



Shine

SUPPORTING PEOPLE AFFECTED BY MENTAL ILL HEALTH



Annual Report 2009

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 tend to increase over time.

Confidential Information Helpline 1890 621 631





From the top: Malachi McCoy & Linda Keogh; Cristina Costello, Lisa Martin & Imelda Honohan; Ann Boardman & Stephanie Metcalfe; Mary Reynolds, Joseph Barry, Mick Flavin & Mary Hunt.



Advocacy

Awareness

Counselling

Education

Employment Support

Help

Information

Listening

Resource Centres

Recovery Focus

Support

Tel: 1890 621 631

www.shineonline.ie

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Strategic Plan

Mission Statement

“Shine 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

Shine 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

2009 saw the change of name from Schizophrenia Ireland to Shine for our organisation. We held four meetings in Dublin, Cork, Galway and Tullamore to launch our new name. These meetings generated a lot of publicity for Shine in the local media and they were also a good opportunity for old and new friends to meet. As is usual, there was tea and coffee for everyone and we also had a special cake to mark the occasion at each meeting. The cakes were all delicious. The feedback on the change of name has been very positive, people think it is a lovely name and ask what it stands for. Then you have the chance to explain what the organisation does and give them one of our cards.

2009 was a difficult year financially as our income is heavily dependent on the money received from the HSE. The reductions were all different by HSE region which made life difficult when it came to the financial planning for Shine. The Council and staff wanted to ensure that our frontline services were maintained so all costs were reassessed to see where cuts, however small, could be made. We were still solvent at the end of the year. It was not an easy year for the staff because of the financial constraints and I would like to thank them for their help in maintaining our services to service users and carers.

Another year has gone by where the progress on "A Vision for Change" has been slow. Most areas in the country still do not have the multi-disciplinary teams envisaged in "A Vision for Change" which should be in operation by now. Minister John Moloney has assured Shine that implementing the recommendations is a priority of his. Shine along with its partners in the Irish Mental Health Coalition will continue to work to ensure that "A Vision for Change" is implemented so that we never have to read reports of patients being forced to live in dreadful conditions with no privacy and substandard facilities for those who are still in a hospital setting.

There was some good news towards the end of the year when it was announced that the proposed move of the Central Mental Hospital to Thornton Hall had been cancelled. The group of carers, from Shine, who led the opposition to the decision to move the Hospital are to be congratulated for all the hard work they put in. The plan to move the hospital was made without consultation and would not have been in the best interests of staff, patients or carers.



CATHERINE BOURKE

Shine now has close ties with "Mindwise" a similar organisation in Northern Ireland. At the launch of Mindwise in the autumn, there were representatives from the five organisations in Ireland and Britain which are involved with service users and carers. Talking to those who attended from other countries showed that we all have the same problems of funding and stigma. It is planned that Shine and Mindwise will have some meetings with both organisations working on mutual problems.

During the year staff members were busy working on an update of all the information provided by Shine. It is now in one publication called "Taking Control of your Mental Health" and is clear and concise in an easily read format. This will be launched in 2010. The feedback from those who have already read it is definitely positive. Make sure you get your copy as I am sure you will find it helpful.

Once again, to those who have worked for Shine as staff and as volunteers, thank you for your time and efforts, you are making a difference to people's lives.

Catherine Bourke

Catherine Bourke, Chairperson.

Organisational Structure

Shine Staff as of 31 December 2009

Director's Office

John Saunders
Mary Lambe

Director
Administrative Assistant

National Projects Team

Kahlil Thompson-Coyle
Hazel Whelan
John McCrudden
Aislinn Finn
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
Tina Hannan
Malachi McCoy
Lisa Maguire
Stephanie Metcalfe
Denise O'Reardon
Bruno Nicolai
Michelle Flaherty

Social and Rehabilitation Services Manager
Development Worker, Dublin
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
Derek Pepper
Susan McFeely
Catherine Rountree
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 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

Colman Fox, Frankie Scott, 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 Shine and provide invaluable contributions at every level of the organisation.

Registered Charity Number 6380 • Company Registration Number in Ireland 70462

Director's Letter

2009 has been a very difficult year for Shine. The declining state of the economy has meant that all services have had severe restrictions on their budgets, this includes of course the mental health services and also the direct funding to Shine. Shine's response to reduce income was to review all of its activities, to ensure that it would continue to provide the most essential services to its members and clients. Through a process of prudent and sensible management of funding and planning, Shine has managed to continue to provide important and quality services.

At the end of 2009, FÁS, who sponsor the Jobclub initiative reviewed their services and made the decision to phase out specialist jobclubs. This meant that the Jobclub service hosted by Shine ceased to operate at the end of December 2009. FÁS invited Shine to submit a number of proposals for other FÁS funded developments and this will be progressed in 2010.

One of the outcomes of the financial restraints of 2009 was the development of a fundraising strategy for the organisation. Shine now has in place a full time Fund Raising Development Manager, whose primary aim is to increase the amount of donation to the organisation. This is a two-year project which commenced in June 2009.

Despite the economic downturn and the reduction in monies, Shine has managed to develop a number of novel initiatives, which will be launched in 2010. As a result of the name change, we planned during 2009 a new handbook called 'Taking Control of your Mental Health'. This document is being launched nationally in the first half of 2010. This is an innovative and interesting document produced in a magazine style. Copies of the document are available from any of our offices and an electronic version is also available on our website www.shineonline.ie

In the latter half of 2009, Shine was also successful in negotiating and agreeing with the Department of Health and Children on a new national programme aimed at reducing the stigma experienced by people with mental ill health. It is well known that people with mental ill health experience more discrimination and prejudice than other sections of the population and it is widely believed that there is a high level of ignorance around mental ill health in our society. Shine in 2010 will be



JOHN SAUNDERS

co-ordinating a two-year project entitled 'See Change' which is an attempt to harness all of the sectors of Irish society and to engage them in a range of stigma reducing activities, aimed at changing attitudes of the public at large. For more information contact our National Projects Manager, Ms. Kahlil Thompson Coyle at kthompson@shineonline.ie

2009 has been fruitful in the redevelopment of our carers training and education programme and these revised training packages will be rolled out in 2010. As has been noted in the Chairperson's letter, Shine has also teamed up with Mindwise Northern Ireland, to look at how it can co-operate on joint projects into the future.

On my own behalf and on behalf of everyone involved in Shine, I would like to take this opportunity to thank all of the staff, volunteers, patrons and supporters of Shine who have helped us in one way or another, to provide a full range of services to people with mental health problems and their families.

John Saunders, Director



National Development

Shine's Development Team consists of the National Development Manager, seven 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 illness and their families and friends. The Regional Development Officers also provide support to Shine's network of Phrenz and Relatives' groups around the country, as well as working to develop new groups. The Development Team also run a number of awareness raising events, information evenings, presentations, outreach initiatives, training and educational workshops and seminars.

In this section of the Annual Report we list the names of all the facilitators of our Phrenz and Relatives' Support Groups. Without the commitment, energy and dedication of the facilitators, these groups would not thrive. Thank you to all facilitators.

