as a vehicle for the public to become involved in helping to monitor the Irish media on issues relating to mental health and suicide. Headline encourages people to speak out and use their voices to improve the quality of media coverage of suicide and mental health issues.

Headline gave a presentation 'Mental Health and Suicide in the Media' as part of a joint symposium with 9 other members of the IASP International Media Taskforce at the 12th European Symposium on Suicide and Suicidal Behaviour, which took place in Glasgow, Scotland.

Headline compiles a weekly bulletin of interesting stories on mental health and suicide related issues in approximately 250 publications. To sign up email [info@headline.ie](mailto:info@headline.ie). Headline currently has 525 people signed up.

Headline sponsored a category called 'The Headline


Award for Journalism Relating to Mental Health or Suicide Prevention' Smedia awards (Student Media Awards). The award was created to encourage the next generation of journalists to accurately and responsibly report on these issues. Carl O'Brien, the Social Affairs Correspondent with The Irish Times was the judge for the award. The winner of the 08 award was Andrea Gilligan from NUIG for her winning piece entitled "The long day is over".

To hear the entry go to the podcasts section on [www.Headline.ie](http://www.Headline.ie).



*Andrea Gilligan Smedia  
2008 winner*

Headline gave presentations on mental health and suicide in the media to journalism, media and communication students in the following colleges over the college year: Dublin Institute of Technology, Dublin City University, Griffith College, Mary Immaculate College University Limerick, National University of Ireland Maynooth, National University of Ireland Galway, and Independent Colleges. The presentation introduced the students to the Irish and international media guidelines for reporting on mental health and suicide and also looked at examples of Irish media coverage and the workings of Headline



Headline was requested to give a training session on suicide in the media to RTE's broadcasters in conjunction with the National Office for Suicide Prevention. The training session consisted of presentations from Geoff Day, Head of the National office for Suicide Prevention and one from Headline. This was a very positive step for our future contact with RTE.

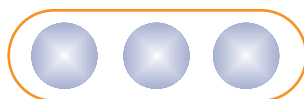
Headline has been working with John Kelleher the Director of film Classification to assist with certifying films which feature suicide and self harm. IFCO is the statutory body responsible for examining and certifying all cinema films, videos and DVDs distributed in Ireland.

Headline has been working with The Samaritans and the IAS to assist with the rewriting of the media

guidelines for reporting on suicide in print media. The guidelines will be launched in 2009. They will be distributed to media professionals and media students.

Headline worked on media guidelines called 'Preventing Suicide, a Resource for Media Professionals' with The World Health Organization (WHO) and the 'International Association for Suicide Prevention (IASP) media guidelines'. To view the media guidelines please visit <http://headline.ie/medialInfo/internationalGuidelines/>

Headline worked with Shine on an international lexicon called the 'International Media Guide for Mental Health'. It is a media guide for media professionals for reporting on mental health.



## **Ár nglór: The Community Mental Health Advocacy Service**

Ár nglór is a community mental health advocacy service for people with self-experience of mental health issues and their families.

Advocacy is defined as 'including services in which the interest of a person seeking a social service are represented, in order to assist the person in getting entitlements to such service, but does not include legal representation'.

'Speaking on behalf of a person or empowering that person to speak for him or herself are the more popularly understood interpretations of advocacy'.

People who experience mental distress and their relatives/carers are frequently disadvantaged and excluded from a whole range of rights, entitlements and activities. An Advocate can be a powerful resource in challenging a specific injustice or clarifying and negotiating an improvement in circumstances. An Advocate can provide practical support as well as the confidence to self-advocate. An Advocate can help to find a way through complex community services and can stand up for people when they are discriminated against.

In 2008, Ár nglór grew from strength to strength. The service now has four part-time advocates, one each based in Shine's Cork, Galway, Kilkenny and Dublin offices. The advocates assisted over 230 clients with information and support in accessing rights and entitlements, negotiation and liaison regarding access to housing, education and employment, complaining procedures, consumer rights, travel and immigration, negotiation with family members, negotiation and liaison with community mental healthcare professionals, and other relevant issues to improving and enhancing their well being in the community.

The Ár nglór project is in partnership with the Irish Advocacy Network and is funded through the Citizens Information Board. The Kilkenny Ár nglór advocacy service is funded through the Health Service Executive (HSE).

For further information, please contact:

<b>Dublin.</b>	<b>Tel. 01-8601620</b>
<b>Cork.</b>	<b>Tel. 021-4808189</b>
<b>Galway.</b>	<b>Tel. 091-761746</b>
<b>Kilkenny.</b>	<b>Tel. 056-7703652</b>





# SI Activities 2008

## Public Presentations

Schizophrenia Ireland made 260 public presentations in 2008 to 6,436 people throughout Ireland. The aim was to raise awareness about schizophrenia and related issues and to outline services that are provided by SI. These events give people an opportunity to come together to discuss common issues in an open and inclusive setting.

## Family Education Courses

Schizophrenia Ireland offered 2 Family Education courses in 2008. The Family Education courses took place in Thurles and Cork. A total of 27 people participated. These courses are designed to help caring relatives and friends of people with schizophrenia to learn more about the illness and to manage the symptoms and difficulties encountered.

## 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 5 years and continues to receive widespread support. In 2008, 7 courses took place with up to 61 participants taking part nationwide. The locations of the Finding YOUR Way courses in 2008 were Castlebar, Dundalk, Kilrush, Limerick, Navan, Tallaght and Thurles.

## Respite Holidays

Since 1998 Schizophrenia Ireland has been supporting, with the assistance of National Lottery grants, a number of respite breaks for people with self-experience of mental distress. In recent years Relatives' groups have also availed of respite breaks. The group members themselves decide the type of activity most suited to their interests and needs. Some groups decide on long weekends or full week breaks, others opt for day trips or social outings. In 2008 the groups undertook 27 different activities including trips to Dingle, Galway, Killarney, Mayo, Waterford and Wexford, whereby almost 500 people benefited.

