



Annual Report 2010



What is Schizophrenia?

Schizophrenia is a severe mental illness characterised by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately one in every hundred people worldwide and the first onset commonly occurs in adolescence or early adulthood. Positive /Active symptoms include: delusions, hallucinations, disorganised thinking, disorganised behaviour. Negative/Passive Symptoms include: withdrawal/loss of motivation, loss of feeling, poverty of speech, flat presentation.

What is Bipolar Disorder?

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

What is Schizoaffective Disorder?

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

What is Severe Depression?

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

Shine Confidential Information Helpline 1890 621 631



l-r: Pat Seager, Miriam O'Callaghan, John Saunders, Martin Matthews & Catherine Bourke



Eilish Eagers



Shine Staff celebrate Mary Lambe's retirement in June 2010



l-r: Orla Rehill, Christina Costello, Daniel O'Connor, Malachi McCoy, Dr. Martin McAleese, President Mary McAleese, Paul Kennedy, Clive Shannon, Michael Nestor and Lisa Martin



Top l-r: Orla Rehill, Bernadette Sproule, Rachel Hegarty, Nicole Rourke (teacher) & Rory O'Connor
Bottom l-r: Imelda Honohan, Roisin Fanning and Angelin Fanning



Awareness

Counselling

Education

Information

Listening

Resource Centres

Recovery Focus

Support

Tel: 1890 621 631
www.shineonline.ie

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Strategic Plan 2006-2011

Mission Statement

"Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bipolar disorder, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves."

Organisational ethos

Shine believes that

- People with severe enduring mental illness should at all times be accorded the rights, entitlements and opportunities available to any other member of society on an equal basis, and should be empowered to participate in the life of the community to the fullest possible extent;
- Families and carers, the majority of whom are the primary providers of mental healthcare in the community, should be accorded full recognition and support by the institutions of the State, and be empowered to address their own needs;
- A history of mental illness should not be a cause of discrimination, stigmatisation or prejudice in any form, nor should it inhibit the individual's right of equal access to training, education and employment/opportunities;
- We should foster a partnership and collaborative approach with all relevant agencies.

Objectives

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

Chairperson's Report

In 2010 Shine continued to provide support and information to service users and carers who are dealing with the issues faced by a family when a member is diagnosed with a severe mental health illness. News of a diagnosis can be devastating and difficult to understand. Shine, and other organisations involved in mental health, offer support and advice to people at critical times.

In early 2010, Shine published a handbook called "Taking Control of your Mental Health". This publication is easy to read. It includes medical and legal information, as well as Shine members' views on what happened in their families and how recovery can happen. It was launched in Dublin on Wed 3rd March in the Ashling Hotel by Miriam O'Callaghan. There was a huge turnout and Miriam gave generously of her time.

This publication was launched in Limerick and Cork as well, and each time there was a large attendance. As usual over the tea and sandwiches that followed, there was an opportunity to chat with old and new friends.

Stigma is one of the reasons so many people keep mental illness hidden. To reduce stigma and discrimination, there is now a national programme working toward change in this area. It is called See Change and many health organisations are involved, as well as sporting groups, employers groups, trade unions etc. Shine is one of the organisations involved. Other countries have had similar programmes which have had a positive effect in reducing discrimination and stigma towards people with mental health problems.

A Carers Weekend was held in April in Athlone, which was attended by 140 people. A short introduction to the WRAP (Wellness Recovery Action Planning) programme was offered and all agreed it was interesting and helpful. It was so well received that it is planned that the full programme will be offered to carers at various locations in the future. Many service users have already taken part in this programme and have found it helpful. Carers are often very isolated as they do not talk about the family problems to other people. A Carers Weekend is a wonderful opportunity to talk and listen to people who share the same worries.

Due to cuts in Government spending, Shine was working with a reduced budget again in 2010. Every effort was made to keep frontline services up and running, as it was addressed that the need for the services is ever increasing. With the problems encountered by people in the present economic climate the helpline has been busier than ever.