Phrenz Facilitators

Bernie Boyle	- Stillorgan
Sean Broderick	- Swords
Mary Butler	- Clonmel
Eamon Cogger	- Castlebar
Richard Conroy	- Bandon
John Crilly	- Navan
Owen Dureke	- Tralee
P.J. Grace	- Thurles
Brian Hartnett	- Limerick
Mary Hickey	- Mullingar
Mary Hunt	- Longford
Peter Kelly	- Castlebar
Brendan Kenny	- Kilkenny
Dara Lakes	- Maynooth
Teresa Lally	- Artane
Barry Lavelle	- Maynooth
Martina Lannan	- Artane
Breda Long	- Cork
Liam Madden	- Kildare
Ailis Maher	- Kilkenny
Raymond Nobel	- Tullamore & Portarlington
Eileen Nolan	- Artane
Owen McCoy	- Dundalk
Ed McGeough	- Stillorgan
Mary O'Malley	- Kilrush
Joe O'Neill	- Limerick

Mary O'Shea
Niall Payne
Jim Power
Patrick Ryan
Cathail Shanahan
Rosanna Sherlock
Anthony Smith
Frank Stewart
Richard West
Rowanna Woods

- Ennis & Nenagh
- Athlone
- Galway
- Carlow
- Nenagh & Thurles
- Ballyfermot
- Kilrush
- Blessington Street
- Killarney
- Artane

Relatives' Facilitators

Eileen Barry	- Leitrim
Tim Bingham	- Killarney
Tony Blackmore	- Waterford
Martin Cahill	- Cluain Mhuire
Ann Cleary	- Loughrea
Donie Coleman	- Castlebar
Ann Concannon	- Milltown
Noelle Dáson	- Limerick
Hugh Devlin	- Buncrana
Margaret Downey	- Clondalkin
Patricia Duffy	- Inishowen
Kathy Eastwood	- Galway
Collette Fahy	- Drumcondra
Annette Field	- Swords
Stephen Garland	- Blanchardstown
Pauline Gill	- Dundrum
David Gorman	- Navan
Paul Guckian	- Ennis
Angela Hunter	- Cork
Marie Keating	- Thurles
Tom Lohan	- Glenamaddy
Karen Loughrey	- Rathfarnham
Marion Masterson	- Longford
John Matthews	- St. James
Peggy McColgan	- Inishowen
Evelyn McHugh	- Galway
Hugh McHugh	- Leitrim
Brian Miles	- Milltown
Ann Marie Mullery	- Roscommon
Rene O'Brien	- Tralee
Patricia O'Donnell	- Naas
Aine O'Reilly	- Ballyfermot
Christina Peltz	- St. James
Liz Smith	- Rathfarnham
Laura Thompson	- Nenagh
Marie Tuohy	- Castlebar
Joyce Watson	- Cluain Mhuire

North Dublin Region

Phrenz Groups

There are three Phrenz groups in the Northern Area. These are located in Swords and Blessington Street, where meetings are held on a weekly basis. We also have a group in Artane who meet once a month. All groups 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 two Relatives' groups, located in Drumcondra and Swords. These groups meet on a monthly basis, providing peer support to a strong and committed membership.

North Eastern Region

Phrenz Groups

There are three 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 now and meet every Wednesday night. This group has become well established in the area and enjoys close links with the Navan group. The Cavan Phrenz group meets every fortnight and has enjoyed a very successful first year in existence.

Relatives' Groups

There are 2 relatives groups in the North East region. The Navan Relatives' group continues to meet on the last Tuesday of every month and the Louth Relatives' group meet on the first Wednesday of every month. Both of these groups operate slightly independently of Shine, however they retain a positive affiliation with Shine and avail of the supports provided by Shine whenever necessary.

Midlands Region

Phrenz Groups

In 2009 the Longford Phrenz Group continued to enjoy art, poetry appreciation and discussion and organised a joint art and poetry exhibition in Longford Library, which was opened by Mick Flavin. The Candle Light Group in Athlone meet monthly and enjoyed planning outings, social meals and having a good laugh. They organised a get-together in July for all the

Phrenz groups. This was enjoyed very much and is planned again for next year. The Mullingar Phrenz Group, meet on the last Friday of the month at the Eala Centre, at St. Loman's Hospital. Discussions can be lively but space is always there for people who are not ready to talk but want to be present. Sadly Mary Hickey their wonderful facilitator has had to cease in her work with the group and is greatly missed. Her role is being held open by the RDO. The Light House group in Tullamore enjoyed a very full calendar of events, drawn up by the members. The emphasis of this group is on social interaction. Some of the activities were bowling, crazy golf, outings to the dogs and of course the Christmas Party with live music and a raffle. Ray Noble ceased in his role as facilitator, and after a brief filling position by the RDO this has temporarily been filled by Niall Payne from the Candlelight group, who has agreed to support the group until a person can be found from within their group. The Starlight group met in the Pagoda, in Birr Castle for 8 weeks. This group was co-facilitated with Ethna Carrol the OT from Birr Mental Health Services. The group came together in a new environment to chat and discuss issues around mental health. The group agreed that the change in venue was welcomed and are keen to continue this way of meeting in the New Year.

Relatives' Groups

The Longford Relatives have met sporadically this year. They continue to enjoy sharing their experiences and being kept abreast of ongoing work and are considering taking part in the newly updated Family Education course in the coming year. A family education course facilitator for the Midlands has been trained and is ready to work with the Longford group and any other midlands groups that request training. Planning is ongoing for running 2 Family Education courses in the coming year. Locations have not yet been finalised.

East Wicklow/South Dublin Region

Phrenz Groups

The Cornerstone Phrenz group continues to be very progressive and is increasing in membership, providing peer support to both existing and new members. Cornerstone provides a very informal atmosphere, which attempts to meet 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 group continues to lobby the government in relation to the possible move to another site. They work closely with the management of the C.M.H to improve conditions and services for their relatives.

Gateway

Shine 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; which not only accesses the services of Gateway, but also the community services of the Rathmines Information Centre. In 2009, the group and the advisory committee were involved in the process of developing their first strategic plan. The groups are currently researching ways for the group to go forward into the future. A full time coordinator and two community employment workers support the group.

Trinity Nurse Training Programme

Since 2005, Shine 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 Shine Regional Development Officer for the Eastcoast and Southwest areas has delivered it in partnership with the Irish Advocacy Network and a Shine 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 mental ill health, Shine 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. Shine continues to provide this training on an annual basis.

DETECT Consortium

The Regional Development Officer was invited to join the early intervention consortium. The aim of the consortium is to advise and ensure best practice on the day-to-day running of the DETECT service.

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 now has five Relatives' groups, which continue to do well in Kilmainham, Clondalkin, Ballyfermot, Ballyroan 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 locally elected representatives to highlight the issues and improve the services within the Dublin West region. The Ballyroan and Naas groups are fairly new and are doing very well.

Shine/St Patrick's University Hospital

In 2009, the RDO and Counsellor from Shine, in conjunction with the Psychology Department in St Patrick's University Hospital, devised a group of Conversations Series called 'Psychosis: Be informed have hope'. The aim of the series is to inform both family members and people with self-experience of all available options. We felt it was important that the format be that of a conversation in the sense of two very short presentations with a considerable amount of time for audience discussion. The Conversation Series has been very well attended and the format has proved very successful.



Mid Western Region

Phrenz Groups

Despite the reduction in funding in the Mid-West region the groups in Ennis, Kilrush, Nenagh, Thurles and Limerick continued to provide vital peer support and social opportunities to people with self-experience. The group time was reduced and premises with no cost had to be sought. The Ennis and Limerick groups decided to raise the cost of the rent themselves as they wanted to stay where they were. The groups continue to support and encourage people to engage in recovery and active participation in their communities. A reoccurring concern and stress for group members is the effects of the recession i.e. cuts in benefits, no Christmas bonus, less opportunities for employment etc. The Shine Regional Development Officer continues to provide support to the groups and individuals in dealing with issues outside the control of the individual i.e. housing, social welfare payments, training and education. Limerick and North Tipperary received National Lottery funding so were able to have a respite break. All who went had a great time. The Christmas gathering was also very enjoyable. The Clare area did not receive funding, however the Ennis group held a fundraiser and as a result Ennis and Kilrush joined together for a few days away and a Christmas meal. In total 34 people benefited. As always we are deeply grateful to all of the facilitators who go above and beyond the call of duty to ensure the group members benefit from the group. The financial support Shine provides through its annual grant enables the group to participate in activities such as the cinema, concerts and meeting for coffee to reduce the isolation and make new friends.

Relatives' Groups

The Relatives' Support groups in Ennis, Limerick, Nenagh and Thurles continue to be a support and source of helpful information and shared experiences throughout the year. This winter, relatives from Nenagh and Thurles who attend Shine support groups attended Ciunas, a holistic centre for a wellness and treatment day. It was very successful and enjoyable. 18 relatives participated. Another 10 relatives will take their treatments early in 2010. The Limerick and Clare Relatives groups enjoyed a dinner in Limerick. There is also a growing concern by relatives due to the recession. Issues coming up in the group include reduced Social Welfare allowances, lack of housing and employment opportunities for their relatives and reduced services. The Relatives' group facilitators give freely of their time and for this we are very grateful.