## Garda Training

In 2008 up to 1000 Garda recruits completed the Schizophrenia Ireland Garda Training Course. The course is designed to inform potential Gardai of the particular difficulties which may be encountered when

dealing with members of the general public who are experiencing mental health difficulties. It also offers an insight into how the person with self-experience and their carers and relatives may feel when dealing with the Gardai. The course is not only about information; the speakers share their own personal experiences as a person who has had experience, or indeed is still experiencing mental health difficulties. Their relatives and carers or health worker also impart information from their perspective. It focuses on the principle that someone with a mental health difficulty is a person with all the inherent rights of citizenship, which we all enjoy. The type of programme delivery was praised by the participants and in particular the benefit to people with self-experience when dealing with the Gardai personally, or as a family member providing the training. A big thank you goes to Brendan, John, Mary, Sylvia, Miriam and Tony for their professionalism, hard work and support in carrying out this important work. There is some concern about the future of this training continuing in the same format next year as a result of funding cutbacks affecting the Garda Training Budget.

## Counselling Services Dublin

A total of 90 clients availed of the Dublin counselling service in 2008, with the total number of sessions amounting to 500, which shows a slight decrease from 2007 both in the number of people attending, and in the number of sessions offered to clients. Over two-thirds of the Dublin clients had a diagnosis of schizophrenia or related mental illness.

## Counselling Services Cork

A total of 46 people attended the Cork Counselling Service. The total number of sessions was 580. This shows an increase from 2007. Over 80% of the Cork clients had a diagnosis of schizophrenia or related mental illness.

## Information Helpline 1890 621 631

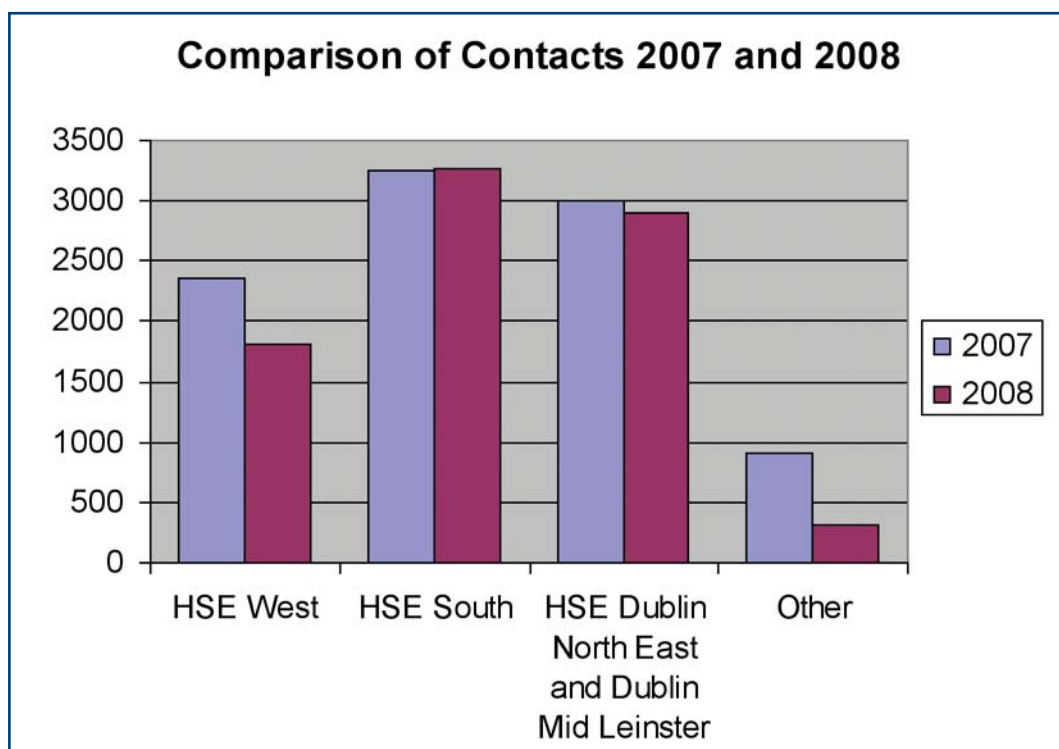
A training weekend took place in November and we now have ten volunteers making a very valuable contribution to our work on the Information/Helpline.

## SI Contacts

The total number of people who made contact with SI offices through our information helpline, one to one meetings and attendance to our workshops and seminars, was 8287.

# 2008 Contacts by Health Service Executive Region

HSE West		HSE South		HSE Dublin North East and Dublin Mid Leinster		Other
Clare	545	Carlow	52	Cavan	153	
Donegal	7	Cork	1313	Dublin	1200	
Galway	278	Kerry	195	Kildare	86	
Leitrim	0	Kilkenny	627	Laois	15	
Limerick	423	Tipperary South	450	Longford	261	
Mayo	78	Waterford	227	Louth	493	
Roscommon	11	Wexford	288	Meath	532	
Sligo	14	Wicklow	118	Monaghan	14	
Tipperary North	450			Offaly	60	
				Westmeath	84	
<b>Total</b>	<b>1806</b>	<b>Total</b>	<b>3270</b>	<b>Total</b>	<b>2898</b>	<b>Total</b> 313





# Rehabilitation Services

An important aspect of SI are two community resource centres: the Basin Club, Dublin set up in 2002, and the Basement Resource Centre, Cork set up in 2006. The overall aim of the resource centres is to support each member build the insights, understanding and capacity associated with recovery and mental wellness. The importance of peer support in reaching this aim is considered to be of paramount importance. The model used in both services is noteworthy for its partnership approach. The entire shape of the services is determined by members and all decisions are made by and through the members at annual reviews and weekly meetings. The nature and extent of participation is the choice of each individual. Membership is life-long.

Activities include:

- Drop in and coffee dock for members
- Provision of impartial and up to date information on e.g. housing, benefits and other community services
- Partnership between staff and members in the day to day running of the centre
- Skills development through participation e.g. reception work and administration work
- Access to resources e.g. computers, email and internet
- Mentoring programme which provides members with one-to-one support, advocacy and referrals and a link into other community services and supports
- Learning and Education groups
- Social groups
- Networking with local services
- Employment support

## The Basement Resource Centre Cork

The Basement Resource Centre has just completed its second year in operation following its set up in November 2006. Opening times are Monday to Thursday 9.30am-4.30pm and Friday 9.30am-3.30pm. 137 people used the Basement Resource Centre in 2008. Daily, an average of 21 people used the Basement Resource Centre. 65 members were new to the Club in 2008, and 72 had been in contact with us in previous years.