On a happier note, Shine operates two Resource Centres, one in Dublin and one in Cork, which produce some excellent artwork, often featured in Shineonline. It is always



Catherine Bourke

of a very high standard. Brent Pope, of rugby fame, had a vision for an exhibition of artwork created by those "who have experienced adversity and exclusion in their lives and in doing so promote greater awareness and understanding". In December this happened at the "Outside In" Art Gallery and Exhibition Space in Dublin. The supporting organisations were Shine Arts, Artlink, Dublin Simon and Down Syndrome Ireland. The artwork on display at the opening was wonderful and the red dots signifying sold were being stuck on lots of the work as we looked around the exhibition. Congratulations to all those whose work was featured.

Yet again the news on the Government's policy on mental health is not good. "A Vision for Change" is still just that, 'a vision'. Due to the cutbacks in health, matters are not moving forward as outlined in the programme, and service users and carers are not being looked after as promised. Many people are still in hospitals which are totally unsuitable. The promises to close hospitals have not been fulfilled. Health issues affect everyone in the family whether it is a mental or physical health situation.

There were staff changes over the year. Mary Lambe in the Dublin office retired after 15 years with the organisation and I wish her well in her retirement. I would like to welcome the new staff who joined during the year.

The Shine AGM for 2010 was held in November and the officer members of the Council changed. The new Council is chaired by Claire Keogh. I would like to thank those Council members who retired in November and thank them for serving on the Council.

Many thanks to all the volunteers and staff who work hard to ensure Shine is there to give help when it is needed.

Catherine Bourke

Catherine Bourke, Chairperson.

Organisational Structure

Shine Staff as of 31 December 2010

Director's Office

John Saunders
Dolores Kavanagh

Director
Administrative Assistant

National Projects Team

Kahlil Thompson-Coyle
Hazel Whelan
John McCrudden
Andrea Farrell
Miriam Gray
Jane Arigho
Rachel Wright
Claire O'Keeffe
Mark Byrne

Policy and Projects Manager
Projects Assistant
Advocate, Dublin
Advocate, Galway
Advocate, Kilkenny
Headline Media Project Co-ordinator
Headline Project Assistant and Media Liaison/See Change Campaign Coordinator
Headline News Researcher
Outreach & Partnership Co-ordinator See Change

Rehabilitation Services

Cillian Russell
Alexandra Scheele
Goedelle van Laake
Colin Shaw
Colette O'Connor
Malachi McCoy
Lisa Maguire
Denise O'Reardon
Bruno Nicolai
Sarah Byrne

Social and Rehabilitation Services Manager
Development Worker, Dublin
Development Worker, Dublin
Development Worker, Dublin
Development Worker, Dublin (Maternity Leave Cover)
Resource Centre Coordinator, Dublin
Development Worker, Dublin
Resource Centre Co-ordinator, Cork
Development Worker, Cork
Development Coordinator

Counselling and Information Services

Claire Hawkes
Damien Lillis

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

Development Team

Patricia Seager
Christina Burke
Ann Marie Flanagan
Miriam Murphy
Martin Matthews
Derek Pepper
Susan McFeely
Catherine Rountree
Bernadette Byrne
Karina Keane

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

Administration Team

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

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

Community Employment Scheme Staff

Janet Akanbi, Nigel Betts, Donna Brady, Mary Hayden, Mariessa Mulhall

Voluntary Workers

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

Registered Charity Number 6380 • Company Registration Number in Ireland 70462

Director's Letter

During 2010, Shine continued to provide a full range of services to members and clients, in keeping with its mission and objectives. These activities are described in detail in this annual report.

Despite the imposition of a 6% statutory reduction in funding, Shine has managed to maintain core and essential services. This was only achieved by the dedication and flexibility of staff and volunteers.

During the year, Shine launched its new handbook 'Taking Control of your Mental Health'. This magazine style document has proved to be highly successful and we have now distributed more than 8,000 copies and are now on the second print run. 'Taking Control', as the name implies, is encouraging all of us to take control of our own mental health and well-being.

'Taking Control' is also the name of the new one-day structured course developed in partnership with the Midlands HSE in 2010, and presently being rolled out in counties Laois, Offaly, Longford and Westmeath. This course, which aims to support people whose mental health has been traumatised by the social and economic recession, is proving hugely attractive and valuable.

See Change, The National Mental Health Stigma Reduction Partnership co-ordinated by Shine, was launched in 2010. See Change is an alliance of over 45 organisations working together to bring about positive change in public attitudes and behaviour towards people with mental health problems. See Change aims to achieve an environment where people can be open and positive in their attitudes and behaviour towards mental health problems. In May 2011, See Change launched 'Make a Ripple'; a campaign to build an online community of ambassadors, advocates, story tellers and volunteers who can help reduce the stigma associated with mental health problems by sharing their own experiences.