Nenagh Youth Peer Support Suicide Prevention Project
After many months of preparation, the members of the

steering group and 10 young people between the ages of 17 – 21 came together for a two day residential workshop to identify the who, what, where and why of suicide prevention issues for young people in the Nenagh and surrounding areas. The work was very successful. The young people were facilitated by the consultants from 'Dare To Stretch'. Young people told us that they wanted: i) to be able to talk to adults close to them after a person they know/cared about died by suicide, but feel they can't in the most part; ii) needed to know how to talk to each other about self-harm, stressful issues and suicide; iii) needed to be fully involved in a public campaign in their local area to inform young people on how and where to get help, raise awareness and reduce stigma. A detailed report with recommendations will be available from March 2010. Contact Ann Marie Flanagan 087 7878222 for more information.



Western Region

Phrenz Groups

There are currently two Phrenz groups in the Western region in Castlebar and Galway. The groups provide peer support and friendship for people with self-experience. They have been active throughout the year in a range of activities from fundraising to respite holidays. The facilitator of the Castlebar group has been active on local radio and continues to work on the rehabilitation and recovery team with Dr Dominic Fannin in Castlebar. The members of the Galway Group are engaged with a peer support group called Tar Isteach. In addition they have been involved in a range of fundraising activities and respite holidays.

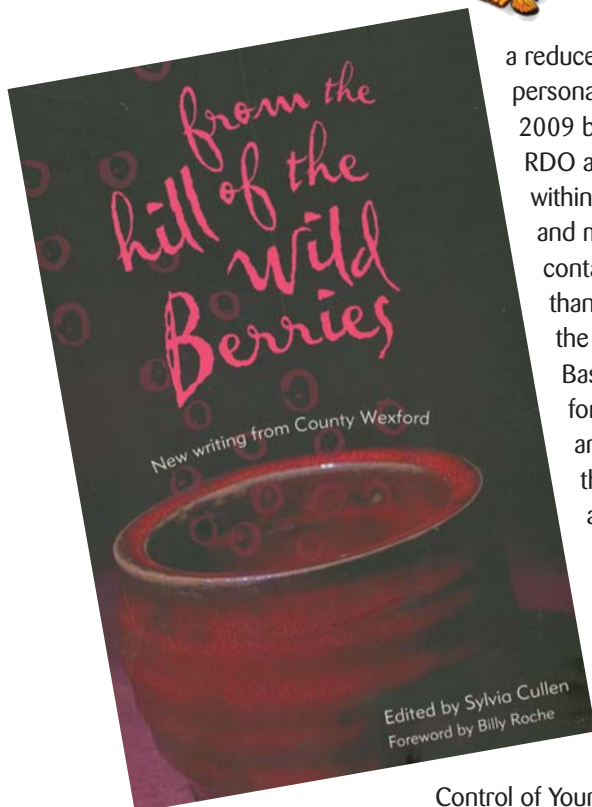
Relatives' Groups

There are Relatives' groups in Galway City, Loughrea, Glenamaddy, Castlebar and Roscommon. Members of the Galway and Castlebar groups have participated in Family Education facilitation training. We now have a team of trained facilitators willing to deliver the Family Education course throughout counties Galway and Mayo over the coming year. A special word of thanks goes to all the facilitators for their tremendous commitment and support to the groups and congratulations to all the members on their achievements.

Southeast Region

Phrenz Groups

The Kilkenny Phrenz group has now merged with the Kilkenny Basement group, as has the Carlow support group. As a result of budgetary constraints, there was



a reduced amount of personal contact in 2009 between the RDO and individuals within the group and more phone contact. A big thank you goes to the Kilkenny Basement group for the support and guidance they provided, as the Regional Development Officer worked on the Shine Handbook, 'Taking

Control of Your Mental Health'. Attendance is quite large at the Kilkenny Basement group and the group runs a drop-in morning every Friday from 10.30am to 1pm. Tea, coffee and discussions are the order of the day. On Tuesdays, a social afternoon occurs from 2-4pm. On Wednesday mornings there is a voice hearing, loud thoughts or intrusive thoughts support group meeting. The Kilkenny Basement group have also produced and edited a magazine entitled 'The Elusive Voice'. The magazine's content includes: poetry, artwork, short stories and true-life activities from members and the community.

The Enniscorthy Phrenz group has been meeting to undertake a project, as has the Waterford Phrenz group. Congratulations to the Enniscorthy Phrenz group for all their hard work in producing a wonderful CD entitled 'From The Hill Of The Wild Berries' and to the Waterford Phrenz group for the fantastic photographic exhibition, which changed a lot of people's perception of how the world can be viewed. Thank you to National Lottery Funding for supporting these projects. The Clonmel Phrenz group is continuing to meet and congratulations to them for all their hard work. Members of this group are involved in a project whereby the consumers / service users have an input into how the services in their area can become less stressful, upon admission to the services.

Relatives' Groups

The Waterford Relatives' group continues to meet in the Cheshire Home in Waterford and is still a very vibrant group, as was the case in 2008. In general the Regional Development Officer had an increased

amount of one to one contact with relatives in the Southeast region in 2009. Relatives appear to prefer to meet up with the RDO rather than attend a support group on a regular basis.

Thank you to all who have participated in the work of Shine in the Southeast in 2009

Southern Region

Phrenz Groups

The Cork Phrenz group meets weekly. Some Cork Phrenz group members participated in a Being Well Course in 2009. They invited a Pharmacist from Boots to talk about medication. They attended a musical in the Cork Opera House with members of the Basement Resource Centre. The Bandon Phrenz group meet fortnightly and in May went on a trip to Kerry and later on in the year went on a day trip to Youghal. The Tralee Phrenz group also meet fortnightly and enjoyed going out for meals and to films in 2009, while some members of the group visited the Basement Resource centre in Cork. The Killarney Phrenz group is a small group but is going well. It meets on a monthly basis. They frequently invite speakers to talk with the group. In autumn 2009 they attended a concert and enjoyed a great night out.

Relatives' Groups

The Cork Relatives' group had new members every month in 2009 and invited a solicitor to speak about legal matters concerning mental ill health. They also invited a Pharmacist from Boots to speak about medication in September. A group of 12 people went out for a meal in autumn 2009. The Killarney group is small but enjoy meeting up with the Killarney Phrenz group and going out for dinner. The Tralee group is going well and joined up with the Killarney Relatives' group in May. At the end of the meeting the group enjoyed a walk by Ross Castle in Killarney.

Being Well

Being Well is a Healthy Lifestyle course. Courses took place in the Cork Regional office in January, March and August 2009 and ran for 8 weeks. The Regional Development Officer facilitated the courses. The course consists of light exercise, a 15-minute walk, healthy snacks, information on healthy eating, exercise and general tips for good health. Participants loved the healthy snacks at the end of the course each week and the recipe handouts that were provided.



Projects 2009



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 the Irish print media for coverage of mental health and suicide by using a list of key search terms. In 2009, there were 19,484 articles in the Irish print media.

Headline provides information on its website 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 10,740 unique visitors in 2009 (which was an increase of 29% from 2008). They viewed 25,116 pages on the site (an increase of 24% from 2008). The 10,740 unique visitors came from 108 countries. The top 10 countries were Ireland, UK, USA, Canada, Australia, India, Germany, Spain, Philippines and Brazil. Headline had 37 on line polls on the website in 2009.

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.

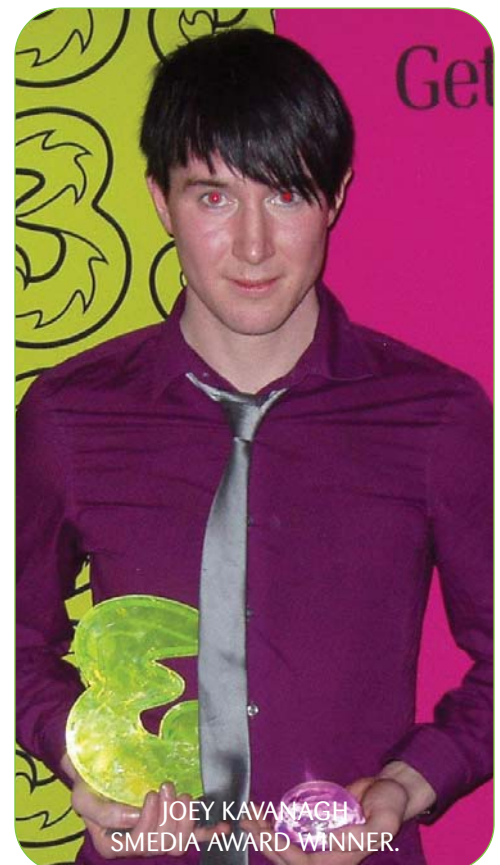
Headline compiles a weekly bulletin of interesting stories on mental health and suicide related issues in approximately 250 publications. To sign up email info@headline.ie. Headline currently has 700 people signed up to this service.