Some notable events in 2008 were: 125 friends, family members and professionals, visited the Centre as part of the Lucia week celebrations which included an art exhibition and music provided by the members. A group called "Pathway To Freedom" was formed by the members and held a festival in Cork city centre to mark World Mental Health Day. The Social group from the Basement Resource Centre went on different outings and enjoyed a great holiday in Galway. The outside area of the Basement was redesigned with plants and a seated area. Links were developed with other community support services including Adult Education Services, Focus Ireland, Housing and the Simon Community. Three groups were set up with support of other agencies: the Women's Personal Development Group was set up with the SHEP (Social Health Education Project); a Stop Smoking Support Group was set up with the Health Promotion Unit HSE; and a catering course was set up with the Learning Support Services.

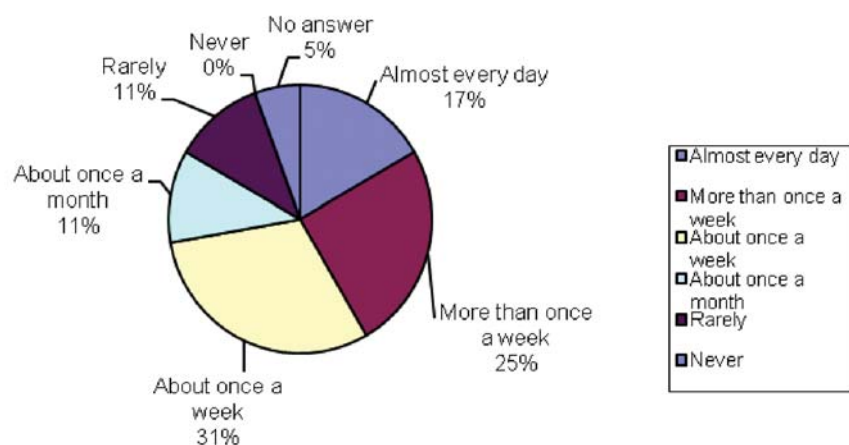
## The Basin Club Dublin

Opening times are Monday to Friday 9.00am - 4.30pm and Sunday 12 noon -4.30pm and Sunday 12 noon – 4.00pm. 154 people used the Basin Club in 2008. On average, 33 people used the Basin Club daily. 37 members were new to the club in 2008, and 117 had been in contact with us in previous years.

Some notable events in 2008 were: The Basin Club held an art exhibition at 38 Blessington Street as one of the official events of Bloomsday on June 16th. The exhibition was subsequently displayed in Phibsborough public library for four weeks. A very enjoyable Open Day was held as part of Lucia Week celebrations. Two members were recognised at the annual Lundbeck art exhibition held in the Office of Public Works, St. Stephen's Green. The artists received a joint-first and highly recommended acknowledgement. Computer training was made available to members by Dublin City Council through their Public Libraries 'Learning Bus'. New groups included: French conversation class, a second health management group and a walking group. Stress Management and Wellness Recovery Planning continued. Members enjoyed trips to Belfast, Glendalough and Go-Karting supported by the Sugar Club Fundraiser 2007. A very successful awareness and fundraising gig organised by Clara Hamill and Dermot Lambert was held in the Sugar Club in October.



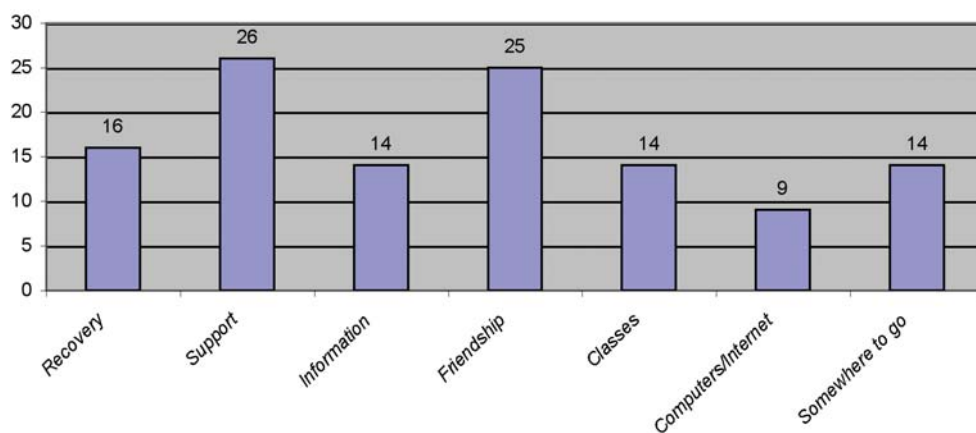
## How often do you use the Basement Resource Centre?



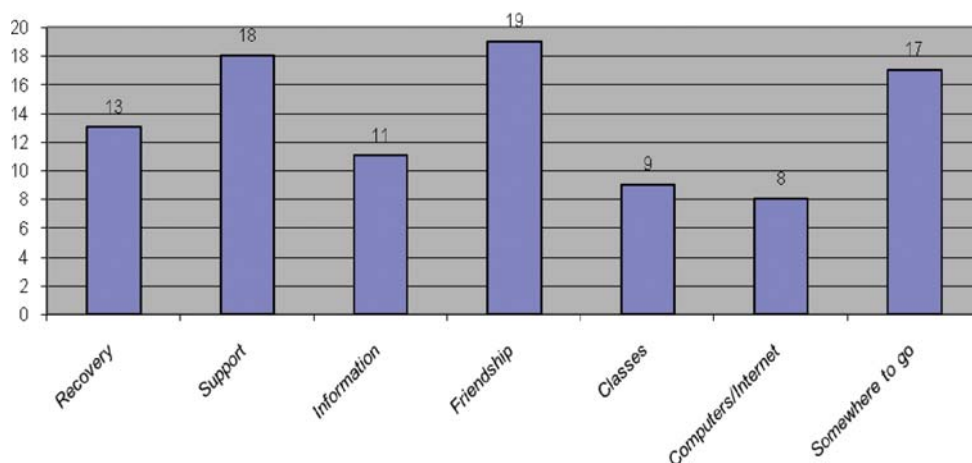
## How often do you use the Basin Club?