During 2010, Shine delivered Wellness Recovery Action Programme (WRAP) training to family members. This has proved to be hugely popular and we are repeating this in 2011. Additionally, Shine delivered a variety of courses for family members and people with self-experience across the country.

The Grow Young Project was launched in 2010 and is supported by The Atlantic Philanthropies. The project is designed to research and develop a knowledge base on the needs of the 50+ population in Ireland who have significant mental health problems. The "Grow Young" research project is being conducted on behalf of Shine by the Source Group, a voluntary group originating from Cluain Mhuire mental health services. This project will terminate in August 2011 and we will be reporting the findings at a dissemination seminar.



John Saunders

The Ár Nglór project, which has been co-ordinated by Shine for the last 5 years, came to an end in December 2010 with the launch of the National Advocacy Service by the Citizen's Information Board. Ár Nglór, which was a specialist mental health advocacy service provided support and interventions to approximately 1,000 clients during its lifetime.

Shine assisted the development of the 'Outside In' art exhibition which was hosted by Brent Pope. 'Outside In' is an art gallery located at Park Lane, Spencer Dock, North Wall Quay, Dublin. The gallery is intended to give 'outsider artists' the opportunity to exhibit and sell their work, and to raise awareness and breakdown barriers.

As usual, Shine continues advocating to improve mental health policy and services by being involved with the Irish Mental Health Coalition, now renamed Mental Health Reform, The Action on Suicide Alliance, The Mental Health Commission and the Five Nations Alliance.

On behalf of Shine, I would like to thank staff, volunteers, funders, and everybody who supported Shine to provide the level of service described in this report.

John Saunders, Director

National Development

The Development Team at Shine, consists of the National Development Manager, seven Regional Development Officers (RDOs), one Support Worker and one Administrative Assistant. The Development Team provide information and support to people with self-experience of mental illness and their families and friends. The Regional Development Officers support and coordinate the network of Phrenz and Relatives' Support Groups around the country, and work to develop new groups. Our RDOs organise awareness-raising events, information evenings, presentations, outreach initiatives, and they deliver training and educational workshops and seminars.

Phrenz Facilitators

Bernie Boyle	- Stillorgan
Sean Broderick	- Swords
Mary Butler	- Clonmel
Eamon Cogger	- Castlebar
Richard Conroy	- Bandon
John Crilly	- Navan
Owen Dureke	- Tralee
Terry Haden	- Kildare
Mary Hunt	- Longford
Peter Kelly	- Castlebar
Dara Lakes	- Maynooth
Teresa Lally	- Artane
Martina Lannan	- Artane
Barry Lavelle	- Maynooth
Breda Long	- Cork
Liam Madden	- Kildare
Owen McCoy	- Dundalk
Ed McGeough	- Stillorgan
Raymond Nobel	- Tullamore & Portllington
Eileen Nolan	- Artane
Tim O'Connor	- Limerick
Anthony O'Donoghue	- Blessington Street
Mary O'Malley	- Kilrush
Mary O'Shea	- Ennis, Nenagh & Limerick
Niall Payne	- Athlone, Tullamore
Jim Power	- Galway
Rosanna Sherlock	- Ballyfermot
Anthony Smith	- Kilrush
Francis Stewart	- Blessington Street
Richard West	- Killarney
Rowanna Woods	- Artane

Relatives' Facilitators

Tony Blackmore	- Waterford
Fergal Butler	- St. James
Martin Cahill	- Cluain Mhuire
Maura Cannon	- Inishowen
Ann Cleary	- Loughrea
Donie Coleman	- Castlebar
Ann Concannon	- Milltown