Headline sponsors the Headline Award for Journalism Relating to Mental Health or Suicide Prevention in the 2009 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 Chief reporter with The Irish Times was the judge for the award. The winner of the 2009 award was Joey Kavanagh for his winning documentary on Obsessive Compulsive Disorder entitled "Stuck on repeat". To hear the documentary, go to the podcasts section on www.Headline.ie.

Headline gave presentations on mental health and suicide in the media to journalism, media and communication students in 7 colleges around the country over the college year. The presentations 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 produced a multimedia resource for media professionals for reporting on mental health and suicide in 2009. The interactive programme contains interviews with media professionals, guidelines, definitions and up to date figures for suicide. The resource was uploaded to memory keys and distributed to media professionals and media students. The resource was funded by the ESB's Electric Aid fund.

For more information on Headline and the full Headline 2009 annual report, please visit www.Headline.ie.





LEFT TO RIGHT: JANE ARIGHO, HEADLINE; JAMES FOLEY, ESB; GEORGE HOOK, BROADCASTER & EILISH O'REGAN, IRISH INDEPENDENT.

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 2009, 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 almost 200 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:

Dublin.	Tel. 01-8601620
Cork.	Tel. 021-4808189
Galway.	Tel. 091-761746
Kilkenny.	Tel. 056-7703652





Garda Training

In 2009 approximately 550 Garda recruits completed the Shine Garda Training Course at three separate courses. The Garda Training Course has been 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. A big thank you goes to all who contributed towards the success of this training in 2009. Due to funding cutbacks, recruitment to the Gardai has been stopped; hence the Garda Training has ceased for the foreseeable future.

Prospect/EUFAMI Family and Friends Course

Prospect, is a new training and education programme aimed at developing and promoting training and education to support people with self-experience and their relatives, drawing on best practices from within Europe. Prospect brought together the work of fourteen partner organisations from across Europe and three specialisations in the field of training, psycho social integration and psychiatric rehabilitation. The final programme contains three modules for different target groups, those with self-experience of mental illness, their family and carers and health and social care professionals. In addition there is a fourth common ground module, which looks at issues of communication and coping, which are relevant to all three groups. The Prospect family and friends 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. It addresses the needs of family members and friends in their own right, enabling them to look at their own recovery, and improve their coping skills, supporting them in regaining control and improving their quality of life. The contents of the package are designed to touch upon areas that are often excluded in formal education programmes. In order to take part on the course, the participants will have already completed a Family Education course. If you are interested in finding out more details or attending the course please contact Susan Mc Feely on 086 8525221 or smcfeely@shineonline.ie.

Public Presentations

Shine Regional Development Officers made 227 presentations in 2009 to 5,458 people throughout Ireland. The aim was to raise awareness about schizophrenia, related illnesses and the issues associated with them, and to outline the services provided by Shine. These events give people an opportunity to come together to discuss common issues in an open and inclusive setting.

One to One Meetings

One to one meetings are offered to service users and family members by Regional Development Officers so they can discuss the issues and concerns they have, along with their needs, while looking at the options that are available to them. Regional Development Officers also assess clients' needs and may feel the need to refer them on to other health professionals. In 2009 the seven Regional Development Officers nationwide held one to one meetings with 2,971 service users and family members.

Recovery and the Family, Education Course

After a year of extensive research and consultation in 2009, SHINE published its newly revised education course for families: Recovery and the Family. The course was informed by research and best practice internationally, consultation with co-facilitators and relatives, and current discourse on the recovery needs of families and friends. With funding received from the Dormant Accounts through Pobal, the course was designed to focus on the families' experiences and recovery needs without focusing on any specific label or diagnosis. The Recovery and the Family education course, supports relatives to explore their own issues and insights into mental health recovery.

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 2009, 4 courses took place with approximately 39 participants taking part nationwide. In 2009, Finding YOUR Way courses took place in Cork, Naas and Maynooth.

Respite Holidays

Since 1998 Shine 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 2009 the groups undertook 47 different activities including trips to Cork, Killarney, Westport, Waterford, Galway, Dingle, Belfast, Wexford, Sligo and Youghal where approximately 500 people benefitted.

Life Hope Seminar

Shine's Life Hope project held its one day seminar through the ESB Electric AID funding on 9th May 2009 in Dundalk, Co Louth and was extremely well attended. The audience incorporated people with self-experience of mental ill health, their relatives/carers, psychiatric nurses and related voluntary organisations. The overall experience of the day was very positive.

The Life Hope seminars aim to discuss the problem of suicide, particularly for people with mental ill health, and how to become proactive about suicide prevention through heightened awareness. The purpose of the seminar was to increase awareness about suicide and its prevention, and to empower people with mental ill health and their relatives with the tools to aid suicide prevention. Shine plans to hold two Life Hope seminars in 2010.

Counselling Services Dublin

A total of 98 clients availed of the Dublin counselling service in 2009, with the total number of sessions amounting to 565, which shows an increase from 2008 both in the number of people who attended, 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. There was a presentation at St. Patrick's Hospital on the model of psychotherapy used in Shine, as part of the Shine/St. Patrick's Hospital series of talks on psychosis.

Counselling Services Cork

A total of 51 people attended the Cork Counselling Service. The total number of sessions was 657. This shows an increase from 2008, both in the number of clients who attended and the number of sessions offered. Over 90% of the Cork clients had a diagnosis of schizophrenia or related mental illness.

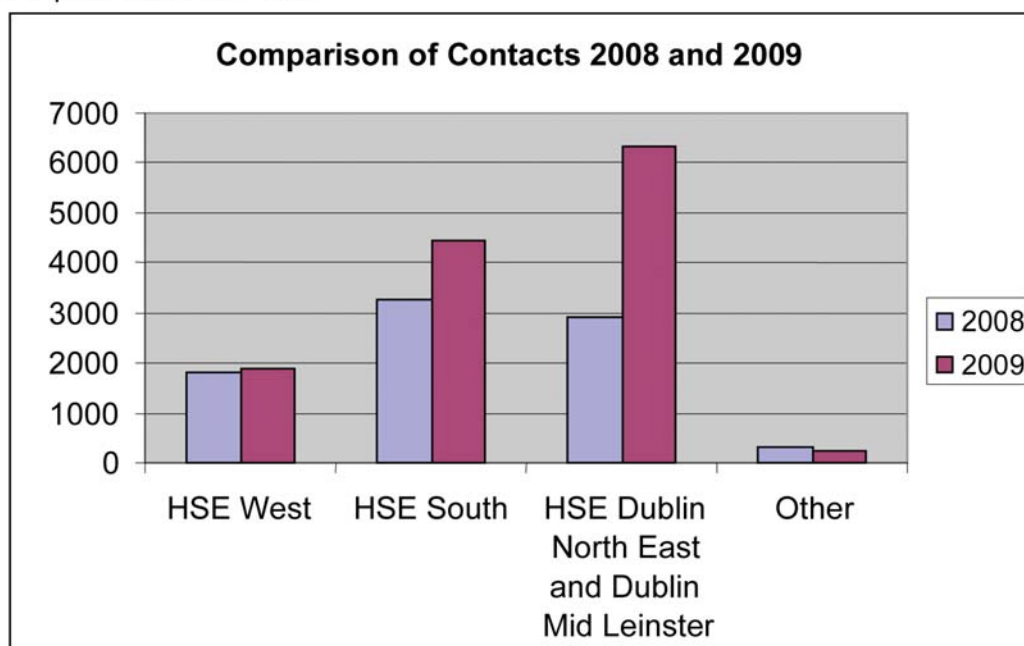
Shine Contacts

The total number of people who made contact with Shine offices through our information helpline, one-to-one meetings and attendance to our workshops and seminars, was 12,889. Of these, 49% were people with a diagnosis of schizophrenia or a related mental illness; 28% were carers; 20% were professionals, and 3% were other callers.