## Main reason for coming along to the Basement Resource Centre



## Main reason for coming along to the Basin Club Resource Centre







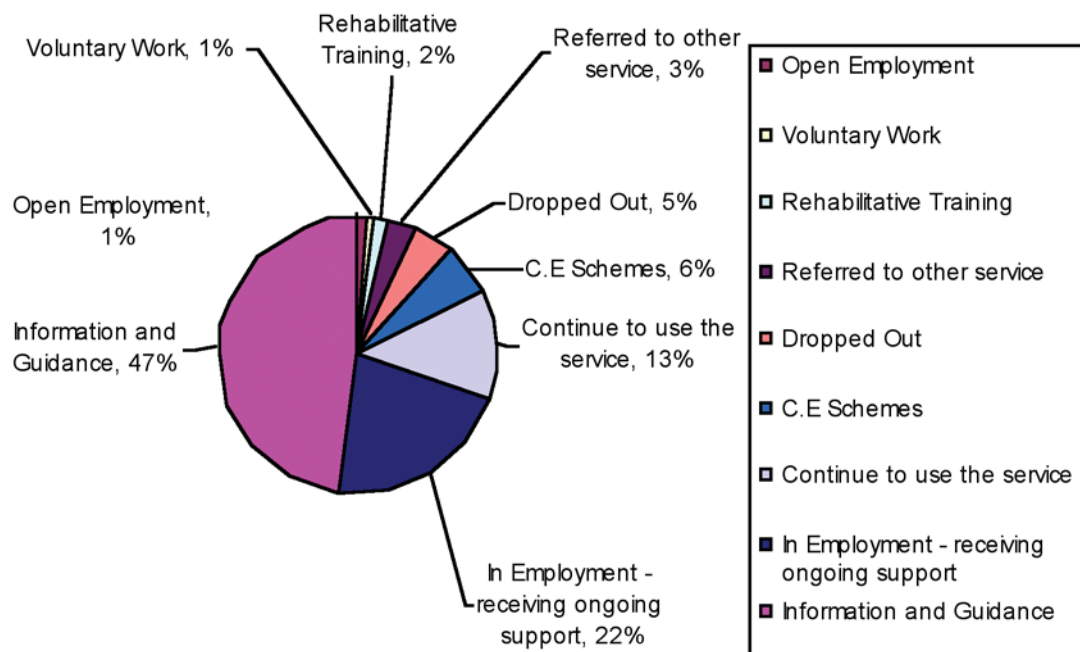
## The Job Club

102 individuals participated in the Job Club in 2008. The Job Club was closed for a period of 6 months between February and July as there was no Job Club leader during this time.

Information and guidance offered to Job Club members include, career exploration and guidance, updating of C.V, assessing individual skills, interview skills, and exploration of training options. Due to the economic climate there was more of a focus on training, work experience and voluntary work as viable options for participants. The Job Club continues to offer support to those who require it after they have found employment or moved on to further education or training.

The Job Club works with people on a one to one basis in response to the varying degree of support required by members. In addition, it continues to provide workshops on a range of topics including job-seeking and interview skills. The value and importance of peer support within these groups cannot be underestimated.

The Employment Support Group continues to meet bi-monthly and is facilitated by the Job Club Leader. While this group consists of those who are in employment, it is also open to those who are currently job-seeking and feel they would benefit and get support from this group. The group is modeled on peer support and the members support one another with whatever problems arise.



# Lucia Week 2008

## Basin Club Open Day

During Lucia week and for the fourth year in a row, the Basin Club opened its doors to anyone who was interested in finding out information about our services. On the 23 July 2008, we welcomed a constant stream of visitors from eleven in the morning to three in the afternoon.

About 100 members, friends, family, neighbours, prospective members and professionals filled the common room and enjoyed drinks and snacks. The atmosphere was convivial and joyful and everyone seemed to have a good time.

Feedback from our guests confirmed to members and staff that the Basin Club is unique in a very positive way. The friendliness and support given to and received by all helps to promote and sustain the development of our Resource Centre.

## Dublin

As part of Schizophrenia Ireland's Lucia Week, the national schizophrenia awareness week, Dr. Edmond O'Dea, Chairman of the Mental Health Commission, launched Schizophrenia Ireland's new document, Talking about Talking Therapy: Psychotherapy and Psychosis in the Trinity College School of Nursing and Midwifery in Dublin on 22 July at 11am. Schizophrenia Ireland's Chairperson Catherine Bourke chaired the event. See page 25 of this Annual Report for more information about this launch.

## Cork

The Cork Lucia event was held on Monday 21 July at the Schizophrenia Ireland premises, 32 South Terrace, Cork. The Basement Resource Centre held an Open Day from 12.30pm to 3.30pm and Dr. Terry Lynch, GP and Psychotherapist launched the Lucia Document "Talking about Talking Therapies" at 1.30pm.

Dr. Lynch gave a very interesting talk and took questions from the audience. John Saunders Director of SI and Patrick Annesley, an SI Council member also spoke about the document. All who attended joined in the celebrations in the Basement after the launch for light refreshments, music and chat. This was much appreciated by everyone. A very colourful Art and Poetry Exhibition was on display in the Basement during the day and information leaflets and copies of the Lucia document were available to all, to take away with them. Staff from the four SI services in Cork, were available to answer any queries people had on the day.



*Derek Pepper,  
Regional Development Officer North East*

The Lucia event was a great success and there was a huge turnout in Cork, with approximately 150 people in attendance and the sun shone which helped everyone's mood.

## Kilkenny

Lucia Day in the South East for the second year in a row included the annual get-together of support groups and individuals who have self-experience of mental health difficulties. It was an early start for a lot of the groups as they travelled from as far away as Wexford, Waterford, Dungarvan, Carlow, Tipperary and of course Kilkenny.

The day itself was entitled 'My Health, Body and Mind'. Fifty participants were treated to a workshop on Nutrition and Health, which was delivered expertly by Susan Higgins from the Health Promotion Unit in Kilkenny.

After a brief interlude the group got back into listening and participation mode for the session entitled Positive Thinking, which was delivered by Martin Matthews. This looked at how we can appreciate ourselves by thinking positively. One of the most telling observations in these sessions was a quote by a participant who said, "I do that positive thinking every day of my life, it is what keeps me going and now I know what it is called". A big thank you goes to the Enniscorthy group for suggesting topics and designing the day's agenda. Next year another group will have that honour.