Noelle Dáson	- Limerick
Hugh Devlin	- Buncrana
Margaret Downey	- Clondalkin
Patricia Duffy	- Inishowen
Collette Fahy	- Drumcondra
Annette Field	- Swords
Pauline Gill	- Dundrum
David Gorman	- Navan
Paul Guckian	- Ennis
Angela Hunter	- Cork & Killarney
Marie Keating	- Thurles
Tom Lohan	- Glenamaddy
Karen Loughrey	- Rathfarnham
Gabriel Mahon	- Cluain Mhuire
John Matthews	- St. James
Peggy McColgan	- Inishowen
Evelyn McHugh	- Galway
Brian Miles	- Milltown
Ann Marie Mullery	- Roscommon
Rene O'Brien	- Tralee
Ann O'Connell	- Ballyfermot
Patricia O'Donnell	- Naas
Aine O'Reilly	- Ballyfermot
Liz Smith	- Rathfarnham
John Staunton	- Ballyfermot
Siobhan Thistleton	- Louth
Laura Thompson	- Nenagh
Marie Tuohy	- Castlebar
Joyce Watson	- Cluain Mhuire

The following paragraphs are a summary by region of the Phrenz and Relatives' Support Groups' activities and projects in 2010.

Southeast Region – Martin Matthews, Regional Development Officer

Phrenz Groups

The Kilkenny Basement support group "is a strong reference point in peoples' lives", according to its participants. They state that "when we know the space is there, it is a source of support even if we don't attend". The Kilkenny Basement is a drop-in morning group, which occurs every Friday. On Tuesdays, a social afternoon takes place, in which art, creative writing and other activities are scheduled. On Wednesday mornings, there is a 'Voice Hearing/Loud Thoughts/Intrusive Thoughts' Support Group meeting. The Kilkenny Basement group produce and edit a magazine entitled 'The Elusive Voice'. The Waterford Group participated in creative writing classes, which will culminate in a printed booklet in 2011. The Clonmel Phrenz Group must be

commended for all their hard work in relation to the South Tipperary Consumer Panel. In October, a Mindfulness Mental Health Day in Kilkenny, brought together all the Support Groups

Relatives' Groups

The Waterford Relatives' Group continues to meet in the Cheshire Home in Waterford. A Family Education Course began in Waterford this year. In 2010, the Southeastern Regional Development Office saw an increase in the amount of one to one meetings with relatives, who seem to prefer to meet with the RDO, in favour of attending a support group on a regular basis.

Other Projects

Other projects in 2010 include the creation of a float for the 2011 St. Patrick's Day Parade in Kilkenny, with the participation of members of the Basement Group and the general public. The float promoted the work of Shine and See Change while also mainstreaming our activities.

Life Lines

Martin Matthews is on the Steering Committee of a Youth Mental Health Resource Project in Kilkenny, which links professionals up with the network of local mental health services. Thank you to all who have participated in the work of Shine in the Southeast in 2010.

North Dublin Region – Derek Pepper, Regional Development Officer

Phrenz Groups

There are three Phrenz Groups in the Northern Area, located in Blessington Street, Artane and Swords. All of the groups enjoyed a very successful and active 2010.

We would like to take this opportunity to thank Francis Stewart, who retired from his position of Facilitator with the Blessington Street Group at the end of the year. Francis facilitated the group for a number of years and provided a great service during that time. We would like to welcome Anthony O'Donoghue as our new Facilitator.

Relatives' Groups

The Northern Area has two Relatives' Groups, located in Drumcondra and Swords. Both groups have a regular and committed attendance.

A number of relatives availed of the opportunity to take part in our Family Education Course. Due to phenomenal demand, we will be holding another course in 2011.

North Eastern Region – Derek Pepper, Regional Development Officer

Phrenz Groups

There are now four Phrenz Groups operating within the North Eastern Region. These are located in Navan, Dundalk, Cavan and Monaghan. All groups enjoy a strong attendance.

Relatives' Groups

There are two Relatives' Groups in the North East region, one in Navan and another in Louth. Both of these Groups operate independently, however they retain a positive affiliation with Shine.

Other Projects

New collaborative ventures have begun in Co. Meath. The Jigsaw project, aimed at providing support to young people aged between 12 and 25 years, has commenced. A new sporting activity programme is being devised with Meath Sports Partnership. A group of relatives successfully completed the Shine Family Education Course towards the end of 2010.

