

# Annual Report 2007



Schizophrenia Ireland  
Lucia Foundation



**What is schizophrenia?** Schizophrenia is a serious mental illness characterised by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately one in every hundred people worldwide 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?** Bipolar disorder (once called manic depression), 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.

Confidential Information Helpline: **1890 621 631**

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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 bi-polar 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

2007 was a year in which S.I. expanded its services to members and worked with its partners in the Irish Mental Health Coalition to press for improvements in the delivery of the mental health service to those who need it.

A general election was held in May. After the election Jimmy Devins TD replaced Tim O'Malley as Minister of State with responsibility for Mental Health.

Before the election the Mental Health Action Group of S.I. held a series of meetings in several towns and cities. All sitting T.D.s, County Councillors and declared candidates for the Dail from the area were invited to attend, as were members of the local media, HSE personnel and the general public. About 40 politicians attended the meetings where lively discussions took place. The politicians who attended were politely told from the floor that the services currently provided are not sufficient for users and carers and to use their influence to ensure that "A Vision for Change" is fully implemented as soon as possible.

After the election a delegation from S.I. met with Minister Devins who promised that "A Vision for Change" is Government policy and will be implemented. To date, as we know from media reports progress has been slow.

"A Vision for Change" recommended that a National Service User Executive should be established so that issues relating to users can be developed and implemented with best practice guidelines between users and those supplying services. S.I. is a member of the advisory group and some of our members were nominated to the Interim National Service User Executive.

Lucia Week in 2007 saw the launch of SI's 4th occasional paper "Your Choice: Lifestyle, Medication and Recovery". This paper is an excellent source of up to date information on treatment options for service users and carers. Lucia week is marked by events throughout the country and there are good social networking opportunities during the tea and coffee session afterwards.

SI in conjunction with the World Federation for Mental Health conducted a survey on the consequences of having a severe mental illness in Ireland. The survey was published under the title "Thinking Ahead: Living with Mental Illness in Ireland". The result of this survey showed that there is still an over reliance on medication, severe social consequences like job losses and also stigma as the general public and the media have a poor understanding of mental illness. Professor Patricia Casey launched the survey where she particularly mentioned the area around social stigma as being very worrying.

In 2007 SI provided a course to Garda recruits in Templemore to inform them of the difficulties they may encounter when dealing with people who may be experiencing mental health problems. The feedback from the recruits was very positive in the evaluation of the course.



Many thanks to those members of SI who took part in the training.

SI hosted an evening event in October which was entitled "Schizophrenia and Physical Wellbeing". The speakers all stressed the necessity for people with schizophrenia to be particularly careful about their physical health. There is a high incidence of cardiovascular disease in people with schizophrenia and their families. Type 2 diabetes is also higher than in the general population, so a good diet and exercise should be maintained.

SI hosted a seminar on "Psychotherapy in Psychosis and Schizophrenia: What works?" in November. This was well attended by professionals working in the field and by our members. It was emphasised that for some people these therapies do not work but that the outcome can be very good for others. The problem is that at present in Ireland we do not have the staff to offer these therapies and it leaves many people totally dependant on medication alone.

It is important for all of us that the delivery of services to those with enduring mental illness is implemented. This means that all areas of the country should have the required number of fully staffed multidisciplinary teams in the community and when required, a hospital bed in the area. When a family member has a serious illness it impacts on everyone in the family. With mental illness still stigmatised it can be hard to mention it to friends and it can lead to social isolation. This is why becoming a member of a Phrenz group or a Relatives' group can help. The other people in the group will listen to you if you have a problem and give you feedback on what has been helpful to them. If you receive notification of a launch of a paper by SI or any other event and it is convenient for you to attend please do. The speakers chosen to present the events are always interesting and provide extra insights into the topics.

I would like to thank all the staff of SI including those who left during the year and to welcome those new members who joined during the year. Thank you also to the current members of the Council, and to those recently retired, and to those members on the various committees that SI has nominated you to sit on. Giving your time and energy in a voluntary capacity is not always appreciated by those on whose behalf you are working, but SI could not do its work without your help.

**Catherine Bourke, Chairperson**

# Organisational Structure

## SI Staff as of 31 December 2007

### Director's Office

John Saunders	Director
Mary Lambe	Administrative Assistant

### Projects Team

Kahlil Thompson Coyle	Policy and Projects Manager
Hazel Whelan	Projects Assistant
Anita Horgan	Advocate, Dublin
Deirdre Lillis	Advocate, Cork
Trisha Moran	Advocate, Galway
Jane Arigho	Headline Media Project Co-ordinator
Rachel Wright	Headline Project Assistant and Media Liaison

### Rehabilitation Services

Cillian Russell	Social and Rehabilitation Services Manager
Alexandra Scheele	Development Worker, Dublin
Goedelle van Laake	Development Worker, Dublin
Malachi McCoy	Development Worker, Dublin
Jennifer Marsden	Job Club Leader, Dublin
Denise O'Reardon	Resource Centre Coordinator, Cork
Bruno Nicolai	Development Worker, Cork
Michelle Flaherty	Development Worker, Cork

### Counselling and Information Services

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

### Development Team

Patricia Seager	Assistant Director and Manager of Development & Support Services
Christina Burke	HSE Western Regional Development Officer, Galway
Ann Marie Flanagan	HSE Midwestern Regional Development Officer, Ennis
Miriam Murphy	HSE Southern Regional Development Officer, Cork
Martin Matthews	HSE South-Eastern Regional Development Officer, Kilkenny
Vacant	HSE Northern Regional Development Officer, Dublin
Derek Pepper	HSE Northern Regional Development Officer, Dundalk
Susan McFeely	HSE Mid Leinster Regional Development Officer, Dublin
Mary Kennedy	HSE Mid Leinster Regional Development Officer, Longford
Bernadette Byrne	Administrative Assistant, Dublin
Anne Buckley	Support Worker, Cork
Karina Keane	Support Worker, Galway

### Administration Team

Leonor Bethencourt	Office & Premises Supervisor
Elaine Curtis	Accounts Manager
Grace Ying Ma	Accounts Assistant
Rose Noone	Administrative Assistant
Stephen Mahon	Administrative Assistant
Maura Delaney	Cleaner

### Community Employment Scheme Staff

Niamh Brilley, Rachel Fotheringham, Colman Fox, Ann Marie Kelly, Catrina McCay, James Nicholson

### Voluntary Workers

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

Registered Charity Number 6380  
Company Registration Number in Ireland 70462

## Director's Letter

Dear Friends,

I am pleased to introduce the Annual Report of Schizophrenia Ireland for 2007.

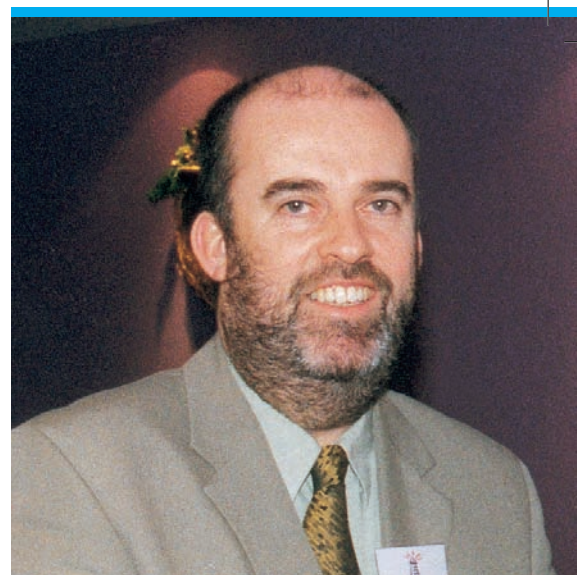
During 2007 Schizophrenia Ireland continued to provide a comprehensive range of services to service users and their family members. These included the provision of support groups, information, education and training. In addition, we provided confidential counselling, day resource services, and public information and awareness campaigns.

Throughout 2007 SI fully developed **Headline**. This is the national media-monitoring programme aimed at promoting responsible and accurate reporting of mental health issues in the media. (See [www.Headline.ie](http://www.Headline.ie)).

Schizophrenia Ireland also continued to develop its personal advocacy service **Ár nGlór** (Our voice). This service aims to provide individual advocacy to service users and their family members.

During Lucia Week 2007, SI launched its occasional paper no. 4 'Your Choice: Lifestyle, Medication and Recovery'. This document set out to advise service users about how to get the best from their mental health service and also how to best manage their own mental illness. Copies of the document are available on the SI website ([www.sirl.ie](http://www.sirl.ie)).

In autumn 2007, SI held a day seminar on the effectiveness of psychotherapy in schizophrenia. Specifically the seminar illustrated the evidence base for the use of cognitive behavioural therapy and family intervention therapy in mental healthcare services. During 2008, we hope to launch a document based on the proceedings of this seminar.



As always, Schizophrenia Ireland continues to provide a full range of services and supports to its membership and to the public at large. These include our support groups for relatives and people with self-experience, our family and client education programmes, counselling services, advocacy services, our regional development office services and our helpline services. Additionally, a number of specific projects continue, including the Women

Together Network project, our respite care service and our national awareness activities.

Full details of these activities can be found in the pages of this Annual Report.