Catherine Bourke, Chairperson of Schizophrenia Ireland introduced the launch of the document and the opening address and launch was ably carried out by



*Above from left to right: Miriam Murphy, Regional Development Officer with SI; Dr. Terry Lynch, Psychotherapist and GP; John Saunders, Director of S.I.; Patrick Annesley, SI Council member and Anne Buckley, Support Worker with SI*

Ann Marie Lawlor, the Acting Regional Suicide Officer who delivered an excellent and well prepared speech. Brendan Kenny, also delivered an inspiring talk on his experience of counselling and John Saunders performed the closing of the launch. There was an attendance of 70 people who saw the document as extremely important and all were commenting positively on the 'Talking about Talking Therapies' Occasional Paper 5.

## Dundalk

Lucia events in the North East region were mainly focused around the local media, and the official press release was forwarded to the Drogheda Independent and Meath Chronicle newspapers. The press release was also forwarded to the Dundalk Argus newspaper who decided to do a feature on Schizophrenia Ireland. This provided a fantastic opportunity for raising awareness of the organisation and the role of the Regional Development Officer in the region. The article also promoted the new Schizophrenia Ireland Occasional Paper "Talking

about Talking Therapies; Psychotherapy and Psychosis". In addition to the exposure obtained through the written media, a 30 minute radio programme on Dundalk FM 100 was also dedicated to Schizophrenia Ireland. The programme was part of the "Talking Minds" series of programmes, which is dedicated to the topic of mental health. During the programme John Saunders, Director of SI gave an informative account of Schizophrenia Ireland and the services provided by the organisation. He also highlighted Lucia Week and

engaged in a discussion on Psychotherapy and Psychosis.

To conclude the week, another radio interview was conducted on "Dundalk Daily", a magazine show that airs every weekday morning on Dundalk FM 100. This interview again lasted for 30 minutes with the focus

primarily on Schizophrenia Ireland and the role of the Regional Development Officer in the region. The interview also contained a general discussion about schizophrenia and other types of mental illness.



*Above from left to right: Noreen Fitzgibbon Irish Advocacy Network, Miriam Murphy Regional Development Officer South and Deirdre Mc Carthy PWDI.*



# Press Releases

In 2008, 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. Available to view on our website: [www.shineonline.ie](http://www.shineonline.ie)

07/02/08

MASSIVE UNDER - SPEND ON MENTAL HEALTH BY HSE REVEALED

17/04/08

ANDREA GILLIGAN WINS INAUGURAL HEADLINE STUDENT MEDIA AWARD

07/05/08

IRISH MENTAL HEALTH COALITION CALLS FOR END TO INDUSTRIAL ACTION BY NURSING UNIONS

29/05/08

CENTRAL MENTAL HOSPITAL CARERS CALL ON MARY HARNEY TO REVIEW RELOCATION DECISION

30/06/08

IRISH MENTAL HEALTH COALITION FRUSTRATED AT NEGLECT IN MENTAL HEALTH

22/07/08

SCHIZOPHRENIA IRELAND LAUNCHES NEW DOCUMENT: TALKING ABOUT TALKING THERAPIES:  
PSYCHOTHERAPY AND PSYCHOSIS

30/07/08

GOVERNMENT URGED TO REVERSE DECISION ON CENTRAL MENTAL HOSPITAL RELOCATION

16/09/08

AS ECONOMIC CLIMATE DETERIORATES, WE MUST SUPPORT THE VULNERABLE IN BUDGET 2009

01/10/08

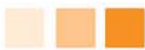
ACTION ON SUICIDE ALLIANCE LETTER TO MINISTER FOR FINANCE: BUDGET 2009 AND  
GOVERNMENT'S INVESTMENT IN SUICIDE PREVENTION

06/10/08

SERVICE USER CONSULTATIVE GROUP IS SEEKING NEW MEMBERS







# Talking about Talking Therapies

## Occasional Paper No. 5 -

## Talking about Talking Therapies: Psychotherapy and Psychosis

As a result of a seminar entitled 'Psychotherapy, in Psychosis and Schizophrenia - What Works?' which took place in 2007, 'Talking about Talking Therapies' was produced for Lucia week this year. The purpose of the document is to provide an overview of psychotherapy and counselling in general, but also to reflect particularly on its value for people who experience psychosis. There is also a section that discusses the value of psychotherapy for relatives who may be supporting a person with schizophrenia.

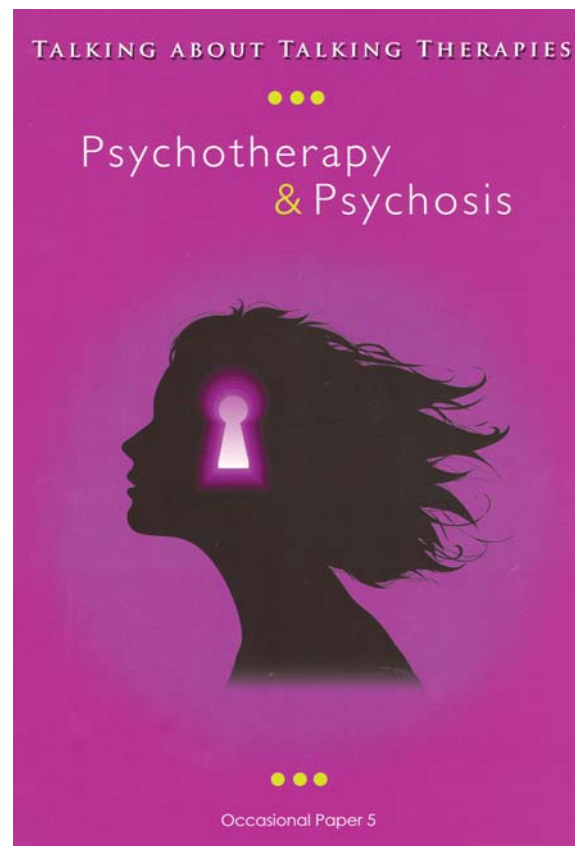
At the launch John Saunders, Director of Schizophrenia Ireland, stated, "The need for greater access to psychological or talk therapies has been clearly articulated by many groups. The demand for psychological and social therapies and the evidence for their effectiveness has been growing in recent years, and the consensus among users and service providers is that they should be regarded as a routine component of basic mental healthcare services, rather than being viewed as additional options that are not consistently available."