Midlands Region – Catherine Rountree, Regional Development Officer

Phrenz Groups

The Lighthouse Group moved to a new venue in 2010. The room in the Tullamore Parish Centre offered a space for activities such as 'boccia' (an Italian version of bowling), birthday parties, information talks, and crafts, such as jewellery making and card making. A delegate went to the Tullamore Court Hotel to receive a prize from Offaly County Council, in recognition of their promotion of positive mental health. The Candlelight Group meets once a month. In the spring, this group undertook training in WRAP (Wellness Recovery Action Plan). The Athlone group hosted all the other groups for a Midsummer Party. People attended from Longford, Offaly, Westmeath and St. Loman's long-stay wards and the Eala Centre. The Longford Phrenz Group meets once a month. Everyone gets a chance to participate and the group can decide what they want from their facilitator. Numbers attending are growing. The Mullingar Sunshine Group meets in a local hotel where they continue to discuss their aims and plans.

Associated Groups

The Starlight/Expressions group from Birr, was highly commended for promoting positive mental health in Offaly. Outings and discussion groups were arranged. Catherine Rountree facilitated the Rathdowney Gardening Group for five sessions. The group explored many issues such as: attitudes and experiences of stigma and mental health, plants' needs and peoples' needs, and how they would like to see their new health centre developing. This culminated in a five-year landscape plan which was developed by the group. It will be laminated and displayed in the centre, and will shape future developments. Thanks to National Lottery funding, Shine was able to source a music facilitator for the group.

The St. Loman's Group attendance varies month on month. The Group focus is on looking after yourself after leaving the hospital. The Tullamore Summer Youth Group was set up to address the lack of a suitable social forum for young people. A volunteer trainee psychiatric nurse facilitated the group. The group finished in September but expressions of interest for it to continue into the future were noted.

WRAP Training

In 2010, the WRAP (Wellness Recovery Action Plan) training was delivered in Tullamore, Athlone and Portlaoise. As a result, an Open Minds Discussion Group was hosted at the Shine office in Tullamore, and a group was formed in Portlaoise supported by the local mental health centre.

Mid Western Region – AnnMarie Flanagan, Regional Development Officer

Phrenz Groups

There are four peer Support Groups throughout the region in Nenagh, Limerick, Ennis and Kilrush. A review of the groups highlighted the daunting experience of attending a group for the first time. People report the groups to be: life changing, a spring board for many other opportunities in gaining control of one's life, a way of aiding mental health recovery, improving family life, social contact, friendships, self-advocacy and a greater engagement with mental health services. The combination of well-established members with new members, offers opportunities for learning and peer support. The groups are peer led. Approximately one hundred mental health service users benefited from the groups. Throughout 2010 members of the groups participated in WRAP, Finding YOUR Way, respite, conferences, Consumer Panels, research, a Genio Peer Support Project and many social activities organised by Shine and other organisations.

Relatives' Groups

The support groups in Nenagh, Thurles, Limerick and Ennis offer support to relatives who present in crisis, feeling lost, alone and overwhelmed in their efforts to support relatives who are dealing with mental health difficulties. Relatives said they often do not know how to help their relative or other members of the family. There are also a number of relatives who have been attending for a number of years, who are no longer experiencing crisis and maintain their wellness by attending regularly and supporting others. Relatives are also involved in the Limerick Consumer Panel and three relatives are Peer trainers for the 'Recovery and the Family' Education Course. Four 'Family Education Courses' were held in the region in 2010.

Training For Trainers in Family Education

The two-year pilot in 'Training for Trainers' has now been completed. There are a number of relatives and mental health professionals who are trained to co-facilitate the 'Recovery and the Family' programme. In April and May, the second year of the pilot programme of 'Training for Trainers' was rolled out in Dublin. There were ten 'Family Education Courses' offered nationwide this year. The overwhelming response to relatives co-facilitating was very positive.

Limerick Consumer Panel

Consumer Panel Training took place in April and May. It offered practical steps in running groups, negotiating and developing a plan to tackle each issue. Participants were very happy with the trainers. A meeting of service-users, relatives, non-statutory and mental health professionals will be called

soon to discuss the benefits, needs and resources required for the establishment of a Consumer Panel in Clare.

Southern Region – Miriam Murphy, Regional Development Officer

Phrenz Groups

The Cork Phrenz group meets on a weekly basis. The Shine launch of the new 'Taking Control' handbook at the Clarion Hotel, in mid April was very well attended by Phrenz members.. The Bandon Phrenz group welcomed new members during the year. Outings included visits to Killarney and Youghal in 2010. The Tralee Phrenz Group is going well and numbers are up. There is also a small Phrenz group in Killarney who meet once a month. The Phrenz groups in the southern region went on various outings during the year to Bantry, Killarney, as well as attending concerts and going out for meals together. Some members from all the groups attended the "See Change" event in Cork in September.