The work of Schizophrenia Ireland could only be completed successfully with the assistance of a number of different groups of people. These are the staff employed by Schizophrenia

Ireland, the volunteers who work on the helpline service and other parts of the organisation, the facilitators of our support groups and of course those volunteers who work on the Council and Service User Consultative Group. The objectives of the organisation would not have been achieved, but for the hard work and endeavour of these people. A special thank you to everyone involved.

**John Saunders**  
**Director**  
**June 2008.**

*As always,  
Schizophrenia Ireland  
continues to provide a full  
range of services and  
supports to its membership  
and to the public at  
large.*

# Services provided by Schizophrenia Ireland:

- Regional Development Offices
- Information Helpline
- Mental Health Policy
- Suicide Prevention Initiatives
- Relatives' Groups
- Phrenz Groups
- Family Support Initiatives
- Counselling
- Employment Services
- Advocacy Services
- Resource Centres
- Awareness Raising
- Biennial Conference
- Seminars and Information Evenings
- SI News: Quarterly Newsletter
- Schizophrenia Handbook
- Schizophrenia Information Resources
- Media Monitoring





# 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 these groups. However, without the commitment, energy and dedication of the facilitators these groups would not be in existence. Thank you to all facilitators.

### *Phrenz Facilitators*

Sean Broderick – Swords  
Mary Butler – Clonmel  
Keiran Carey – Limerick  
Eamon Cogger – Mayo  
Bernadette Coleman – Kilbarrack  
Sarah Condrón – Cornerstone  
Richard Conroy – Bandon  
John Crilly – Navan  
Margaret Downey – Clondalkin  
Antoinette Healy – Bandon  
Cherie Herwood – Loughrea  
Mary Hickey – Mullingar  
Caroline Hughes – Dundalk  
Mary Hunt – Longford  
Bernie Kane – Kildare  
Peter Kelly – Mayo  
Thomas Keogh – Kildare

John Kidney – Tralee  
Tricia Killen – Maynooth  
Breda Long IAHIP – Cork  
Liam Madden – Kildare  
Louie Maguire – Galway  
Ailis Maher – Kilkenny & Kilkenny Women's group  
Ronan McArdle – Blessington Street  
Ed McGeough – Cornerstone  
Ray Noble – Tullamore (Lighthouse)  
Tim O'Connor – Killarney & Limerick  
Joe O'Neill – Limerick  
Mary O'Shea – Clare (Ennis)  
Niall Payne – Athlone  
Leah Quinlevan – Cornerstone  
Patrick Ryan – Carlow  
Cathail Shanahan – Nenagh  
Roseanna Sherlock – Ballyfermot  
Francis Stuart – Blessington Street  
Rowanna Woods – Artane

### *Relatives' Facilitators*

Eileen Barry – Leitrim  
Teresa Bannon – Thurles  
Tim Bingham – Killarney  
Tony Blackmore – Waterford  
Martin Cahill – Cluain Mhuire  
Maura Cannon – Inishowen

Ann Cleary – Loughrea  
Donal Coleman – Mayo  
Ann Concannon – Milltown  
Noelle Dáson – Limerick  
Hugh Devlin – Buncrana  
Margaret Downey – Clondalkin  
Cathy Eastwood – Galway  
Collette Fahy – Clontarf  
Annette Field – Swords  
Stephen Garland – Blanchardstown  
Pauline Gill – Dundrum CMH  
David Gorman – Navan (Affiliated to SI)  
Paul Guckian – Clare  
Deirdre Hayden – Artane  
Ann Hoey – Tallaght  
Angela Hunter – Cork  
Ann Hynes – Cavan  
Tom Lohan – Glenamaddy  
Marion Masterson – Longford  
John Mathews – St. James  
Hubert McHugh – Leitrim  
Brian Miles – Milltown  
Ann Marie Mullery – Roscommon  
Joan O'Brien – Tralee  
Olive O'Connell – Cavan  
Aine O'Reilly – Ballyfermot  
Christina Peltz – St. James  
Laura Thompson – Nenagh  
Marie Tuohy – Mayo

## South Eastern Region

### *Phrenz Groups*

The Kilkenny Phrenz group is going well. The group changed Facilitator in 2007. The Enniscorthy group is also progressing well, while the Women's Support Network in Kilkenny also changed Facilitator in 2007 and is going from strength to strength. The Clonmel Phrenz group has expanded and is going well also. The Carlow Phrenz group is still taking place and

was reviewed in the summer of 2007, where it was deemed to continue to be a viable option. The New Ross group continues to meet every fortnight and is going well. All the Phrenz groups got together for the Lucia Day celebrations in July 2007.

### *Relatives' Groups*

The Waterford Relatives' group moved venue to the Cheshire Home in Waterford and is still a

## National Development

very vibrant group. In general the RDO had an increased amount of one to one contact with relatives in the Southeast region. Relatives appear to prefer to meet up with the RDO rather than attend a support group on a regular basis.

### HEALTH AND NUTRITION

#### Cooking for Health

Schizophrenia Ireland in conjunction with Deirdre Howlin, Nutritionist from the Health Promotion Unit in the HSE offered people the chance to participate in the training necessary to deliver the 'Cooking for Health' Programme. Fifteen people attended the training and it proved to be very successful. What is interesting about this particular course is that it is a partnership between the Health Promotion Office, who provided the trainer and the materials, the Comhairle offices in Kilkenny, who provided the venue for the four weeks and Schizophrenia Ireland who provided the organisation of the course and the participants.

The three-way collaboration in this project is a natural progression from a previous successful project (Inside Out (2005) a nutritional intake activity and balance cookery program), which was undertaken by the three organisations.

#### Healthy Eating

The up-skilling of the group who intend to deliver a Healthy Eating Course was completed in 2007. Two participants have organised a one-hour session on healthy eating which is going to be delivered in January 2008.

#### Cookery Classes

A series of six cookery classes were delivered in Kilkenny, it was aimed at people living in the community either in transitional housing or independently. The course was a huge success. Funding for this course was provided by Martha Butler from the Community Adult Education.

### Southern Region

#### Phrenz Groups

In 2007 the Bandon Phrenz group held a fortnightly Discussion Group in the Watergate Centre, which was facilitated by Antoinette Healy. They went on a Day Trip to Killarney and had lunch in the Royal Hotel there. As a group, they also went out socially to evening meals.

The Tralee Phrenz group went on a 4 week Cookery Course early in 2007, which was held in the Tralee Community College. Some members also went on a short respite break to Cork city. Deirdre Lillis, the SI Advocate gave a talk to the group at one of their fortnightly meetings during the year.

Some of the Cork Phrenz group members went on a 10 week Stress and Anger Management Course from March to June 2007. Members of the Basement Resource Centre also attended this course. Some Phrenz members attended a day of events in Clonakilty, West Cork to celebrate World Mental Health Day in October 2007. The group went on regular social evenings during the year, which usually consisted of evening meals and before Christmas they held a very successful Cultural Evening.

The Killarney Phrenz group went on social outings and had guest speakers in to speak at their meetings. They invited a Social Worker to speak with the group and Deirdre Lillis, the SI Advocate gave a talk to the group. Noreen Fitzgibbon from the Irish Advocacy Network, also gave a talk to the group in 2007.

#### Relatives' Groups

Some of the Cork relatives' group members are actively involved on the Schizophrenia Ireland Cork Housing Committee and also on the Mini Marathon Committee. Angela Hunter took over the facilitation of the group in 2007. Some guest speakers have attended the monthly meetings, including John Kidney SI Council member and Facilitator, and Deirdre Lillis, SI Advocate. The group have plans to have a Legal Professional in to give a talk to the group in early 2008, and also to take part in the Family Education Course in mid 2008. The group enjoyed a social evening out together in December 2007.

The Tralee relatives' group is a small group and who meet monthly. During 2007 they had some guest speakers in to give a talk to group members, including Deirdre Lillis the SI Advocate. The group members also go out socially as a group.

The Killarney relatives' group is a small group who meet monthly. They usually organise their social events with the Killarney Phrenz group. Deirdre Lillis the SI Advocate and Damien Lillis, the SI Counsellor gave talks to this group during 2007.

## **North Dublin Region**

### *Phrenz Groups*

There are four Phrenz groups in the Northern area: in Swords, Artane, Blessington Street and Kilbarrick. All appear to be doing very well and are providing peer support to their members.

### *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 to provide 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 been a great success and continues to meet every Thursday night in the Citizens Information Centre, Brews Hill, Navan. The group came into operation in November 2006 and has been a fantastic support to people from the Navan and surrounding areas. In the last year new members have joined the group as it continues to go from strength to strength.

A new Phrenz group was recently established in Dundalk and initial meetings have indicated a very bright future for the group, as the members are eager to maintain what they view as being a very important aid in their recovery.

### *Relatives' Groups*

The Navan relatives' group, continue to meet on the last Tuesday of every month. The group have been in operation for some time now and while operating slightly independently of SI, they remain happy to be affiliated with SI and avail of the services provided whenever necessary. The group has proven to be very successful over the past couple of years and continues to provide an excellent support to relatives in the area.

## **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. The group also ran an active political campaign around the general election.

### *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; a community group, which not only accesses the services of Gateway, but also of the Rathmines Information Centre. This year has been a very successful year for the group; they developed their own newsletter and ran a very successful art exhibition. The Rathmines Partnership has secured funding for a full time coordinator for Gateway and two existing members have been employed under the community employment scheme.