Dr. Anne Byrne Lynch went on to highlight the various topics in the document and outlined the arguments for psychological interventions. She said 'The reader will find:

- A simple analysis of what psychotherapy is
- How counselling and psychotherapy can work for carers of people with schizophrenia
- The usefulness and benefits of psychotherapy in psychosis
- A personal story of a service user's experience of psychotherapy
- The evidence for the use of psychotherapy in schizophrenia and how it can aid the process of recovery
- Schizophrenia Ireland's counselling service and its role in providing support for both carers and users of mental healthcare services
- Information on choosing a Psychotherapist or Psychologist'

John Saunders concluded by saying, "We hope the reader will find Talking about Talking Therapy as a useful and informative resource on psychotherapy and its role in psychosis, and that it will provide further support for the inclusion of psychological therapies in the range of statutory mental healthcare services."

'Talking about Talking Therapies' is available from all SI offices.



# Schizophrenia Ireland's 16th Biennial Conference 2008



*Above from left to right: John Saunders, Director of SI; Catherine Bourke, Chairperson of SI and John Moloney, Minister of State at the Department of Health and Children*

'Recovery and the Family' was the theme for Schizophrenia Ireland's 16th Biennial Conference held in Wexford on the 14 and 15 of November. The conference was opened by Minister John Moloney, Minister of State at the Department of Health and Children and Catherine Bourke, Chairperson of S.I. Over 150 people attended to listen and contribute to the needs, concerns and contributions that all family members can make to their own and their loved one's recovery journey. The presentations were made up of a mix of experts by experience and experienced experts.

The experts by experience were Tony Blackmore, Lucie Taylor, Tim O'Connor and Angela Hunter who shared with us their own unique journeys. Tony, as father to his son who has struggled with mental ill health for many years, described the commitment and constant care that supports his son every day. Lucie Taylor, a sister to her brother talked about growing up with a loved brother whose challenging behaviour shadowed her childhood. Tim O'Connor, a person who has experienced mental ill health himself, spoke about the grounding and invaluable support his mother, father, sisters and brother gave him, even at those times when he was rejecting them. Angela Hunter, a wife to her husband who has bi polar disorder, spoke vividly about the essential importance of support for all the family; something she had to struggle to achieve. These very personal and frequently moving presentations illuminated for all of us the complex nature of each experience and the necessity for mental health services to take account of the needs of the whole family.

The experienced experts were Grainne Faddon, Anne Jeffers, Anne Cleary, Jo Smith and Terry Lynch. Grainne

Faddon has worked for most of her life in the area of family support. The Meriden Family Programme in the West Midlands of which she is Director, provides a wide range of specific and individually tailored support structures for all family members when they are caring for a relative who is experiencing mental ill health. Grainne spoke about the natural desire of the family to be involved but the frequent barriers to this due to the sometimes-inflexible nature of the mental health services.

Anne Jeffers and Anne Cleary from the Loughrea/Athenry service described their approach to family support. A combined use of a multidisciplinary team working to give specific support for primary carers (almost always mothers and fathers), together with a determined recovery approach has led to an acknowledgement and harnessing of the constructive involvement of families as well as recognising the families' own need for support and information.

Jo Banks, through her work in early intervention, has taken a special interest in the needs of siblings. She noted that when, as a clinician, you are working with young people experiencing a first episode of mental ill health, they are nearly always living at home and therefore the involvement of the family is not optional, it is essential.

Terry Lynch, based in Limerick talked in detail about the lived experience of clients and the challenges this brings. The steps to recovery are many and often small and hesitant. People need time, much time, and a safe environment, which includes their family, to build a sense of hope and purpose.



# Policy and Advocacy

Schizophrenia Ireland engages with Government and statutory authorities to assist improvements in mental healthcare services available to service users and family members. Below are some of the policy activities SI was engaged in during 2008. For more details on SI's policy activities, including all policy submissions, please log on to its website at [www.shineonline.ie](http://www.shineonline.ie).

## Irish Mental Health Coalition

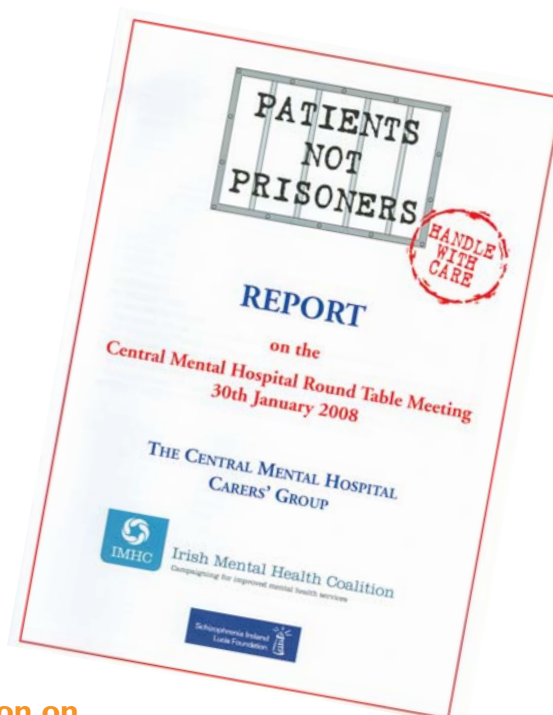
In 2008, the Irish Mental Health Coalition continued its work in campaigning for improved mental health services. The Coalition was established by Schizophrenia Ireland, Amnesty International (Irish Section), Bodywhys — The Eating Disorders Association of Ireland, GROW in Ireland and the Irish Advocacy Network. The campaign seeks to improve the lives of people with mental health difficulties by advocating for people's rights to the highest attainable standard of mental health and mental healthcare.

On 30 January 2008, Schizophrenia Ireland in conjunction with the Central Mental Hospital Carers' Group and supported by the Irish Mental Health Coalition, held a round table seminar at the Mansion House, Dublin to discuss the Government's controversial decision to relocate the present Central Mental Hospital. The decision would see the Central Mental Hospital moved from Dundrum to Thornton Hall in North County Dublin. The proposal is that the hospital would be located adjacent to the new super prison site there.