Relatives' Groups

The Cork Relatives group is going from strength to strength, with new members joining every month. Members of the group attended a 'Family Education Course' which took place in the Cork Shine Office. The Killarney Relatives' Group meets once a month. It's a small group but it is growing in strength and numbers. The Tralee Relatives' Group meets once a month in Caherina House. They have regular contact with Caherina House Day Hospital and some members are involved with the supports they offer.

Cork Relatives' Relaxation/Stress Management Workshop

A very successful Relaxation Workshop was held with a group of 12 Cork Relatives, in December in Cork. Alison Warburton from "Achieve your Goals" facilitated the Workshop.

East Wicklow/South Dublin Region – Susan McFeely, Regional Development Officer

Phrenz Groups

The Cornerstone Phrenz Group continues to be a very progressive peer led social/support group. Cornerstone provides a very informal atmosphere, which attempts to meet the needs of people with mental ill health who are either seeking support, or an opportunity to meet others. The group organised a very enjoyable respite break and Christmas gathering this year.

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 continue to do well and each has created their own identity, based on the specific needs in their local area. Some of the needs addressed are: housing, funding, peer support and human rights. The Central Mental Hospital group continues to thrive. The members work closely with the management of the C.M.H to improve conditions and services for their relatives.

Gateway

Shine has been involved with the development of a drop-in resource centre in conjunction with the Rathmines Partnership in the Dublin 6 region.

Gateway opened in 2004 for only one afternoon a week providing arts and crafts, tai chi and stress management. The group developed and expanded its service to two afternoons a week. The group is peer driven and is supported by the Rathmines Information Centre; which not only accesses the services of Gateway, but also the community services of the Rathmines Information Centre. A full time coordinator and two community employment workers support the group. On completion of their Strategic Plan, Gateway is now looking at the possibility of becoming an independent service.

Genio/PROTECT

The HSE Wicklow Mental Health Services, in partnership with DETECT, Shine, Wicklow County Council, Trinity College Dublin, EVE Ltd., and Employ Ability Wicklow are working together on a pilot project, funded by The Genio Trust, to improve access to Early Interventions for Psychosis. As one of the partner organisations, Shine has been invited to join the steering committee. PROTECT (Personalised Recovery Orientated Treatment, Education and Cognitive Therapy) will have the official launch of their service in Spring 2011.

DETECT Consortium

DETECT aims to provide a service for individuals experiencing first episode psychosis and their families in Cluain Mhuire, Elm Mount, Newcastle and St. John of God Hospital services. DETECT envisages that services for people with psychosis will be delivered at the earliest possible opportunity and will be tailored to suit the individual needs of the person and their family. Susan McFeely was invited to join the early intervention consortium. The aim of the consortium is to advise and ensure best practice on the day-to-day running of the DETECT service.

Prospect/EUFAMI Family and Friends Course

The Prospect Family and Friends training programme has been designed in a flexible modular format that allows it to take place in a way that meets local needs in each country or locality. It addresses the needs of family members and friends in their own right, enabling them to look at their own recovery, and improve their coping skills, supporting them in finding their own way and improving their quality of life. The contents of the package are designed to touch upon areas that are often excluded in formal education programmes. Some of the modules provided are 'Coming Together', 'Recognising the Pressures', 'Active Coping Skills' and 'Change and Goal Setting'. The course is peer facilitated.

In November, Shine ran a course in Nenagh over five Saturdays. There were nine participants and all spoke of the benefits of taking part and the unique experience of having it facilitated by their peers. Shine would like to thank the facilitators Colette Fahy and Christine McCabe for all their hard work and commitment to the programme.

Kildare/West Wicklow and Dublin West Region – Susan McFeely, Regional Development Officer

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. The Maynooth Group has been quite active in becoming involved in a number of service development steering groups.

Relatives' Groups

The Southwest area has five Relatives' groups, which continue to do well in Kilmainham, Clondalkin, Ballyfermot, Ballyroan and Naas. The groups provide an opportunity for relatives of people to meet and gain support from people with similar experiences. The Ballyfermot group is very politically active and works with local elected representatives to highlight the issues and improve the services within the Dublin West region.