### *Trinity Nurse Training Programme*

Since 2005, S.I. has been involved in both the development and delivery of the Recovery module within the Bsc in Mental Health Nurse Training. The SI Regional Development Officer for the Eastcoast and Southwest Areas has delivered it in partnership with the Irish Advocacy Network and the Schizophrenia Ireland 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 agen-

## National Development

cies 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 2007, 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 hopes to continue this 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. A large number of the groups took part in both the Finding YOUR Way Facilitator Training and the Facilitator Training Workshops throughout the year. There were also a number of women from the groups involved in the development of the Women Together Network.

#### *Relatives' Groups*

The Southwest area has four Relatives' groups, which continue to do well in Kilmainham, Clondalkin, Tallaght and Ballyfermot. The groups provide an opportunity for relatives of people with self-experience to both meet and gain support from people with similar experiences. The Tallaght services continue to promote the group with the hope of obtaining new members. 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.

### **Midlands Region**

#### *Phrenz*

The Phrenz Groups in the Midlands are provid-

ing peer support and opportunities for social interaction.

The Longford Phrenz Group had many day trips to Mullingar, Athlone and Sligo, and enjoyed pleasant meals with good food and good company. The group had an art and photography exhibition for the Lucia celebrations in July. The highlight of the year for the group was going to see the Furey Brothers in concert.

The Candle Light Group in Athlone meets monthly (on the last Thursday of the month in the Dr Dobbs Centre) and also have time for good food and a good laugh.

The Mullingar Phrenz Group meet on the last Friday of the month at the Eala Centre, in St Loman's Hospital. This group was set up two years ago. All the members look forward to meeting and having a chat and enjoying each other's company followed by the cuppa and cake afterwards.

The Light House group in Tullamore enjoyed a very full calendar of events, drawn up by the members. The emphasises of this group is social interaction. Some of the activities enjoyed by the group in 2007 were Bowling, Bingo, a Pub Quiz, a Shopping trip to Athlone and Liffey Valley and of course the Christmas Party. All agree that "Mama Mia" was an occasion to remember.

#### *Relatives' Groups*

The Longford Relatives' group continue to support and share experiences with each other at their monthly meetings. The group were very pleased with the Lottery grant for respite breaks in 2007. Two of the members went to a conference in Belfast entitled "The Carer's Role in Recovery". Some members also attended the Mental Health Action Group meeting in Athlone.

The Midlands welcomes the appointment of 3 Advocates (in Longford, Athlone and Tullamore) for people with disabilities in the region.

### **Western Region**

#### *Phrenz Groups*

There are currently three Phrenz groups in the Western Region in Castlebar, Galway, and Loughrea. 2007 was a busy year for the group members and facilitators alike.

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 a photography project.

The Galway Group had a tremendously successful year, having secured funding from the Galway City Partnership to undertake the Galway Phrenz Photography Project. In July as part of the Lucia celebrations, the group held a photographic exhibition in the City Hall. In addition the group designed and launched a calendar to celebrate their work entitled "Images of the West of Ireland" and distributed 1,000 copies throughout the region. A limited number of prints were sold in the Galway City Partnership.

A special thanks goes to all the facilitators for their tremendous support, and congratulations to all the members on their achievements.

#### *Relatives Groups*

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

This year members of the Galway, Roscommon and Castlebar groups have been selected to participate in the local Health Service Executive Consumer Panels. The quality of speakers visiting the groups was extremely appreciated by all the group members and it is hoped that this will continue in the new year.

A special word of thanks goes to all the facilitators for their tremendous commitment.

#### **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 elements of SI and participate in the training and support 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 has moved to Dublin to work full-time as 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. It continues 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. The need was identified by Gerry Mitchell, Community Development Worker of Loretto House. 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.

## **Life Hope**

SI's Life Hope project, which commenced in 2004, has been supported through a grant from the Department of Community, Rural & Gaeltacht Affairs. The Life Hope project funding officially came to an end in 2007. The purpose of the Life Hope project has been to increase awareness about suicide, its relationship with severe mental illness, its prevention, and to offer enhanced counselling services for both persons with self-experience and relatives.

In 2007, the Life Hope information seminar was held in Cork city, and was extremely well



## National Development

attended. The participants for the seminar included people with self-experience, relatives, healthcare professionals and other related organisations.

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

### Prospect/Eufami

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

Prospect brought together the work of fourteen partner organisations from across Europe and three specialisations in the field of training, psycho social integration and psychiatric rehabilitation.

During autumn 2007, we devised the concept of providing Prospect on a singular module to relatives' groups. The aims are to create greater awareness of prospect and to be able to provide it to a wider audience. The modules will be provided throughout 2008.

### Public Presentations

Schizophrenia Ireland made 216 public presentations in 2007 to almost 3,650 people throughout Ireland. The aim was to raise awareness about schizophrenia and related issues and to outline services that are provided by Schizophrenia Ireland. These events give people an opportunity to come together to discuss common issues in an open and inclusive setting.

### Family Education Courses

Schizophrenia Ireland offered 2 Family Education courses in 2007. The Family Education courses took place in Clare and Limerick. A total of 29 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 4 years and continues to receive widespread support. In 2007, 13 courses took place with approximately 95 participants taking part nationwide. The locations of the Finding YOUR Way course in 2007 were Roscrea, Portlaoise, Nenagh, Bray, Tallaght, Ballinasloe, Killarney, Wexford, Portarlinton, Clare and Limerick, while 2 took place in Cork.

### Stress Management Workshops

In 2007 Schizophrenia Ireland ran one Stress and Anger Management Course in Cork. Caroline O'Donovan and Alan Davis, facilitated the course, at which there were fourteen participants. Participants were from the Cork Phrenz group and the Basement Resource Centre.

The ten-week course covered topics such as Anxiety and Stress, Feelings, Relationships, and Assertiveness. Both Caroline and Alan said they were very pleased with the way the course went and felt that the group were very participative and interested. Feedback from the group was very good also, and participants felt some of the sessions were difficult but were worthwhile, and they would have learnt a lot from the course in general.

A big thank you goes to Alan and Caroline for the work they put into the course, and in particular for the Music CDs they gave to each member.

### Respite Holidays

Since 1998 SI 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 weekend or full week breaks, others opt for day trips or social outings. In 2007 the groups undertook 27 different activities including trips to Cork, Galway and Belfast, whereby approximately 423 people benefited.

## Garda Training

In 2007 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 also. 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. An evaluation carried out by the training team demonstrates the value of the training.

Regarding the question 'is content relevant to my job', a majority of 88% of respondents answered 'agree' or 'strongly agree'. When asked 'will they be able to use what they have learned', again a massive 86% of people replied positively.

86% of people 'agreed' or 'strongly agreed' that they will be able to use the information provided.

The style of workshop design and delivery has proved to be a success with the students, and the training has lived up to its objectives. The content of the training pack has also been deemed to be relevant to the Garda recruits job by a massive 88% of the participants. It is this statistic alone, which demonstrates how beneficial this course is and how important a role it will have in impacting on the relationship between people experiencing mental health difficulties, their relatives and the Gardai in the future.

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, Miriam and Tony for their professionalism, hard-work and support in carrying out this important work.

## Women Together Network

### *Mission*

The mission of the Women Together Network is to create an empowering, holistic, inclusive environment that promotes equality and respect for women with mental health difficulties.

### *Aims*

The aims of the Women Together Network are: To develop a countrywide network for women with mental health difficulties.

To be a support for women with experience of mental health difficulties.

To give a voice to women in policy-making regarding mental health services, anti-poverty strategies and community involvement.

### *The WTN Achievements are:*

Workshops, facilitated discussion and training and development were held in the following areas: personal development, drama, singing, creative writing, community development, mental health legislation, writing funding applications, developing a social movement, gender equality, employment and social welfare entitlements, management committee roles and responsibilities, developing aims and objectives, policy development, peer advocacy, research skills and ethics, WRAP, budgeting, value in peer support as female mental health service users, parenting, relationships, networking and partnership working, evaluation and report writing.

The WTN produced a leaflet, a research proposal, annual evaluation reports, a proposal for continued support to SI, regular articles for SI News, a creative writing booklet, photographs, a forum theatre piece on DVD and records of all meetings.

### *Networking, Representation and External Training completed by the WTN*

Women and Human Rights training, Combat Poverty conference and networking events, Women's Health Council research launch, Irish Advocacy Network AGM, SI peer training and events, peer support training, Clare Womens Network Management Committee, Womens Health public information evening in Ennis and the Health4Life conference.

# 2007

## 2007 Projects

### THE YEAR IN REVIEW:

#### HEADLINE:

##### Headline's Mission Statement:

Headline is Ireland's national media monitoring programme, working to promote responsible and accurate coverage of mental health and suicide related issues within the Irish media.



##### Headline's Vision Statement:

The vision of Headline is that all forms of the Irish media responsibly and accurately cover and portray mental health and suicide, that those affected by suicide, deliberate self-harm, mental health problems or mental illness are not adversely affected by media coverage, and that the mental health and mental well-being of the population is prioritised by the media in its work.

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 Schizophrenia Ireland. Headline is advised by a Steering Group made up of representatives from the following organisations: Bodywhys – The Eating Disorders Association of Ireland, the Irish Advocacy Network, The Samaritans, Aware, The National Office for Suicide Prevention, Mental Health Ireland, the HSE's press office, Schizophrenia Ireland, and Grow in Ireland.