Two keynote speakers presented expert opinion on the matter of the proposed move. Mr. Jim Power, Chief Economist with Friends First, and Dr. Paul Mullen, Professor of Forensic Psychiatry at Monash University, Australia and Clinical Director of the Victorian Institute of Forensic Mental Health. Both presentations gave compelling arguments against the proposed move.

The conclusion from the proceedings was that the move to Thornton Hall represented the worst-case scenario and that the Government has the opportunity to reverse its decision and use its assets and the willing expertise at its disposal to establish an internationally exemplary model.

As a follow-up from this meeting, Schizophrenia Ireland in conjunction with the Central Mental Hospital Carers' Group produced a report entitled "Patients Not Prisoners". This report outlines the groundswell of concerns regarding the proposed relocation of the Central Mental Hospital facility to a site beside the new prison at Thornton Hall in North Dublin. For further information on the Irish Mental Health Coalition, please visit the website at: [www.imhc.ie](http://www.imhc.ie)



## Action on Suicide Alliance

In 2008, Schizophrenia Ireland continued to work as part of the Action on Suicide Alliance. The Alliance is a group of nongovernmental organisations concerned at the high rate of suicide in Ireland, especially among young people. The Alliance is constituted to encourage Government to implement and fund suicide prevention measures, which the Alliance believes will lead to reduced suicide. The Alliance undertakes direct dialogue with decision-makers, but also seeks to mobilise members of the public to take action. The mission of the Action on Suicide Alliance is to reduce the incidence of suicide in Ireland by advocating for Government provision of suicide prevention measures and mental health services. To this end, in solidarity with individuals and families bereaved through suicide and people who have attempted suicide, the Alliance will raise public and political awareness of the ongoing suicide crisis and Government underinvestment in suicide prevention measures and mental health services. The Alliance does not support or oppose any Government, political party, or political or religious ideology. To add your name to the campaign, or for more information on the Alliance, please log onto [www.actiononsuicide.ie](http://www.actiononsuicide.ie)

## Political Friends of Mental Health

During 2008 Schizophrenia Ireland, Aware, Bodywhys — The Eating Disorders Association of Ireland and Mental Health Ireland organised three breakfast meetings to engage with politicians on mental health issues. These events are open to all members of the Oireachtas, and are designed for national politicians to have the opportunity to learn about the main issues in Irish mental healthcare services and to debate the issues in an informal way. In 2008, the topics discussed were eating disorders, youth mental health and a presentation by the Irish Mental Health Coalition.



# Fundraising Activities

## The Basin Club Rocks

The Basin Club is a peer-driven resource centre for people with self-experience of mental illness. A successful fundraising event took place in November 2007 at Leeson Street's Sugar Club. Seán Hamill addressed the paying audience and spoke about the Basin Club, and invited people to have a great night. Seán's sister - Clara Hamill organized the brilliant fundraising event, which was flawless. Four bands gave of their time and talents as staff, members and other citizens of Dublin rocked and tapped to the upbeat contemporary music. The night was held to raise money in support of the ongoing recovery from mental illness of those within our resource centre. The atmosphere was electric as currents of positive support echoed through the entire evening. The transmission of goodwill seemed to connect our work in mutual support, drumming up an atmosphere and ethos of respect for the dignity of all involved. The success of the fundraiser was driven by Clara Hamill's genuine interest and respect for what happens in the Basin Club. All of us in the Basin Club enjoyed the rock event and appreciated its two-fold outcome – that of bringing people together in celebration and, secondly, in raising a tremendous €2,151 which will help with the vital aspect and a cornerstone of our work: our members' social interaction.



*Above from left to right: Clara Hamill, Seán Hamill and Cillian Russell, Social and Rehabilitation Services Manager*

## Women's Mini Marathon – Dublin

Well done and many thanks to everyone who took part in the 2008 Women's Mini Marathon in Dublin on the June bank holiday in aid of Schizophrenia Ireland. The marathon, which is the largest all women event of its kind in the world, saw 40,516 participants make

their way through the streets of south Dublin, all in an effort to raise much needed funds for a variety of charities. We sincerely thank all of the women who participated in the marathon on behalf of Schizophrenia Ireland.



*Angelín, Maire & Róisín Fanning who participated in the Dublin Women's Mini Marathon to raise money for SI.*



*Some of the participants enjoying a well deserved meal following the Dublin Women's Mini Marathon in June*

## World Mental Health Day Fundraiser in Drogheda

On October 10th, a group of very enthusiastic volunteers held a bag packing day at Dunnes Stores in the Scotch Hall Shopping Centre, in the heart of Drogheda. Armed with information leaflets, money containers, bright orange t-shirts, the aim was to raise money for Schizophrenia Ireland and raise awareness for all those affected by mental ill health. The staff on the checkouts were very helpful. There were more than one breakthrough moments when customers enquired about the organisation or indeed had a story where mental illness had touched their lives in some way. The day was a great success and over €1,000 was raised for S.I.



# Schizophrenia Association of Ireland

## T/A Schizophrenia Ireland

### OFFICERS AND PROFESSIONAL ADVISERS

#### COUNCIL

(at 31 December 2008)

Catherine Bourke (Chairperson)  
Kevin Jones (Treasurer)  
Bridget Bermingham (Vice Chairperson)  
Patrick Brassil  
Evelyn McHugh  
Susie Doheny  
Claire Keogh (Elected 14.11.2008)  
John Kidney  
Karen Cobbe

#### SECRETARY

Karen Cobbe (Elected 14.11.2008)

#### CHIEF EXECUTIVE

John Saunders

#### AUDITORS

Deloitte & Touche  
Chartered Accountants  
Deloitte & Touche House  
Earlsfort Terrace  
Dublin 2

#### BANKERS

Bank of Ireland  
Lr. Drumcondra Road  
Dublin 9

#### SOLICITORS

Gore & Grimes  
Cavendish House  
Arran Court  
Smithfield  
Dublin 7

#### REGISTERED OFFICE

38 Blessington Street  
Dublin 7

**CHARITY TAX REFERENCE NO:** CHY 6380

From January to December 2008 there were 6 Council meetings with the following attendance:

- Catherine Bourke 6/6
- Bridget Bermingham 4/6
- John Kidney 6/6
- Evelyn McHugh 4/6
- Kieran Coogan 4/6
- Karen Cobbe 4/6
- Susie Doheny 2/6
- Patrick Brassil 5/6
- Kevin Jones 4/6
- Patrick Annesley 2/6







# Independent auditors report

## to the members of Schizophrenia Association of Ireland T/A Schizophrenia Ireland

We have audited the financial statements of Schizophrenia Association of Ireland T/A Schizophrenia Ireland for the year ended 31 December 2008, which comprise the Income and Expenditure Account, the Balance Sheet, the Statement of Accounting Policies 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 company'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 company'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 company and the company'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 2006. We also report to you whether in our opinion: proper books of account have been kept by the company; 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 within it. 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 company'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 company as at 31 December 2008 and of its surplus for the year then ended;
- and have been properly prepared in accordance with the Companies Acts, 1963 to 2006.

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 company. The company'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 Directors' Report is consistent with the financial statements.

Deloitte & Touche  
Chartered Accountants and Registered Auditors  
Dublin

Date: 23 March 2009





SCHIZOPHRENIA ASSOCIATION OF IRELAND  
T/A SCHIZOPHRENIA IRELAND

BALANCE SHEET AS AT 31 DECEMBER 2008

	Notes	2008 €	2007 €
TANGIBLE FIXED ASSETS	5	421,356	442,382
CURRENT ASSETS			
Cash at bank and in hand	6	619,968	453,222
Debtors	7	60,015	107,473
		<u>679,983</u>	<u>560,695</u>
CURRENT LIABILITIES			
CREDITORS (Amounts falling due within one year)	8	<u>(546,203)</u>	<u>(442,764)</u>
NET CURRENT ASSETS		<u>133,780</u>	<u>117,931</u>
		<u>555,136</u>	<u>560,313</u>
CREDITORS (Amounts falling due after more than one year)	9	<u>(50,891)</u>	<u>(67,743)</u>
NET ASSETS		<u>504,245</u>	<u>492,570</u>
REPRESENTED BY:			
Revenue reserves	10	<u>504,245</u>	<u>492,570</u>

The financial statements were approved by the Board of Directors on 21 March 2009 and signed on its behalf by:

Catherine Bourke  
Director

Kevin Jones  
Director



SCHIZOPHRENIA ASSOCIATION OF IRELAND  
T/A SCHIZOPHRENIA IRELAND

DETAILED OPERATING STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2008

	2008 €	2007 €
<b>INCOME:</b>		
HSE Regions:		
- Northern Area	903,273	732,953
- North Western	10,000	10,000
- Western	101,340	99,273
- North Eastern	76,705	78,705
- South Eastern	89,583	61,947
- Mid Western	77,082	73,203
- Southern	118,573	114,400
- Midland	51,173	44,668
- Department of Community, Rural and Gaeltacht Affairs	-	72,000
- Irish Mental Health Coalition	58,239	5,850
	<u>1,485,968</u>	<u>1,292,999</u>
Donations, membership fees, etc.	310,807	296,779
INSUE	-	205,395
Conferences and courses	4,000	14,741
Grants and co-funding	348,229	468,894
Interest received	4,195	3,361
Comhairle Advocacy	73,500	70,000
Headline	171,915	176,187
Dormant account receipts	-	15,021
Management fee	10,500	2,160
Other income	6,159	
	<u>2,415,273</u>	<u>2,545,537</u>
<b>EXPENDITURE</b>		
Staff costs	1,766,490	1,643,236
INSUE	-	205,395
Rent and mortgage interest	100,175	101,386
Administration costs	227,154	242,210
Training - staff and volunteers	9,238	10,577
Services expenses	182,004	215,786
Audit and accountancy	7,567	2,010
Trainee expenses	27,423	20,514
Professional fees	48,268	31,374
Depreciation	35,279	39,610
Grant amortisation		
TOTAL	<u>2,403,598</u>	<u>2,512,098</u>
NET SURPLUS FOR THE YEAR	<u>11,675</u>	<u>33,439</u>



## notes

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## notes

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- Advocacy
- Awareness
- Counselling
- Education
- Employment Support
- Help
- Information
- Listening
- Resource Centres
- Recovery Focus
- Support Groups



Schizophrenia Ireland  
Lucia Foundation



**EASTERN REGION**

38 Blessington Street, Dublin 7  
T: 01 8601620  
F: 01 8601602

**SOUTHERN REGION**

32 South Terrace, Cork  
T: 021 4808124  
Advocacy: 021 4808189  
Counselling: 021 4929210  
F: 021 4808125

**WESTERN REGION**

Unit 6, Town Park Centre, Tuam Road,  
Galway  
T: 091 761746  
F: 091 767389

**SOUTH EASTERN REGION**

The Good Shepherd Centre, Church  
Lane, Kilkenny  
T: 056 7703652  
F: 056 7703627

**MIDLAND REGION**

10 Patrick Street, Tullamore, Co. Offaly.  
T: 057 9323111  
F: 057 9326488

**MID-WESTERN REGION**

10 Carmody Street Business Park,  
Ennis, Co. Clare.  
T: 087 7878222

**NORTH EASTERN REGION**

507 Donovan House, Adelphi Court,  
The Long Walk,  
Dundalk, Co. Louth  
T: 042 9324541  
F: 042 9324541

**BASIN CLUB/JOB CLUB (DUBLIN)**

39 Blessington Street  
Dublin 7  
T: 01 8601610  
F: 01 8601548

**BASEMENT RESOURCE CENTRE  
(CORK)**

32 South Terrace  
Cork  
T: 021 4808094  
F: 021 4808095

**HEADLINE NATIONAL MEDIA  
MONITORING PROGRAMME**

36 Blessington Street,  
Dublin 7  
T: 01 8279022  
F: 01 8279020  
E: [info@headline.ie](mailto:info@headline.ie)  
W: [www.headline.ie](http://www.headline.ie)

Website: [www.shineonline.ie](http://www.shineonline.ie)

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

Email: [info@shineonline.ie](mailto:info@shineonline.ie)

Confidential Information Helpline:

**1890 621 631**

Monday to Friday 9am to 4pm.