Contacts of 2009 (All Contacts) (Total 12889)

HSE West		HSE South		HSE Dublin North East and Dublin Mid Leinster		Other
Clare	285	Carlow	81	Cavan	220	229
Donegal	10	Cork	2061	Dublin	2801	
Galway	286	Kerry	243	Kildare	316	
Leitrim	4	Kilkenny	1118	Laois	333	
Limerick	522	Tipperary South	653	Longford	502	
Mayo	82	Waterford	97	Louth	507	
Roscommon	12	Wexford	128	Meath	804	
Sligo	16	Wicklow	74	Monaghan	42	
Tipperary North	653			Offaly	714	
				Westmeath	96	
Total	1870	Total	4455	Total	6335	Total 229

Comparison of All Contacts



Information Helpline 1890 621 631

Of the contacts, the total number of helpline calls received by Shine was 806 of which 40% were from people with a diagnosis of schizophrenia or related mental illness; 51% were from carers; 6% were from professionals and 3% were from other callers.

Topic of Information Helpline calls received in 2009:

Information on Mental Illness	348 calls = 43%
Shine Supports and Services	225 calls = 28%
Medication & Psychiatric Services	105 calls = 13%
Other	128 calls = 16%

The following chart displays the 2009 Information Helpline calls by Health Service Executive Region

Helpline Contacts of 2009 (Total 806)

HSE West		HSE South		HSE Dublin North East and Dublin Mid Leinster		Other
Clare	4	Carlow	3	Cavan	9	45
Donegal	4	Cork	53	Dublin	422	
Galway	33	Kerry	18	Kildare	26	
Leitrim	2	Kilkenny	14	Laois	12	
Limerick	14	Tipperary South	7	Longford	4	
Mayo	11	Waterford	12	Louth	9	
Roscommon	4	Wexford	20	Meath	20	
Sligo	9	Wicklow	25	Monaghan	3	
Tipperary North	7			Offaly	10	
				Westmeath	6	
Total	88	Total	152	Total	521	Total
						45

Rehabilitation Services

Community Resource Centres

The Dublin Basin Club set up in 2002, and the Cork Basement Resource Centre set up in 2006, continued to operate throughout 2009. The overall aim of both resource centres is to support each member to build the insights, understanding and capacity associated with recovery and mental wellness and to be a practical resource for those living within the community. The model used in both services is noteworthy for its partnership approach. 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: computers, email and internet
- Mentoring programme which provides members with one-to-one support, advocacy, referrals and a link into other community services and supports
- Learning and Education groups
- Social groups
- Networking with local services
- Employment support

The annual evaluation once again recognised both The Basin Club and Basement Resource Centre as being places of support which encourage and support recovery and friendship.



The Basin Club Dublin

- 134 people used the Basin Club in 2009
- 38% women
- 62% men
- 22 to 43 people used the Basin Club per day, with an average of 32.
- 26 members were new to the club in 2009, and 108 had been in contact with us in previous years.

Notable Events that Happened in 2009

The Basin Club had a busy, vibrant and successful 2009.

Recovery remained high on our agenda with the introduction of a weekly wellness recovery action plan – W.R.A.P., which is an open group. A new partnership developed with Finglas Artsquad. Our artists' work is facilitated by art graduates who work with our group on a weekly basis. The outcome of this work was displayed in two different exhibitions: The 'Cowshed' in Farmleigh, Phoenix Park, and locally in Phibsboro Library.

A weekly Drama group has also been enjoyed by members while tapping into the skills of staff. Other Basin Club members availed of computer training with Dublin Libraries' mobile bus computer classes.

Two members successfully completed their Sunday Opening Facilitation training during the year, which allows the Basin Club to open six days per week.

Our weekly Creative Writing course has developed and now includes the necessary components for those members who are interested in gaining a FETAC qualification in Communications.

Members travelled to Kilkenny on a day's outing.

Two new development workers joined the staff in 2009. Tina Hannan worked with us on a temporary contract, and Lisa Maguire works part-time on a permanent basis. The Cork and Dublin resource staff met as part of their quarterly national meetings.

A very enjoyable Christmas dinner was celebrated by members and staff in The Vaults – Connolly Station.

Unfortunately our membership remained closed for much of the year as a result of full membership. A meeting was held during the year where those interested in gaining membership of The Basin Club were invited to an information sharing afternoon giving other possible options available within the Rehabilitation and Training Guidance Service.



The Basement Resource Centre

- Between 28 to 35 members used the centre every day with an average of 29
- 109 individuals accessed the service in 2009
- 68% men
- 32% women
- 30 members were new to the club in 2009, and 79 had been in contact with us in previous years.

Notable Events that Happened in 2009

The centre was badly flooded in late 2009. For the last two months of the year Staff and members worked together to run the centre from the Training room in the Regional Office while the centre was being dried out and renovated.

Members and staff attended a WRAP conference in Charleville. 6 Members and staff went on to complete a 2 day Training in WRAP and one person went on to the 5 day WRAP Training.

Members fundraised for their Social Fund by Carol Singing at a Christmas Fair in Cork on December 15th.

The Basement Resource Centre contributed to the “New Toys to Children” at Christmas with Barnardo’s and Leukaemia Foundation Mercy Hospital.

An Open Day was held in April 24th whereby the centre held a craft and music fair and served up good food, up to 200 people attended.

A presentation was given to the Council on the work being done at the Basement.

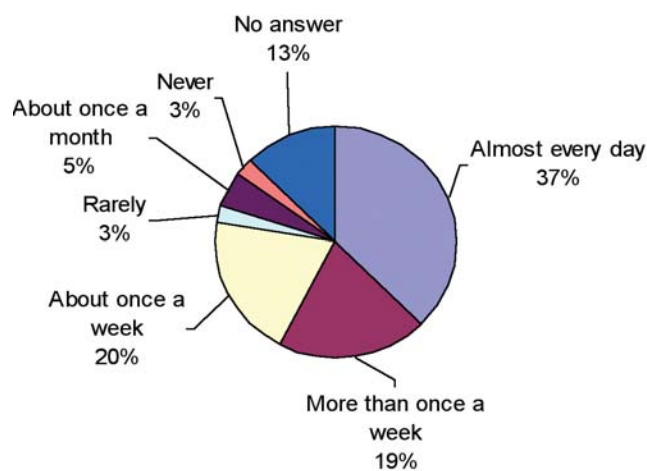
Staff and members gave a presentation on Shine and the Basement Resource Centre to a Conference in UCC.

There were various groups and activities held in 2009 by the Basement Resource Centre. These were facilitated by Staff, Members and outside Session Facilitators and included: Art & Crafts, Stress Management, Being Well, Cooking Classes, Drama, Massage, Stop Smoking Support, Basic First Aid, One to One Computer Skills Training, Book Club, Walking Group, Woman's Group, Relaxation and a Gardening Group in association with Cork Foyer Garden Project.

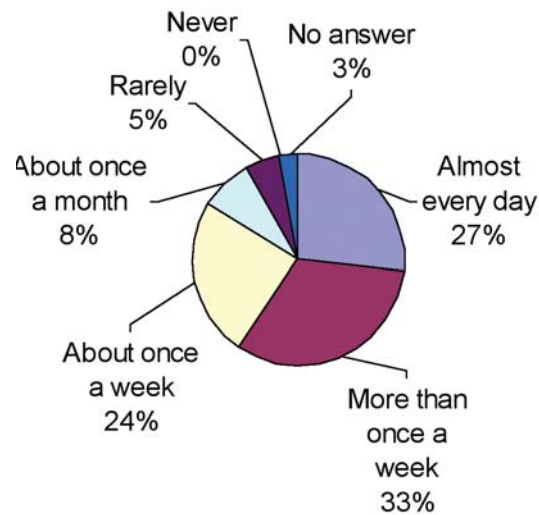
Some Basement members have begun training to avail of vocational awards offered by the Gardening Project. These include Horticulture Foundation FETAC Level 3 and Plant Care and Maintenance FETAC Level 3. While at the Garden Project, the Basement works alongside many other community and support groups involved in the project. The Coffee Pod, a small café, supports men who are in recovery from addiction by providing them with work and business management experience.