##### Progress report:

Headline launched its website [www.Headline.ie](http://www.Headline.ie) on Thursday, 19th April in The National Concert Hall. The website was launched by George Hook, Broadcaster, Carl O'Brien, Social Affairs Correspondent with the *Irish Times* and Geoff Day, Head of the National Office for Suicide Prevention. The website was designed to be used as a tool by

the media, with access to Irish and international media guidelines and links and for the public as a means of having their opinions heard.

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. We are all entitled to express our opinions on how the media portrays mental health issues and suicide. We encourage people to speak out and use their voices to improve the quality of media coverage of suicide and mental health issues.

Let us know if you come across any media coverage on mental health or suicide that you feel is particularly negative or positive. You can decide if you would like to contact the media directly to voice your opinions. We supply advice, media contacts, and template letters to assist you in having your voice heard. We have had great success in the last year in changing how mental health and suicide are portrayed in the media. We have had radio adverts removed from air, logos redesigned and an apology on a national TV channel.

Headline invited Ms. Suzi Crooks and Mr. Roy Brown from the Light House Trust in New Zealand to present on their very successful anti stigma campaign, Like Minds Like Mine, <http://www.likeminds.org.nz/>. Like Minds, Like Mine is a public health funded project to reduce the stigma of mental illness and the discrimination that people with experience of mental illness face everyday in the community. The Like Minds programme has been working to end discrimination against people with experience of mental illness in New Zealand for the past ten years.

Headline is sponsoring a new category in the 2007/2008 Smedia awards called the Headline Award of Positive reporting on Mental Health and Suicide Prevention <http://www.oxygen.ie/page/726>. We hope that this will encourage the next generation of media communication students and journalists to write about these issues in a positive way and that they will be familiar with the media guidelines.

In March, Headline started to email weekly News Highlights of interesting stories on mental



Photo above L-R George Hook, broadcaster, Jane Arigho, Media Project Coordinator for Headline, John Saunders, Director of Schizophrenia Ireland, Geoff Day, Head of the HSE's National office for Suicide Prevention and Carl O'Brien, Social Affairs Correspondent with *The Irish Times*.

health and suicide related issues. If you wish to have the bulletin emailed to you please forward your email addresses to [info@headline.ie](mailto:info@headline.ie).

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

'Advocacy is defined as including services in which the interests 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.

Ár nGlór: The Community Mental Health

Advocacy Service for people with self-experience of mental health issues and their families has three part time Advocates, one each based in SI's Cork, Galway and Dublin offices. The Ár nGlór project is in partnership with the Irish Advocacy Network, and is funded through the Citizens Information Board (formerly Comhairle).

In 2007, Ár nGlór grew from strength to strength. The advocates assisted nearly 200 clients with information and support in accessing rights and entitlements, negotiation and liaison regarding access to housing, education and employment, complaints procedures, consumer rights, travel and immigration, negotiation with family members, negotiation and liaison with community mental healthcare professionals, and other relevant issues related to improving and enhancing their well being in the community. Significantly, 2007 marked the end of the two year pilot phase for the project, however, the Citizens Information Board has extended the pilot basis for the project for a further three years.

For further information, please contact:  
Dublin, Tel. 01-8601620  
Cork, Tel. 021-4808189  
Galway, Tel. 091-761746



# SI Activities

# 2007

## Counselling Services

There were some changes in Schizophrenia Ireland's counselling service in 2007.

From January 2007, the counselling service in Cork increased from part time to full time, while the Kilkenny counselling service decreased to one day per week. The organisation also undertook a review of its counselling service. The review group considered all aspects of Schizophrenia Ireland's counselling services to date and discussed recommendations on the future provision of such services. The review group was chaired by Dr Anne Byrne Lynch, Clinical Psychologist. The report from this exercise is due to be published in 2008.

## Dublin

A total of 95 clients availed of the Dublin counselling service in 2007, with the total number of sessions amounting to 565, which shows an increase from 2006 both in the number of people attending, and in the number of sessions offered to clients. Over 70% of the Dublin clients had a diagnosis of schizophrenia or related mental illness.

## Life Hope Counselling Service

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

## Cork Counselling Service

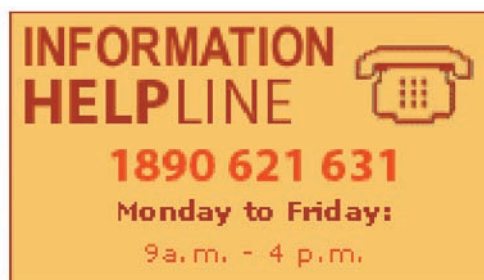
A total of 41 people attended the Cork Counselling Service. The total number of sessions was 540. Over 90% of the Cork clients had a diagnosis of schizophrenia or related mental illness.

## Kilkenny Counselling Service

A total of 9 clients availed of counselling in the Kilkenny service with the total number of sessions amounting to 123. Approx 60% of those attending had a diagnosis of schizophrenia or related mental illness.

## Midland Health Board Tullamore Service

21 clients availed of the counselling service in Tullamore, with the total number of counselling sessions amounting to 154. The service in Tullamore has been growing steadily, with the majority of people seeking counselling having a diagnosis of schizophrenia or related mental illness.



## Information Helpline 1890 621 631

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

A television advertisement campaign ran from November to December on Setanta Sports Channel.

## 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 9520. 36% of these were contacts made by people who have self experience of mental illness, 19% were from relatives or friends, 35% were from professionals, and the remaining 10% were from others. The type of contact most frequently made was related to seeking information.



## 2007 Contacts by Health Service Executive Region



HSE West		HSE South		HSE Dublin North East and Dublin Mid Leinster		Other
Clare	509	Carlow	79	Cavan	23	
Donegal	17	Cork	1102	Dublin	1989	
Galway	426	Kerry	205	Kildare	129	
Leitrim	11	Kilkenny	560	Laois	90	
Limerick	602	Tipperary South	654	Longford	337	
Mayo	112	Waterford	284	Louth	71	
Roscommon	17	Wexford	255	Meath	86	
Sligo	12	Wicklow	108	Monaghan	15	
Tipperary North	655			Offaly	192	
				Westmeath	74	
<b>Total</b>	<b>2361</b>	<b>Total</b>	<b>3247</b>	<b>Total</b>	<b>3006</b>	<b>Total 906</b>

## SI Activities

### Information Services

Recover.ie is Ireland's web based information resource on schizophrenia, updated and managed by Schizophrenia Ireland. Recover.ie is a user friendly website of comprehensive information for people with self-experience of schizophrenia, their caring relatives, the general public and healthcare professionals. Recover.ie provides information about schizophrenia and offers a platform to centralise the relaying of information in Ireland. Recover.ie covers topics such as: what is schizophrenia; if you have schizophrenia; relatives and friends; the recovery process; getting help; national and international research; suicide and schizophrenia; stories of recovery; national mental health policy; and challenging stigma. You can log onto the Recover.ie website at: [www.recover.ie](http://www.recover.ie)



Basin Club in Dublin, the Basement Resource Centre is based on a partnership and empowerment model whereby the members at the centre are recognised as being the key stakeholders and have a leading voice in the development of the centre. In the last year, The Basement Resource Centre has established itself within the local community as a safe and supportive environment for members to come to and both find and give support to each other as well as an essential part of the network of supports available to people with self experience of mental illness living in the Cork City greater area.

### Rehabilitation Services

#### The Basin Club

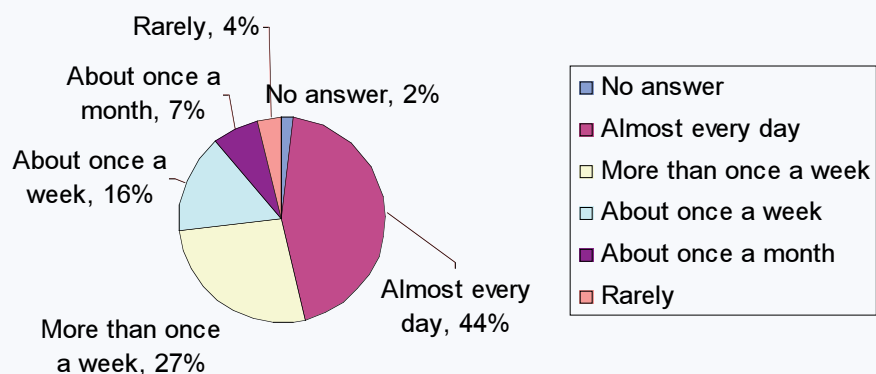
The Basin Club is a community resource centre for people with self experience of mental illness. It was set up in November 2001. The overall intention of the Basin Club is to support each individual member build the insights, understanding and capacity associated with recovery and mental illness. The importance of the peer group in reaching this, is considered to be of paramount importance.

During 2007, 179 people used the Basin Club, an increase of 8.5% on the previous year. 18 to 44 people use the Basin Club each day. Of these 179, 70 were formal members, of which 37 moved on. There were 109 informal members, 56 of whom, attended the club regularly. 43 new members joined in 2007, 27 had already joined before January 2007.