Genio/Eolas Project

Shine, in partnership with Kildare/West Wicklow services, Kildare Youth Services, the Irish Advocacy Network, Trinity College, service user and family member representatives put forward a proposal to devise psycho-education programmes for people with self experience, their families and friends. The programmes will be created from the information provided from focus groups. The Trinity College team will evaluate the process. Shine is a member of the steering committee and the research sub group.

Western Region – Christina Burke, Regional Development Officer and Karina Keane, Support Worker

Phrenz Groups

There are currently three Phrenz groups in the Western Region, in Castlebar and Galway. The groups provide peer support and friendship by and for people with self-experience of mental ill health. We have started a new group in East Galway, which meets once a month in Balinasloe. The group maintains its involvement with the rehabilitation and recovery team in Castlebar. The Galway Group meets each week and some members of the group are involved in the local Allah Drama group.

Relatives' Groups

There are Relatives' groups in Galway City, Loughrea, Castlebar and Roscommon. These are facilitated by extremely committed health professionals. This year members of the Castlebar and Galway Groups participated in 'Family Education Course' facilitation training. Three members of the Castlebar group have facilitated a 'Family Education Course' in the Rehabilitation and Recovery Unit in Castlebar. A special word of thanks goes to all the facilitators for their tremendous commitment.

Further information on dates, times and locations of Shine's Phrenz and Relatives can be found by contacting the Regional Development Officer for your region.

Projects 2010

Grow Young Research Project

In August 2010, Shine embarked on a new research project called "Grow Young". The project is designed to research and develop a knowledge base on the needs of the age 50+ population in Ireland who have significant mental health problems.

Mental health problems and disorders are some of the major health problems in old age. Demographic change implies that Ireland depends increasingly on the good health of its older population, and their ability to stay productive for longer. Therefore the mental health and well-being of older people needs to be given greater priority. Negative images, prejudices and pessimism towards older people and around ageing, are still prominent in Irish society and are harmful to well-being.

Within the Irish population there are a large number of vulnerable groups among the 50+ age group. These include older people living in poverty, older women, those undergoing retirement or bereavement and those with chronic physical problems or disabilities. Also, the role of carer, which is often carried out by older people, can be demanding and lacks support. Carers therefore represent a

health risk group. Supporting their role and protecting their well-being strengthens a society and has positive outcomes for carers and the people they care for.

There is a need for more conclusive data on the status of mental health in older people, including the prevalence of major mental disorders such as depression and the development of positive health indicators for this group. To ensure healthy and self-determined living throughout the whole life-span, the social, physical and mental activity of older people should be enhanced as a means to promote their mental health and well-being. Based on the findings of the "Grow Young" research project, a range of intervention strategies will be developed to improve the quality of life for this population.

The "Grow Young" research project is being conducted on behalf of Shine by the Source Group, a voluntary group originating from Cluain Mhuire mental health services. We look forward to the research report findings which will be available in September 2011. This project is being supported by The Atlantic Philanthropies.

Ár nglór: The Community Mental Health Advocacy Service



"Advocacy is a means of empowering people by supporting them to assert their views and claim their entitlements and where necessary representing and negotiating on their behalf"

Ár nglór was the community advocacy service for people with self-experience of mental health issues and their families, which was provided in partnership with Shine, the Irish Advocacy Network (IAN) and the Citizens Information Board from October 2005 until December 2010.

The Dublin, Cork and Galway service was funded by the Citizens Information Board and the Kilkenny service continues to be funded by the Health Service Executive (HSE).

The aim of the project was to provide an advocacy service to people with mental health difficulties and their relatives, particularly for those leaving hospital so that they can be supported in making the transition back into their communities. The project was initially for 2 years, however, it was extended for a further 3 years (5 year pilot project in total), and had four part-time advocates in place in Dublin, Galway, Cork and Kilkenny. During this 5 year pilot project, approximately 900 clients accessed the service, receiving one-to-one advocacy support.

A new National Advocacy Service is to be set up to provide independent, representative advocacy services for people with disabilities. It will be managed by five Citizens Information Services and supported by the Citizens Information Board. From January 2011 the new Service will take over the work of the 46 pilot advocacy projects, with a particular remit for more vulnerable people with disabilities. The Minister acknowledged the excellent work of the pilot projects in reaching and working with a large number of clients over the past five years.