The project also helps serve the outdoor educational needs of pre-school children from the local area. Some of the groups are supported voluntarily by the remaining volunteers from the Corrigan City Farm TV programme. We at the Basement have built close ties with the gardening project. It is great to be able to readily access this inclusive, educational and enjoyable resource.

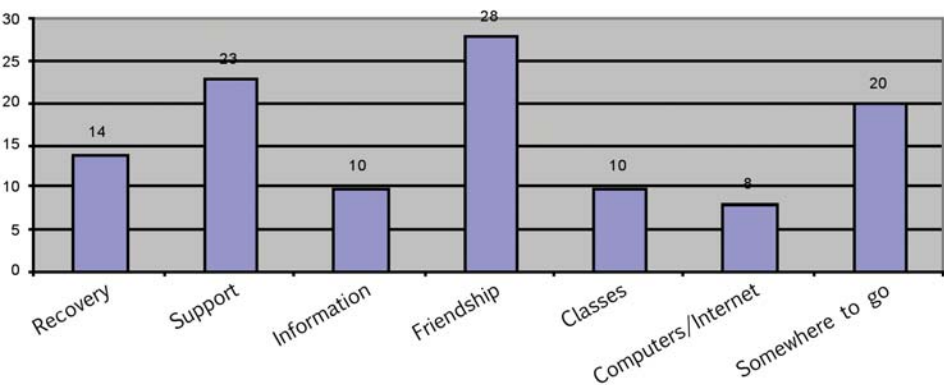
How often do you use the Basin Club?



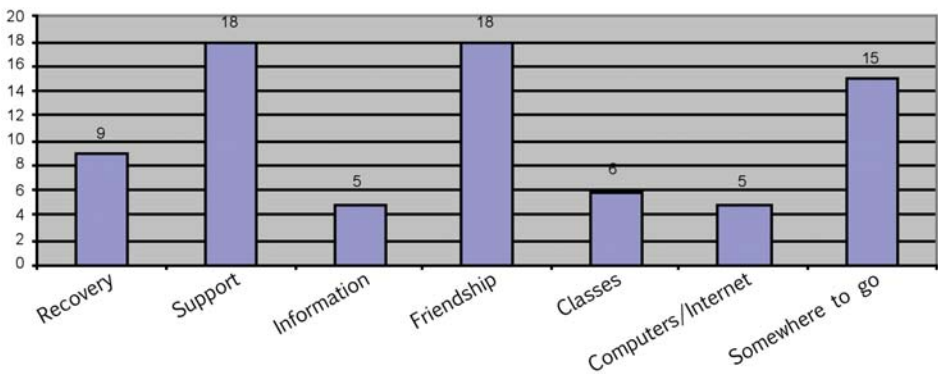
Q 5. How often do you use the Resource Centre?



What is the main reason you come along to the Basin Club?



What is the main reason you come along to the Resource Centre?



The Job Club

2009 saw a marked change in both the needs and requirements of those approaching the Job Club for support. There was also a considerable drop in the numbers of vacancies both in open employment and community employment. 49 individuals participated in the Job Club in 2009 compared to 102 the previous year. 7 went on to community employment, 6 to further education and training.

Given the changing needs of participants and the drop in usage, it has been agreed with FÁS that the Job Club service would be discontinued at the end of 2009. An alternative to the Job Club and a service more appropriate to the needs of those seeking support is being explored.

The Employment Support Group continued to meet bi-monthly and is facilitated by the Job Club Leader. Where 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. It is a peer support group and the members support one another with whatever issues arise.

The IASE (Irish Association of Supported Employment) Job Shadow Initiative is a national project designed to bring together people with disabilities and local employers to enable job seekers to explore the world of work. This year the Job Shadow Initiative took place on Wednesday April 22nd. The Job Club on Blessington Street successfully collaborated with the Civil Service and resulted in five job seekers from the Job Club taking part in the Initiative. They were all placed with administration staff in various departments including the Dept. of Foreign Affairs, the Dept. of Social and Family Affairs and the Office of Public Works.



HEIDI FLANAGAN AT THE DEPARTMENT OF SOCIAL AND FAMILY AFFAIRS



CHRISTINA COSTELLO AND ANNE ROONEY AT THE OFFICE OF PUBLIC WORKS

Change of Name Launch Celebrations

Since February 1st 2009, the organisation has been operating under its new name. An internal review of the organisation's structure, image and performance commenced in 2005. One of the conclusions of that review was that we needed to refresh our public image in order for us to be as responsive as possible to the needs of the people we serve. In arriving at the decision to change to a new operating title our research suggested that we should identify an image that was positive, inclusive and non-stigmatising. We have retained an updated version of our lighthouse logo and the corporate colours of blue and orange. It is important also to note that Shine will continue to support all those people affected by mental ill health as per our mission statement and objectives.

The new name was launched in Dublin, Cork, Tullamore and Galway. The launches were presided by John Saunders, Director and Catherine Bourke, Chairperson of Shine. John Saunders opened proceedings by welcoming everyone. He emphasised that

whilst Schizophrenia Ireland was changing name, it was not changing policy. Schizophrenia Ireland began from a grass roots movement to improve the life quality of people with a diagnosis and their families. He stressed that this work would continue, and that the name change was happening for many positive reasons. He noted how the range of people accessing services had broadened and that Shine sought to acknowledge this and offer an inclusive welcome for all people affected by mental ill health. This theme of an

inclusive welcome and support was underlined by Catherine Bourke, Chairperson of Shine, who offered the story of how she and her family came to find the then Schizophrenia Ireland, and what having such a service meant for her and her loved ones personally.

John Saunders spoke about the work and dedication of the founding members of the organisation and commended Robert and Rosemary Thompson for their involvement over the years.

Dublin Launch:

The first celebration of our rebranding from the name



PADGE MCCONALOIG, TOM HARTE & LOU VAN LAAKE

Schizophrenia Ireland to Shine, Supporting People Affected By Mental Ill Health, took place in the Gresham Hotel in Dublin on February 26th. Over 100 people attended. Throughout the event a wonderful music session was provided by Padge McConaloig, Tom Harte and Lou van Laake who is also a Development Worker

with the Basin Club. John Saunders, Director, gave a short presentation on how the change of name came about.

Kahlil Thompson Coyle, National Projects Manager of Shine gave a presentation on the new look of the Shine website and highlighted that information on schizophrenia, depression, bi-polar disorder and schizo-affective disorder was now available on the Shine website.

Pat Seager, Assistant Director with Shine read out

'Somewhere', a poem by John Saunders which portrays the anguish that can sometimes be felt in times of despair, and the hope that can be given when there is help available. Robert and Rosemary Thompson were presented with a colourful painting by Lisa Martin, member of the Basin Club.

Cork Launch:

The Cork Shine launch took place on April 24th, at South Terrace offices. Approximately 200 people attended the launch, including family members, service users, politicians, mental health professionals, other community organisations and Shine staff.

Miriam Murphy, Regional Development Officer and Bruno Nicolai Development Worker, gave a short presentation on the new Shine website and Miriam also said a few words about the good work being done on the ground in Cork, despite the recession and the cutbacks. John Saunders presented John Delaney, member of Cork Phrenz group with a book token, in appreciation for his suggestion of the name "Shine". Breda O'Neill, one of the longest serving members of the Cork Relatives Support Group cut the celebratory "Shine" cake, which was made by Rose, a member of the Basement Resource Centre. After the formalities, all in attendance were invited down to the Basement Resource Centre for light refreshments, and to view the exhibition of Art, Jewellery, Photography, Poetry, Prose, Arts and Crafts, with real live music, provided by a Basement member Jerry O'Mullane.

Tullamore Launch:

Shine in the Midlands was launched in Tullamore on March 21st. The Council of Shine were in attendance along with members from the four counties, fellow travellers, well-wishers from the health services and other local charities. The launch was held in the friendly heart of Tullamore in St. Mary's Youth and Community Centre. Local mental health centres kindly loaned their works for display. Birr Community Mental Health Centre displayed some wonderful paintings, and the 'Attic Centre' had a vibrant display of ceramics, canvases and bog oak pieces. Catherine Rountree, the newly appointed Regional Development Officer for Shine followed. She noted how delighted she was to see so many Phrenz group members from all of the four counties, and how wonderful it was for all to come together in celebration and relaxation. Always fond of a party, Catherine commented how important it is to take time to enjoy the company of like-minded individuals in the continuing work of challenging disadvantage and stigma. She thanked all who had made her welcome in the Midlands and pledged to do her best to continue the good work of her predecessor Mary Kennedy, which raised a cheer from the Longford visitors.