#### The Basement Resource Centre Cork

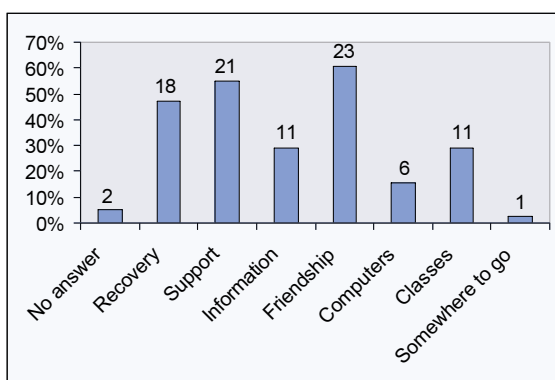
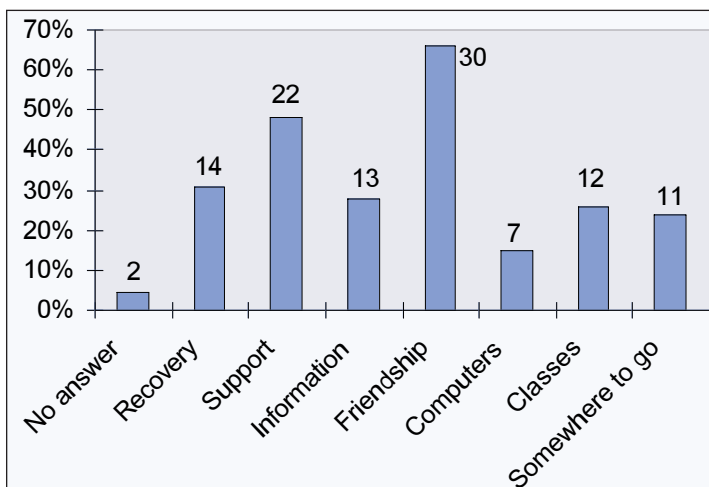
The Basement Centre has just completed its first year in operation following its set up in November 2006. At present there are 111 members at The Basement Centre. Daily attendance is between 16-20 people a day [see summary stats for more information]. Like the



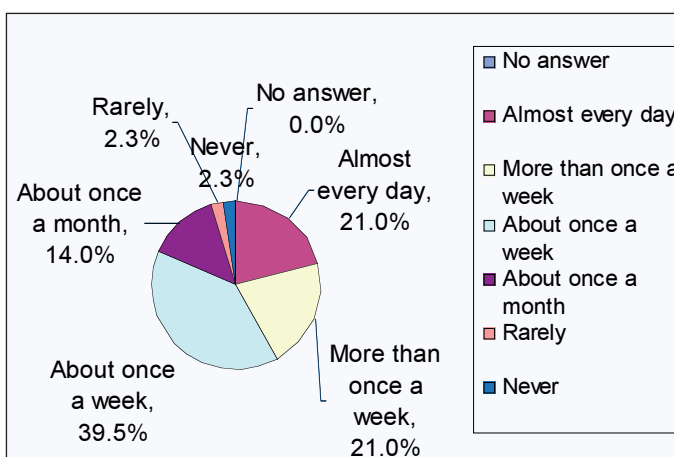


**How often do people come**  
(Ref: Basin Club evaluation 2007)

**Why do people come to the Basin Club**  
(Ref: Basin Club evaluation 2007)



**Why people come to the Basement Resource Centre**  
(Ref: Basement Resource Centre Evaluation 2'007)



**How often do people come**  
(Ref: Basement Resource Centre Evaluation 2007)

## SI Activities

### The Job Club

145 individuals participated in the Job Club in 2007. There was a small but significant increase since 2006 in the number of people obtaining open employment and in those going on to training and education.

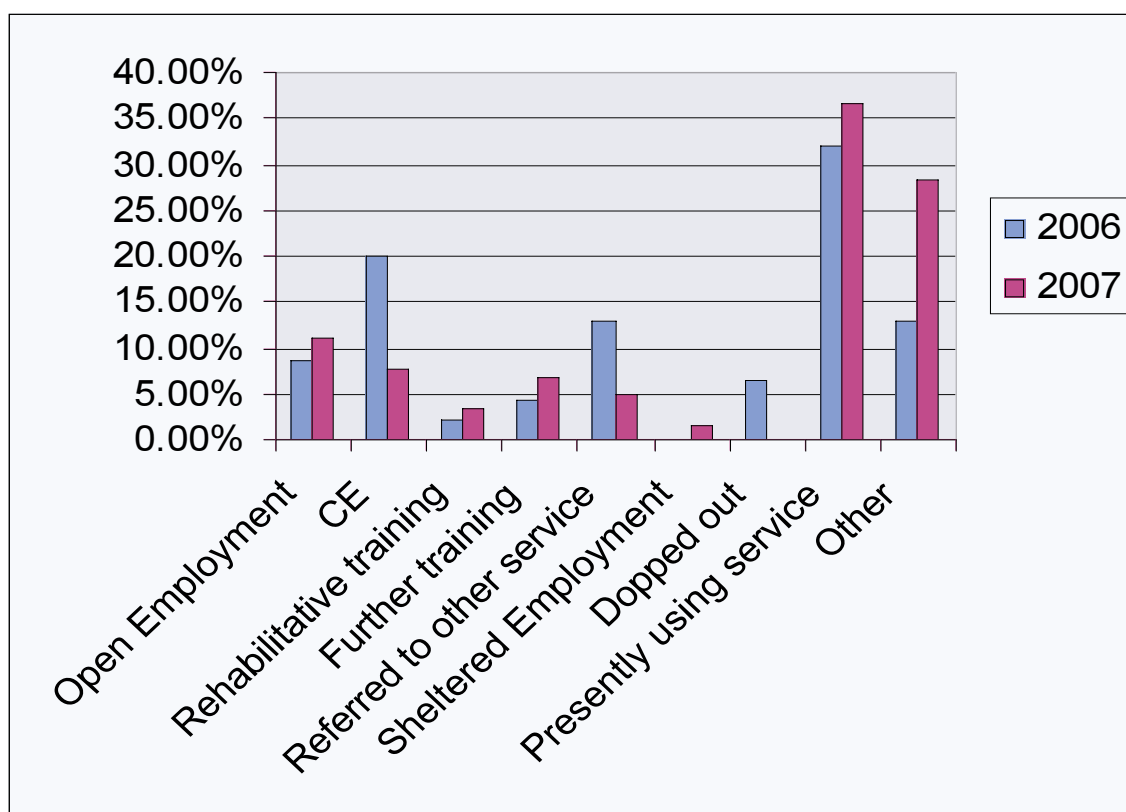
The table below compares outcomes for all Job Club participants in 2006 with outcomes for all Job Club participants in 2007.

The supports provided ranged from career exploration and orientation, job applications, interview preparation and work experience, references, benefits applications and support with workplace issues for people in employment, through to responses to specific queries on equality and employment rights.

More than a third of Job Club participants requested support with specific employment-

related matters, which usually involved providing information and guidance, assisting with curricula vitae and other documentation, or problem-solving for individual situations. This contrasts with the generalist approach to training in job-seeking skills, and brings a sharper focus to the work that each person does with the Job Club.

The majority of participants (125 of the 145) received support on more than one occasion, and about half of all participants worked with the Job Club for a period of weeks or months. Many former participants return to the Job Club from time to time for support, and the accessible and flexible nature of the service remains one of its strengths.



**Job Club Outcome Comparison 2006/2007**

# 2007

## Lucia Week 2007

### The Basin Club

The Basin Club Open Day was held in conjunction with Lucia Day on 26 July. We opened our doors at 11am and over the course of the day approximately 100 members, guests, friends, family members and health professionals attended the event. Refreshments were provided for one and all and everyone was given a tour of all the services that are available in the Basin Club and the Jobs Club.

The highlight of the day was the launch of our new book of poetry from the creative writing group titled "A Weave of Words". John Saunders, Director of SI officially launched the book in the presence of members, friends and staff, including Rachel Hegarty and Nicole Rourke, the Creative Writing Facilitators. John quoted from Shakespeare and acknowledged the positive effect that the creative process has on the recovery process. Two of our members read their pieces from the book to rapturous applause from all assembled. Overall, the open day was a huge success. Roll on next year!!! Below is a poem taken from our new book of poetry.

### Love

I'm humorous, I'm cute, I'm tall.  
Please come with me,  
You'll have a ball.  
We'll go to different places together.  
We'll avoid the crowds  
The love-birds of a feather.

I'll make you laugh, I'll help you smile,  
You'll feel altogether better,  
Much more than every little-ounce-in-a-while.  
We'll cast our anchor, sail ahoy!  
I can only bring you warmth and joy.

Forever and ever that love I'll bring,  
You'll be my queen and I'll be your king,  
But until the time we die the birds shall still  
sing.

### Cork

The Cork Lucia Event took place on Tuesday 24 July at Schizophrenia Ireland's new premises at 32 South Terrace Cork City. An



I-r: Bridget O'Reilly enjoying the atmosphere at the Cork Lucia event, with Kevin Foley on Guitar



I-r: Cillian Russell - Manager of Rehabilitation Services SI, John Kidney - Facilitator, Shirley Hanan, Denise O'Reardon - Basement Resource Centre Coordinator and John Saunders - Director SI at the celebration of Lucia Week in Cork and the presentation of €5,000 to the Basement Resource Centre by Rose and Shirley Hanan

open day took place between 12 noon and 5pm. People were invited to meet with staff and service users and to view the new premises, which incorporates four services, the Regional office, the Resource Centre, the Advocacy service and the Counselling service. John Saunders Director of SI, Kahlil Thompson National Projects Manager SI, and Cillian Russell Manager of the Rehabilitation Services



of SI attended the Open Day and launch of the document. Light refreshments were served during the day and there was a live music session in the afternoon!

A cheque for €5,000 was presented to the members of the Basement Resource Centre, by Rose and Shirley Hanan who had recently done some fundraising. Over 100 people attended the open day, while 60 people attended the official opening of the premises, with the launch of the document at 5.30pm by Fine Gael TD Deirdre Clune. Deirdre spoke about SI in Cork and the awareness it has created over the past eight years. She congratulated all who are involved with the new premises and said it was fulfilling a huge need in the local community. Denise O'Reardon, Co-ordinator of the Basement Resource Centre gave an overview of the activities of the Basement Resource Centre and Miriam Murphy Regional Development Officer, said a few words about the services available in Cork and Kerry. Delicious finger food was served after the speeches, and people chatted informally and photographs were taken.

Overall it was a very successful day, and credit and thanks go to all who attended the event and to the service users, members of the Basement Resource Centre, relatives, facilitators of the support groups and the staff of the Cork Office. Below is a poem written by a member of the Basement Resource Centre, in honour of Lucia Joyce.



Members of the Basin Club and visitors listen to John Saunders at the Lucia Open Day in Dublin



l-r: Martin Rogan - HSE National Care Group Manager for Mental Health Services and John Saunders - Director of SI, at the Dublin launch of SI's new document, *Your Choice: Lifestyle, Medication and Recovery*

#### *To Lucia With Love* By Paul Dunne

When summers sun shines  
When the wind blows blue through your hair;  
When autumns curls waves in the wind  
And your pink smile celebrates the healing of  
another.  
You are the bud from a tree that will multiply  
When forests emerge quietly, quiet and still  
Sending hope throughout the world.

We watch you dance gracefully today  
Through yellow meadows of a robins wing  
Or the hope of a swallow travelling to far off  
lands,  
And to sing and to sing and to sing.

#### **Dublin**

As part of Schizophrenia Ireland's Lucia Week, the national schizophrenia awareness week,



Ir: Nollaig McGuinness – Galway City Partnership, Seamus O'Donnell, Louie Maguire - Facilitator, Karina Keane – Support Worker SI and Pat Seager - Assistant Director SI at the City Hall in Galway

Martin Rogan, HSE National Care Group Manager for Mental Health Services, launched Schizophrenia Ireland's new document, *Your Choice: Lifestyle, Medication and Recovery* in the Trinity College School of Nursing and Midwifery in Dublin on 26 July.

According to John Saunders, Director of Schizophrenia Ireland, "One of the most common issues for people who experience poor mental health is the absence of treatment options. Generally speaking, medication is the preferred option of most Irish psychiatrists, and in many areas is the only real choice available to users of the public health services."

*Your Choice* has been produced to aid both service users and their families in negotiating the best arrangement within the mental healthcare services to facilitate recovery.

At the Lucia event in Dublin John Saunders said, "We hope that mental healthcare services of the future will present options beyond the simple prescription of medication, and that medication can be seen as just one option in a range of therapies available to people. Until that happens, organisations such as ourselves must provide information and produce documents like *Your Choice* to help ensure that users of the mental health services are offered the full story. While the medical perspective is important, equally so are the psychological and social aspects of mental

health and mental well being."

The Dublin Lucia event was well attended by service users, their relatives and health professionals.

### Galway

On the evening of 25 July at the City Hall, Nollaig McGuinness of the Galway City Partnership launched the Lucia document, *Your Choice: Lifestyle, Medication and Recovery*. Mr McGuinness emphasised the valuable and practicable contribution that the document would make to peoples' lives.

Those who attended the event also had the pleasure of viewing the Galway Phrenz Group photographic exhibition, which is part of a major project that was funded by Galway City Partnership.

Pat Seager Assistant Director of Schizophrenia Ireland was in attendance on the night and commended the Galway Phrenz Group on their photographic work on display. She also wished the group every success with the photography project.

In addition, the Galway Phrenz group will be launching a photographic calendar in November 2007. For further details of the project please contact Christina or Karina on 091 761746.

### Limerick

The Mid-West hosted its Lucia event on Monday night, 23 July at the Greenhill's Hotel in Limerick. John Saunders, Director of SI opened the evening by welcoming everyone, thanking people for taking the time to attend the launch and thanking Minister Willie O'Dea for attending and launching the document, *Your Choice: Lifestyle, Medication and Recovery*. Minister O'Dea congratulated SI for producing an impressive document and for its commitment to supporting people with mental health difficulties and their families. The Minister also spoke of the Government's commitment to greatly improving Mental Health services and its commitment to implementing a *Vision for Change*, the Government's policy document on mental health service provision. The Minister also thanked SI for the invitation.

Mr. Saunders addressed the delegates,

## Lucia Week

highlighting that there is a greater need to look at a range of treatment options, including medication. He emphasised the challenge to mental health services in looking at treatment in a holistic way, in order for people to achieve recovery. John also added that recovery meant different things to everyone. He concluded, that the occasional paper was about providing useful information to people with self-experience and their families, so that they can be equipped when engaging with the services and about SI's commitment to promoting best practice.

Brian Hartnett shared his experience of being a 'voice hearer' and explained how he manages his recovery. He also mentioned that he was one of the founders of the Phrenz group in Limerick and that he went on to train as a Peer Advocate and is now employed by the Irish Advocacy Network. Brian discussed the developing strategies he uses for managing his voices and how he trained as a 'hearing voices' facilitator. Brian was very open about his 'voices' and says they are part of his life now. Brian informed the meeting that the 1<sup>st</sup> ever Hearing Voices Support Meeting in Ireland was taking place in Limerick. He supplied information and took questions from the floor.

The Minister had to leave and the Director thanked him for launching the document and stressed that the Minister had prioritised this event above other invitations. Ann Marie Flanagan, Mid-West RDO took the event through the supports available to people with self-experience and their families. Ann Marie highlighted the importance of the relationships she has built up with people and families and to being an ally, re-iterating that information; support, advocacy and education programmes are the primary means of engagement.

There was a lively questions and answers session. Concerns from the floor about the lack of other treatments aside from medication were raised. Brian was asked many questions specific to 'hearing voices' and managing them. Issues such as the substandard accommodation in St. Josephs hospital, the side affects of medication, the lack of counselling and housing, being but a few of the concerns highlighted.

### Kilkenny

The New Park Hotel in Kilkenny should have had a name change to the Five County Hotel on Tuesday 25 July, as the participants at the Lucia Day event represented all the five counties in the Southeast region. The Southeast Lucia celebrations kicked off at 11 am and all the Phrenz support groups in the region came together to meet and inform each other about their groups' activities. It was amazing to see and hear the interaction amongst the participants and how quickly the group as a whole bonded together.

At 12 o'clock a talk on the uses and benefits of life coaching was given by Ainie, who is from Poland and who has previously provided SI members with life coaching sessions. It is envisaged that SI will provide group life coaching sessions in the near future, if we receive funding for it. As a result of the feed back from the group I would like to congratulate Ainie on an excellent presentation and all the more remarkable, as it was the first time Ainie gave a presentation in English, in this environment.

A well-earned break preceded the launch of the document, *Your Choice: Lifestyle, Medication and Recovery*. The document was launched by the Deputy Leader of the Green Party, Mary White TD. Also in attendance was Pat Seager Assistant Director of SI. Mary White stated that 'there are great regional disparities in resources given to mental health'. She went on to say that 'despite a number of Government plans and strategies over the years, including *A Vision For Change*, very little reform had been implemented'; she also added that 'the Green Party for a long time had been advocating the establishment of community based health care centres'.

It was heartening to see an attendance of over 70 people at this event. However, it was even more heartening, to see the attendance of approximately 40 people at the morning session. All people with self-experience in attendance gathered together to offer each other support and encouragement in their journey of self discovery and recovery. A poignant statement made by one of the morning participants was "this day has been one of the most enjoyable of my life" when asked why this response was given, this participant said, "because it was about us and

for us only, we were people enjoying ourselves together, as people and not patients". This sums up what Lucia Awareness Week should be about; health professionals, people with self-experience, relatives and the general public becoming aware that people with mental health difficulties are first and foremost people.

### Longford

As part of Schizophrenia Ireland's Lucia Week, the national schizophrenia awareness week, Mayor Peggy Nolan, Longford County Council, launched Schizophrenia Ireland's new document, *Your Choice: Lifestyle, Medication and Recovery*, in the Longford County Library on 26 July.

The Mayor praised the document and stated that she felt it should be of benefit to both service users and their families in negotiating the best arrangement to facilitate recovery within the mental healthcare services. She highlighted some of the important elements in the document and was pleased that the very significant issue of lifestyle was addressed. She felt that there were very good practical tips and a 'daily checklist' to avoid becoming distressed. At this point the Mayor drew attention to the lovely art and photography exhibition on display by the Longford Phrenz group.