TOP PHOTO: GRACE YING MA, MARY LAMBE & BERNADE TTE BYRNE. BOTTOM PHOTO: ROBERT THOMPSON & LISA MARTIN

Galway Launch:

The Galway Launch took place at the Town Hall Theatre on Tuesday May 19th 2009. At the lunchtime event there were many new and familiar faces to celebrate our new name. In attendance were representatives from the Relatives and Phrenz groups, members of the Galway Refugee Support, Cope Services, AWARE, Jigsaw, the Independent Advocacy Service and many other voluntary organisations. Sallo provided music and everyone commented positively on the day and the new name.



Shine News

In 2009, Shine released 5 national press releases and 8 news releases. These are available to read in full at our website: www.shineonline.ie

Press Releases:

- 22/1/09 IRISH MENTAL HEALTH COALITION WANT QUESTIONS ANSWERED ON MENTAL HEALTH SERVICE REFORM
- 25/1/09 SCHIZOPHRENIA IRELAND CHANGES NAME TO: SHINE-SUPPORTING PEOPLE AFFECTED BY MENTAL ILL HEALTH
- 1/04/09 GOVERNMENT MUST ACT AS RECESSION DRIVES DEMAND FOR MENTAL HEALTH SERVICES
- 11/06/09 MINISTER MOLONEY ESTABLISHES SECOND INDEPENDENT GROUP TO MONITOR PROGRESS ON THE IMPLEMENTATION OF 'A VISION FOR CHANGE'
- 29/10/09 SHINE WELCOMES PROPOSALS TO LOWER BLOOD ALCOHOL LEVELS

News Releases:

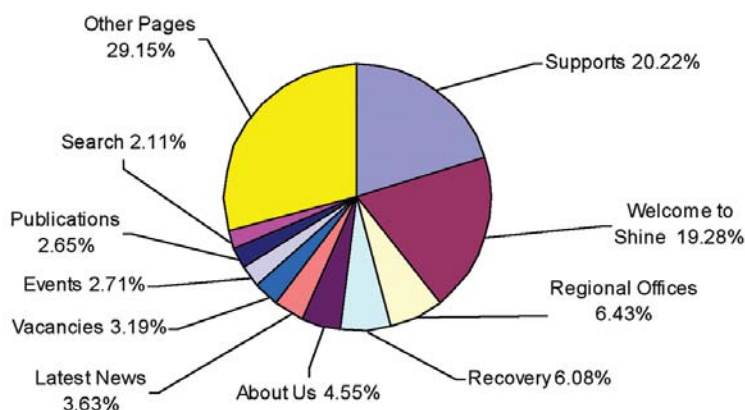
- 25/01/09 AS ECONOMIC CLIMATE DETERIORATES WE MUST SUPPORT THE MOST VULNERABLE IN THE 2009 BUDGET
- 26/01/09 SERVICE USER CONSULTATIVE GROUP IS SEEKING NEW MEMBERS
- 06/02/09 OPINION PIECE BY JOHN SAUNDERS ON THE COMMITAL OF THOMAS CONNORS TO THE CENTRAL MENTAL HOSPITAL AND THE DEATH OF MICHAEL HUGHES
- 16/02/09 EUFAMI ANNOUNCES: A MAJOR EUROPEAN CONFERENCE ADDRESSING THE SUBJECT OF CHILDREN OF PARENTS WITH A MENTAL ILLNESS
- 19/03/09 SHINE LAUNCHES NEW NAME IN DUBLIN
- 30/03/09 THE I.A.S.E. (IRISH ASSOCIATION OF SUPPORTED EMPLOYMENT) JOB SHADOW INITIATIVE
- 21/04/09 SHINE LAUNCHES NEW NAME IN CORK
- 06/04/09 CONSULTATION ON AMNESTY INTERNATIONAL IRELAND'S MENTAL HEALTH CAMPAIGN STRATEGY



Online Developments

In 2009, Shine increased its online presence through its new website www.shineonline.ie and social networking sites such as Facebook and Bebo. We publish a quarterly online newsletter which can be subscribed to on our website. Shine currently has 1300 electronic subscriptions to our newsletter and 180 postal subscribers.

Pages Visited at Shine Website during 2009



Page Name	Percentage	Page Views
Supports	20.22%	22301
Shine Welcome	19.28%	21262
Regional Offices	6.43%	7091
Recovery	6.08%	6708
About Us	4.55%	5018
Latest News	3.63%	4004
Vacancies	3.19%	3516
Events	2.71%	2986
Publications	2.65%	2927
Search	2.11%	2328
Other Pages	29.15%	32136



Recover.ie is Ireland's web based information resource on mental illness, for people with self-experience of mental illness, their caring relatives, the general public and healthcare professionals. Recover.ie offers a platform to centralise the relaying of information in Ireland. Recover.ie covers topics such as: types of mental illness; what to do if you have a diagnosis of mental illness; how to help if you are a relative or friend; the recovery process; getting help; national and international research; suicide and mental illness; stories of recovery; national mental health policy; and challenging stigma.

Policy and Advocacy

Irish Mental Health Coalition

Throughout 2009 Shine was involved as one of the founding partners in the Irish Mental Health Coalition. During the year a number of significant events occurred. Firstly the Coalition went through a process of strategic planning and development, which allowed it to reformulate its objectives in a clear and succinct manner.

Additional funding was agreed with a philanthropic organisation, which will allow the Coalition to develop further in the next couple of years. Shine continues to provide office support and accommodation for the Irish Mental Health Coalition.

Action on Suicide Alliance.

Shine was also involved in 2009 with the Action on Suicide Alliance, which aims to improve the level of funding and support for suicide prevention initiatives in Ireland. As in the case of the Coalition, Shine has provided meeting room support for the Action on Suicide Alliance.

Northern Ireland Officially Launched MindWise

The independent mental health charity for Northern Ireland was officially launched on Tuesday September 29th at an official reception hosted by the Northern Ireland Office in Hillsborough Castle. To mark the occasion, at the event, five independent mental health charities from around the UK and Ireland came together for the first time to create a new mental health 'five nations' lobbying and campaigning

alliance. These mental health charities were Shine (Ireland), Mindwise (Northern Ireland), the National Schizophrenia Fellowship of Scotland, Rethink (England) and HAFAL (Wales).

The new alliance members will meet on a regular basis to discuss issues surrounding mental health services and support common to all their areas. They plan to work together, and with other partner organisations, to maximise the effectiveness of new and existing awareness and anti-stigma campaigns about mental health issues that impact everyone affected by mental

ill-health whether they live in England, Scotland, Wales, Northern Ireland or Ireland.

Political Friends of Mental Health

During 2009 Shine and Bodywhys – The Eating Disorders Association of Ireland organised two political friends 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. The first meeting took place in February on the topic of eating disorders. This meeting coincided with the national Eating Disorders Week. The second meeting was held in November and the topic was 'Early Intervention in Mental Health: Improving Outcomes, Increasing Satisfaction, Saving Money' by Professor Eadbhard O'Callaghan, Consultant Psychiatrist from Detect, Early Intervention and Psychosis Services.



Fundraising Activities

Shine launched a series of new fundraising initiatives in 2009 as part of our on-going campaign to raise much needed funds to support people with mental ill health and their families and friends. We are very grateful to all who have actively participated and given of their own time in our fundraising activities. Thank you to those who have pledged ongoing donations and continuing support. It has been a challenging year for all but we are looking forward, with hope and excitement to 2010.



Fundraising Night in aid of Shine at the Laughter Lounge, Dublin

On Thursday April 12th, Shine held a fundraising night at Dublin's Laughter Lounge on Eden Quay. It was a great night out with entertainment provided by comedians Joe Rooney, Andrew Stanley, Michael Mee and Kevin Gildea.

Direct Debit Appeal

Shine launched our Direct Debit appeal, via mycharity.ie in October 2009. It has been a great success.