Mary Reynolds, County Librarian, who welcomed the large attendance and was pleased that we chose the library to celebrate Lucia awareness week, opened the event. She praised the work of S.I in the county for its work in supporting people with self-experience of mental health difficulties and their families.

This was followed by Pat Seager, Assistant Director of SI, who outlined the awareness week in the national context and described the document as a valuable paper for people with self-experience of schizophrenia, their relatives, the public and health professionals. She ended with a direct quote from the document, "When and where can you start? Start now. Start anywhere. Only you can make it happen."

This was followed by a poem written by Carmel from the local Phrenz group.

The event was attended by 50 people from various community and voluntary groups. Also in attendance were health professionals, relatives, SI members and the facilitator of the Longford Phrenz group. Later people enjoyed light refreshments, plenty of discussion and the exchange of ideas. While the medical

perspective is important, equally so are the psychological and social aspects of mental health and mental well-being. Later people enjoyed light refreshments, plenty of discussion and the exchange of ideas. The local media and photographers were on hand to capture the event.

Below is the poem that was read out by Carmel on the day.

The sunshine beamed in the window,  
Daffodils in bud.  
I gazed out the farm window,  
I could see for miles  
The beauty of the horses grazing,  
Lambs being born,  
And the fat cattle looking at me through their  
thoughts.  
As a child climbing the old apple trees,  
Playing sport like tennis  
By God my shot was strong.  
The craic at school,  
Slagging each other,  
The craic driving the tractor,  
With a load of hay on the trailer,  
And me flying up the bare field after the hay.  
As a child I loved art and sought an ambition,  
Which was recorded in 2004,  
I felt like a celebrity.  
All the attention lasted for a few hours.  
I wanted to fulfil a dream over driving a car,  
It sometimes makes me fearful,  
But I would love to fulfil this ambition.  
I would love to learn to play the guitar,  
My parents always supported me,  
And their only dream would be to see me  
healthy again!

*Written by Carmel*



# Press Releases

In 2007, SI released 12 national press releases on a variety of topics. The regional offices also sent the press releases to the local media in their area. Available to view on our website: [www.sirl.ie](http://www.sirl.ie)

12/01/07

SCHIZOPHRENIA IRELAND RESPONDS TO THE INQUIRY REPORT ON THE CENTRAL MENTAL HOSPITAL

23/01/07

IRISH MENTAL HEALTH COALITION DEMANDS URGENT CHANGES TO MENTAL HEALTH SERVICES

03/05/07

THE DECISION TO RELOCATE DUNDRUM CENTRAL MENTAL HOSPITAL WILL STIGMATISE PEOPLE WITH MENTAL ILLNESS

08/05/07

SCHIZOPHRENIA IRELAND WELCOMES REPORT ON ADVERSE SIDE EFFECTS OF PHARMACEUTICALS

14/05/07

NATIONAL ECONOMIC AND SOCIAL FORUM'S PLENARY SESSION ON MENTAL HEALTH AND SOCIAL INCLUSION

19/06/07

IRISH MENTAL HEALTH COALITION ISSUES 10-POINT AGENDA FOR ACTION ON MENTAL HEALTH

07/08/07

EUFAMI (EUROPEAN FEDERATION OF ASSOCIATIONS OF FAMILIES OF PEOPLE WITH MENTAL ILLNESS) LAUNCHES REMISSION RELATED SURVEY

02/10/07

SCHIZOPHRENIA IRELAND'S SURVEY REVEALS IMPACT OF LIVING WITH A MENTAL ILLNESS IN IRELAND

10/10/07

NEW SURVEY CONVEYS FUNDAMENTAL SHIFT IN THE PERCEPTIONS OF TREATMENT OUTCOMES

30/10/07

NEW MENTAL HEALTH SERVICES FOR YOUNG PEOPLE ARE TO BE DEVELOPED

04/12/07

SCHIZOPHRENIA IRELAND OFFERS CHRISTMAS CARDS FROM BASIN CLUB RESOURCE CENTRE ARTISTS

12/12/07

IRISH MENTAL HEALTH COALITION IS ALARMED AT BUDGET 2008

17/12/07

TRINITY COLLEGE RESEARCHERS INVITE WOMEN TO PARTICIPATE IN A MENTAL HEALTH SERVICES AND PREGNANCY STUDY



## New Publications and Events for 2007

### Occasional Paper No. 4

In July 2007, SI launched its fourth Occasional Paper entitled *Your Choice: Lifestyle, Medication and Recovery, Useful information for people with self-experience of schizophrenia, their caring relatives, the general public and healthcare professionals*. The occasional paper series is a way of highlighting issues which Schizophrenia Ireland feels are pertinent to both service users and relatives. Previous editions have concerned themselves with issues of poverty and public policy, suicide prevention and service users' experiences.

The *Your Choice* paper was produced to aid both service users and their families in negotiating the best arrangement within the mental healthcare services.

To view SI's Occasional Papers, please log onto SI's website at [www.sirl.ie](http://www.sirl.ie), or contact one of SI's offices to request a copy.

### Thinking Ahead: Living with Mental Illness in Ireland survey

In October 2007, SI published its report *Thinking Ahead: Living with Mental Illness in Ireland* survey as part of the lead up to World Mental Health Day 2007.

As part of the survey two hundred and eighty Irish people living with schizophrenia and bipolar disorder (service users) were interviewed, to better understand how their mental illness impacts upon their lives and the lives of their families. The survey also assessed how treatment can help, and what support service users require to ensure that their condition has as limited an impact as possible on their quality of life.

Key results of the survey revealed:

- Four in ten people living with bipolar disorder or schizophrenia in Ireland believe their mental illness has had a highly negative impact on their own lives.
- Forty-five per cent of the two hundred and eighty respondents surveyed had to stop working or studying as a result of their mental illness.
- Thirty one per cent of respondents feel they have been discriminated against as a result of their condition.
- Eighty per cent of people living with mental illness believed that the general public did not understand mental illness or what it is like to live with a mental condition.
- Sixty-three per cent felt that mental illness is not accurately represented in the media.



l-r: John Saunders Director of Schizophrenia Ireland and Professor Casey at the launch of the "Thinking Ahead Living with Mental Illness in Ireland" survey in Dublin's Westin Hotel

An electronic copy of the "Thinking Ahead Living with Mental Illness in Ireland" survey is available for download on [www.sirl.ie](http://www.sirl.ie)

### Seminar: Psychotherapy in Psychosis and Schizophrenia – What Works?

On 6 November 2007, Schizophrenia Ireland hosted the 'Psychotherapy in Psychosis and Schizophrenia – What Works?' seminar, which reviewed the evidence supporting the use of psychotherapy in psychosis and schizophrenia.

The speakers and presentations for the day included: Alan Carr, Professor of Clinical Psychology and the Director of Clinical Psychology training at UCD, Dr. Barbara Dooley, Head of the School of Psychology, UCD; Elizabeth Lawlor, Principal Clinical Psychologist, St. John of Gods Services and Jim Lyng, Counselling Psychologist, St. John of Gods Services.

The seminar was well attended and inspired a number of questions from the audience.

### Seminar: "Your Health – Schizophrenia and Wellbeing"

In October 2007, Schizophrenia Ireland co-hosted a seminar called "Your Health: Schizophrenia and Physical Well Being". The purpose of the seminar was to debate some key issues around good physical health for people with severe mental health difficulties.

A booklet entitled 'Schizophrenia and Physical Wellbeing' reports on some of these factors and offers a practical way of responding. Schizophrenia Ireland wishes to contribute to this important debate and shall continue to advocate, to ensure that people with severe and enduring mental illness are receiving the best possible level of mental and physical health services.

# 2007

## Policy and lobbying

Schizophrenia Ireland engages with Government and statutory authorities to bring about improvements in mental healthcare services available to service users and family members. Schizophrenia Ireland writes policy submissions, including pre budget submissions, and works in partnership with other like minded organisations to achieve its objectives. Below are some of the policy and lobbying activities SI was engaged in during 2007. For more details on SI's policy and lobbying activities, including all policy submissions, please log on to its website at [www.sirl.ie](http://www.sirl.ie).

### Irish Mental Health Coalition

In 2007, 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. In 2007, the Coalition was busy organising lobbying efforts in the run up to the General Election and progressing its nationwide campaign aimed at improving and prioritising mental health services. In June 2007, the Coalition published *From Neglect to Respect: A 10-point Agenda for Action by the new Irish Government on Mental Health*.

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 2007, Schizophrenia Ireland became a co-founding member of the Action on Suicide Alliance. The Alliance is a group of nongovernmental organisations gravely concerned at the high rate of suicide in Ireland, especially among young people. The Alliance is constituted to lobby government to implement and fund suicide prevention measures, which the Alliance believes will lead to reduced suicide. The Alliance undertakes direct lobbying of 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 under-investment 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 2007 Schizophrenia Ireland, Aware, Bodywhys and Mental Health Ireland organised two 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 2007, the topics discussed included Ireland's mental healthcare policy, *A Vision for Change*, and suicide prevention and the National Office for Suicide Prevention.

### Central Mental Hospital

As noted in last year's Annual Report, Schizophrenia Ireland welcomed the decision to develop plans for a new Central Mental Hospital in 2005. However, SI was strongly critical of the Government's decision to relocate the Central Mental Hospital on the same site as the new prison complex to replace Mountjoy. Despite the objections and lobbying efforts of Schizophrenia Ireland and other statutory and voluntary agencies, the Government has continued to develop the plan for the move to the proposed site at Thornton Hall, North County Dublin. Schizophrenia Ireland remains committed to advocating and lobbying for a reversal on this decision and for the development of a properly resourced forensic mental healthcare service as outlined in *A Vision for Change*. The Central Mental Hospital Relatives' Group remains a strong driving force in seeking a reversal of the Government's decision.

# Fundraising Activities

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

## Women's Mini Marathon – Dublin

The June 2007 Women's Mini Marathon in Dublin was a great success for SI. 31 women walked, ran or jogged the 10 kilometres to help raise much-needed funds for the organisation.



Some of the ladies who ran to raise money for housing in Cork and Dublin

## Women's Mini Marathon – Cork

In this year's September 2007 Cork Women's Mini Marathon, approximately 90 people participated on behalf of SI. The mini marathon provided a wonderful opportunity to enjoy oneself while raising funds for something worthwhile, as well as bringing awareness to the subject of mental health difficulties. For 2007, the Cork participants were organised by the Schizophrenia Ireland Cork Housing Action Group to raise funds to go specifically towards housing.

## Hangin On

During 2007, Hangin On succeeded in raising awareness about people in our communities who have a severe mental illness and are isolated through no fault of their own. We held our annual carol singing in December which was attended by many volunteers from **EVE Holdings, The 245 Club, Roslyn Park College and Acorn Ballymun**. On this occasion, we were sponsored by **Clery's** and received many generous donations. Our friend and advisor, Shari McDaid from the **National Disability Authority**, led the carols. This is a growing event. Niamh Brillely organised the event.

We set up a fund supported by leading political figures, carers, relatives and friends, which will be distributed directly to mentally ill people who are unable to pay for food and bills in 2008. Niamh Brillely was the major fundraiser for this.

We networked with the Advocate of Acorn of Ballymun, Mr. Brendan Core who has researched the link between poverty and mental illness. We took much advice from Brendan. He works with people in extreme poverty who are suffering severe mental illness.

We published and distributed our quarterly newsletter. We have published several of these based on various topics, "Art & Creative Genius", "Shopping on a limited budget in Dublin". We have included poetry by mentally ill poets, such as Mr. Patrick Carr from his book **The Invisible Darnier**. We are currently looking for funding for the publishing, layout and design of the Hangin On Newsletter.

We set up a pilot befriending scheme and trained the befrienders. Colm Smyth a long-term befriender with the 245 Club gave generously of his services.

We continue to work through the medium of the arts to develop public awareness of the marginalised. **John Nolan** a world famous artist has shown an express interest in Hangin On.

Hangin On are currently recruiting new committee members.

Please contact [info.hanginon@gmail.com](mailto:info.hanginon@gmail.com) for further information.



"Homage to Lucia" by John Nolan can be viewed at 38, Blessington Street, Dublin 7

# 2007

## Officers & Professional Advisers

The Schizophrenia Association of Ireland

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

### COUNCIL (at 31 December 2007)

Catherine Bourke (Chairperson)  
Bridget Bermingham (Vice Chairperson)  
Kieran Coogan (Secretary)  
Kevin Jones (Treasurer)  
Evelyn McHugh  
Patrick Annesley  
Patrick Brassil  
Susan Doheny  
Karen Cobbe  
John Kidney

### SECRETARY

Kieran Coogan

### 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

38/39 Blessington Street  
Dublin 7

### CHARITY TAX REFERENCE NO:

CHY 6380

### Council Attendance

Seven meetings were held from January 2007 to December 2007

Name	Attendance	Name	Attendance
Patrick Annesley	4/7	Evelyn McHugh	6/7
Kevin Jones	5/7	Kieran Coogan	7/7
Bridget Bermingham	5/7	Catherine Bourke	3/4 (Newly elected at AGM)
Karen Cobbe	6/7	John Kidney	4/4 (Newly elected at AGM)
Susie Doheny	4/7		
Patrick Brassil	6/7		



# 2007

## Reports & Financial Statements

### Independent Auditors' Report

To The Members Of Schizophrenia Association Of Ireland  
T/A Schizophrenia Ireland

(A Company Limited By Guarantee And Not Having A Share Capital)

We have audited the financial statements of Schizophrenia Association of Ireland T/A Schizophrenia Ireland for the year ended 31 December 2007, 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, as applicable to a company limited by guarantee. 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 2007 and of its surplus for the year then ended; and
- have been properly prepared in accordance with the Companies Acts, 1963 to 2006, as applicable to a company limited by guarantee.

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, 16th April 2008



## Reports & Financial Statements

### SCHIZOPHRENIA ASSOCIATION OF IRELAND

T/A SCHIZOPHRENIA IRELAND

(A COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE CAPITAL)

## BALANCE SHEET AS AT 31 DECEMBER 2007

	Notes	2007 €	2006 €
TANGIBLE FIXED ASSETS	5	442,382	454,293
CURRENT ASSETS			
Cash at bank and in hand	6	453,222	338,705
Debtors	7	107,473	157,928
		560,695	496,633
CURRENT LIABILITIES			
CREDITORS (Amounts falling due within one year)	8	(442,764)	(406,354)
NET CURRENT ASSETS		117,931	90,279
		560,313	544,572
CREDITORS (Amounts falling due after more than one year)	9	(67,743)	(85,441)
NET ASSETS		492,570	459,131
REPRESENTED BY:			
Revenue reserves	10	492,570	459,131

The financial statements were approved by the Council on the 15th April 2008 and signed on its behalf by:

Catherine Bourke  
Kevin Jones

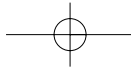
DIRECTORS

## Reports & Financial Statements

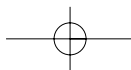
SCHIZOPHRENIA ASSOCIATION OF IRELAND  
T/A SCHIZOPHRENIA IRELAND  
(A COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE CAPITAL)

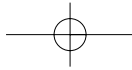
### INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2007

	2007 €	2006 €
INCOME		
Department of Health	–	12,000
Health Boards:		
- Northern Area	732,953	716,215
- North Western	10,000	10,000
- Western	99,273	97,969
- North Eastern	78,705	76,205
- South Eastern	61,947	65,324
- Mid Western	73,203	64,550
- Southern	114,400	114,364
- Midland	44,668	42,000
- Department of Community, Rural and Gaeltacht Affairs	72,000	82,000
- Irish Mental Health Coalition	5,850	23,550
	<u>1,292,999</u>	<u>1,304,177</u>
Donations, membership fees, etc.	296,779	133,173
INSUE	205,395	-
Conferences and courses	14,741	14,060
Grants and co-funding	468,894	374,742
Interest received	3,361	2,153
Comhairle Advocacy	70,000	70,000
Headline	176,187	86,000
Dormant account receipts	15,021	-
Management fee	2,160	-
	<u>2,545,537</u>	<u>1,984,305</u>
EXPENDITURE		
Staff costs	1,643,236	1,325,979
INSUE	205,395	-
Rent and mortgage interest	101,386	84,937
Administration costs	242,210	228,740
Training - staff and volunteers	10,577	12,778
Services expenses	215,786	256,959
Audit and accountancy	2,010	7,296
Trainee expenses	20,514	15,186
Professional fees	31,374	11,075
Depreciation	39,610	38,757
Grant amortisation	–	(32,039)
	<u>2,512,098</u>	<u>1,949,668</u>
TOTAL		
	<u>2,512,098</u>	<u>1,949,668</u>
NET SURPLUS FOR THE YEAR	<u>33,439</u>	<u>34,637</u>

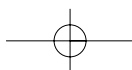


## Notes





## Notes





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

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

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

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





# Schizophrenia Ireland Lucia Foundation

## HOW TO CONTACT US

### EASTERN REGION

38 Blessington Street, Dublin 7  
t. 01 8601620  
f. 01 8601602  
e. [info@sirl.ie](mailto:info@sirl.ie)

### SOUTHERN REGION

32, South Terrace,  
Cork.  
t. 021 4808124,  
f. 021 4808125,  
e. [info@sirl.ie](mailto:info@sirl.ie)

### WESTERN REGION

Unit 6, Town Park Centre,  
Tuam Road, Galway  
t. 091 761746  
f. 091 767389  
e. [info@sirl.ie](mailto:info@sirl.ie)

### SOUTH EASTERN REGION

The Good Shepherd Centre,  
Church Lane, Kilkenny.  
t. 056 7703652,  
f. 056 7703627,  
e. [info@sirl.ie](mailto:info@sirl.ie)

### MIDLAND REGION

55 Dublin Street, Longford  
t. 043 42366  
f. 043 42367  
e. [info@sirl.ie](mailto:info@sirl.ie)

### MID-WESTERN REGION

Unit 14 A&B, Clonroad Business Park, Ennis  
Co. Clare  
t. 065 6844874  
f. 065 6844964  
e. [info@sirl.ie](mailto:info@sirl.ie)

### NORTH EASTERN REGION

Office 507 Donovan House, Adelphi Court,  
The Long Walk, Dundalk, Co. Louth.  
t. 042 932 4541  
f. 042 932 4541  
e. [info@sirl.ie](mailto:info@sirl.ie)



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

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

Confidential Information Helpline: **1890 621 631**

Monday - Friday 9.00am – 4.00pm