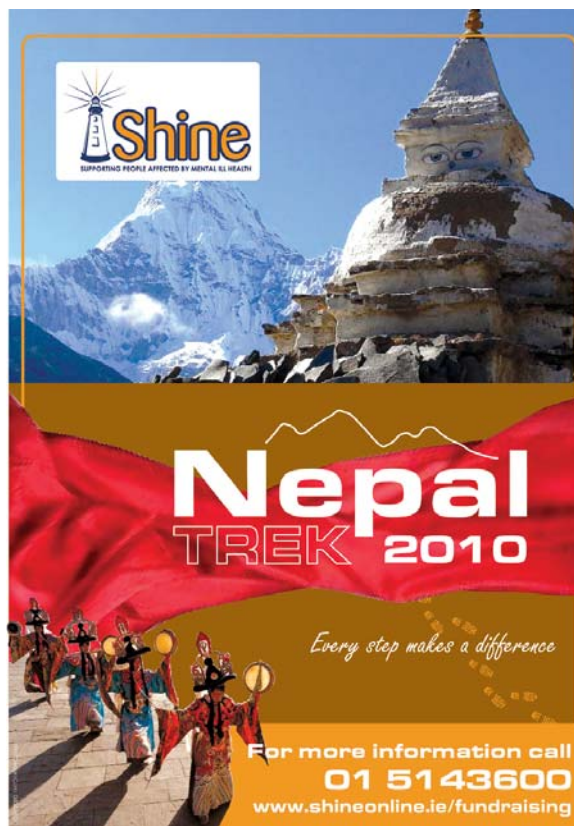
Christmas Card Campaign

At Christmas 2009, Shine teamed up with the well known Irish artist and book illustrator, Aileen Johnston to create a series of limited edition Christmas cards. The luxury Christmas cards were priced at a very

competitive €1.50 per card or twelve cards for €10.00. Many volunteers gave up their time to help sell our cards. The Christmas card campaign was generously supported by many retailers.

Shine Annual Walk in Nepal

The Shine Annual walk 2010 is taking place in



November 2010. The walk requires a commitment from walkers to raise €5,000 in donations, and during 2009 our walkers have been very busy. There have been a number of fundraising events taking place throughout the country. There was great support from the media who donated their advertising space free of charge.

Women's Mini Marathon -Dublin

The Flora Mini Marathon, which is the largest all-women event of its kind in the world, saw 40,374 participants make their way through the streets of Dublin, all in an effort to raise much needed funds for a variety of charities. On this scorching 2009 June Bank Holiday Monday, over forty women took part in aid of Shine. Together they raised over €6000.

Launch of The Shine Online Shop

December 2009 saw the launch of the new Shine Online Shop. The Online Shop offers attractive gifts at affordable prices with all proceeds going directly to Shine.

Schizophrenia Association of Ireland

T/A Shine - Supporting People affected by Mental Ill Health

OFFICERS AND PROFESSIONAL ADVISERS

COUNCIL

(at 31 December 2009)

Catherine Bourke (Chairperson)
Kevin Jones (Treasurer)
Bridget Bermingham (Vice Chairperson)
(Resigned 21 November 2009)
Patrick Brassil
Evelyn McHugh
Susie Doheny
Claire Keogh
John Kidney
Karen Cobbe

SECRETARY

Karen Cobbe

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 2009 there were six Council meetings with the following attendance:

- Catherine Bourke 6/6
- Bridget Bermingham 4/6
- John Kidney 3/6
- Evelyn McHugh 4/6
- Claire Keogh 5/6
- Karen Cobbe 4/6
- Susie Doheny 1/6
- Patrick Brassil 3/6
- Kevin Jones 4/6

Independent auditors report

to the members of Schizophrenia Association of Ireland T/A Shine - Supporting People affected by Mental Ill Health

We have audited the financial statements of Schizophrenia Association of Ireland T/A Shine-Supporting People Affected by Mental Ill Health for the year ended 31 December 2009, 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 auditor, 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 2009. 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 purpose 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 2009 and of its surplus for the year then ended; and
- have been properly prepared in accordance with the Companies Acts, 1963 to 2009.

We have obtained all the information and explanations we considered necessary for the purpose of our audit. In our opinion proper books of account have been kept by the 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
22nd March 2010

**SCHIZOPHRENIA ASSOCIATION OF IRELAND
T/A SHINE-SUPPORTING PEOPLE AFFECTED BY MENTAL ILL HEALTH**

BALANCE SHEET AS AT 31 DECEMBER 2009

	<i>Notes</i>	2009 €	2008 €
TANGIBLE FIXED ASSETS	5	380,567	421,356
CURRENT ASSETS			
Cash at bank and in hand	6	679,142	619,968
Debtors	7	38,512	60,015
		717,654	679,983
CREDITORS (Amounts falling due within one year)	8	(546,560)	(546,203)
NET CURRENT ASSETS		171,094	133,780
TOTAL ASSETS LESS CURRENT LIABILITIES		551,661	555,136
CREDITORS (Amounts falling due after more than one year)	9	(33,802)	(50,891)
NET ASSETS		517,859	504,245
REPRESENTED BY:			
Revenue reserves	10	517,859	504,245

The financial statements were approved by the Board of Directors on 20th March 2010 and signed on its behalf by:

Catherine Bourke
Director

Kevin Jones
Director

**SCHIZOPHRENIA ASSOCIATION OF IRELAND
T/A SHINE-SUPPORTING PEOPLE AFFECTED BY MENTAL ILL HEALTH**

**DETAILED OPERATING STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2009**

	2009 €	2008 €
INCOME:		
HSE:		
- Northern Area	749,155	903,273
- North Western	9,800	10,000
- Western	101,360	101,340
- North Eastern	76,950	76,705
- South Eastern	87,544	89,583
- Mid Western	78,071	77,082
- Southern	114,186	118,573
- Midland	98,095	51,173
	<u>1,315,161</u>	<u>1,427,729</u>
Irish Mental Health Coalition	122,840	58,239
Donations, membership fees, etc.	32,802	68,795
Basement club – Cork Resource Centre	224,119	221,131
Conferences and courses	-	4,830
Grants and co-funding	125,927	88,030
Basin club	281,220	280,250
Interest received	3,550	4,195
Comhairle Advocacy	73,500	73,500
Headline	168,563	171,915
Dormant account receipts	14,551	-
Management fee	-	10,500
Other income	34,723	6,159
	<u>2,396,956</u>	<u>2,415,273</u>
EXPENDITURE		
Staff costs	1,722,930	1,766,401
Rent and mortgage interest	96,348	100,175
Administration costs	293,300	227,153
Training - staff and volunteers	4,861	9,328
Services expenses	133,261	182,004
Audit and accountancy	5,623	7,567
Trainee expenses	22,996	27,423
Professional fees	73,545	48,268
Depreciation	30,478	35,279
TOTAL	<u>2,383,342</u>	<u>2,403,598</u>
NET SURPLUS FOR THE YEAR	<u>13,614</u>	<u>11,675</u>



Maureen Ducie R.I.P.

It is with deep regret that we learned of the death in 2009 of Maureen Ducie. Maureen was the first administrative secretary of the Schizophrenia Association of Ireland. Appointed to the post in 1981 she was responsible along with Owen Mooney and the Management Committee for the initial growth of the organisation nationally. During her seven years in the post, Maureen oversaw the development of relatives support groups in Limerick, Kerry, Galway, Cork and other towns and the establishment of the first Phrenz groups. During this time the first national office was established in Fitzwilliam Place, Dublin. In 1988 Maureen retired from her post leaving behind her a well structured and thriving organisation. All those who have used our services since then are indebted to Maureen for her diligence and commitment to her task.



Advocacy

Awareness

Counselling

Education

Employment Support

Help

Information

Listening

Resource Centres

Recovery Focus

Support

Tel: 1890 621 631

www.shineonline.ie



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38 Blessington Street, Dublin 7
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F: 01 8601602

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

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

Website: www.shineonline.ie
Information Resource: www.recover.ie
Email: info@shineonline.ie

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

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

BASEMENT RESOURCE CENTRE
32 South Terrace, Cork
T: 021 4808094
F: 021 4808095

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

MID-WESTERN REGION.
T: 087 7878222

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

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Confidential Information Helpline:
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