The new Service will operate within current CIB resources, and it will be regionally structured with five regional teams to provide a service to people with all types of disability across the country.



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

Headline monitors Irish print media for coverage of mental health and suicide using a list of key search terms. In 2010 there were 18,688 articles in Irish print media.

Headline provides information on its website www.Headline.ie to assist with reporting on mental health and suicidal behaviour. Headline encourages the use of media guidelines and provides media guidelines and resources. The headline website received 6,977 unique visitors in 2010. They viewed 18,959 pages on the site. The 6,977 unique visitors came from 105 countries. The top 10

were Ireland, UK, USA, Canada, Australia, India, Germany, France and China.

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

Headline compiles a weekly bulletin of interesting stories on mental health and suicide related issues in approximately 250 publications. To sign up email info@headline.ie. Headline currently has 1,080 people signed up. Headline sponsored a category called the Headline Award for Journalism Relating to Mental Health or Suicide Prevention in the 2010 Smedia awards (Student Media Awards). The award was created to encourage the next generation of journalists to accurately and responsibly report on these issues. Carl O'Brien, the Chief reporter with The Irish Times was the judge for the award. The winner of the 2010 award was Kate Mc Carroll, a student from DIT. Kate, from Dublin, won the award for 'Out of Mind', a powerful documentary about electro-convulsive therapy. To hear the entry go to the podcasts section on www.Headline.ie.



*Kate Mc Carroll,
Smart Award winner 2010*

Headline gave presentations on mental health and suicide in the media to journalism, media and communication students in the following colleges over the college year: Ballyfermot College of Further Education; Dublin Business School; Dun Laoghaire College of Further Education; Dublin Institute of Technology; Griffith College; Mary Immaculate College; and, Dublin City University. The presentation introduced the students to the Irish and international media guidelines for reporting on mental health and suicide and also looked at examples of Irish media coverage and the workings of Headline.

Headline is a member of See Change- the national stigma reduction partnership. See Change is Ireland's national programme working to positively change social attitudes and behaviour so that there is a reduction of stigma and discrimination associated with mental health problems. Headline is a member of both the Communications and Mental Health Experts Advisory Panels.



See Change is Ireland's national programme working to positively change social attitudes and behaviour so that there is a reduction of stigma and discrimination associated with mental health problems, ensuring that everyone enjoys the same rights on an equal basis.

The See Change vision is that every person in Ireland can be open and positive about their own and others' mental health.

This is Ireland's FIRST EVER national stigma reduction partnership and we exist to inspire a social movement in Ireland to reduce the stigma and discrimination of mental health problems so that mental health problems are viewed as part and parcel of being human – in the workplace, at home, out and about, in the media, and everywhere else.

Shine has been given the responsibility to coordinate and manage the development and implementation of See Change on behalf of the partner organisations.

See Change partners include a broad range of organisations who have signed up to at least one big action to support the movement.

How did it all start?

Within the Irish mental health voluntary sector, there has been a long standing desire to have a national stigma reduction campaign.

See Change was initiated by Shine – Supporting People Affected by Mental Ill Health, the mental health voluntary sector, the Minister for Equality, Disability and Mental Health along with the Department of Health and Children to reduce the social stigma of mental health problems. Through the National Lottery Fund, the Department of Health and Children allocated core funding for See Change over an initial 2 year period (March 2010-March 2012), and Shine was given the responsibility to be the coordinating organisation for See Change, including leveraging further funding for campaign activities.

What has the See Change team been up to?

A strategic planning session was held in March 2010 with an external facilitator (the founding campaign Director for See Me, the Scottish mental health stigma reduction campaign) to agree on the specific framework for See Change. Following on from the strategic planning session, the structure for See Change was developed, while further sources of funding for See Change activities were pursued.

Then, See Change was launched by Minister Moloney and celebrity ambassadors Miriam O'Callaghan and Eileen Dunne on 15th April 2010. At the launch, a competition was opened to the public to come up with a campaign slogan or idea to reduce stigma and discrimination.



l-r: John Treacy, CEO of the Irish Sports Council; Shane O'Donoghue, BBC and RTE Golf Broadcaster; John Saunders, Director of Shine and See Change; Miriam O'Callaghan, RTE Broadcaster; Micheál O Muircheartaigh, RTE Gaelic Games Commentator and Minister John Moloney, Minister of State at the Department of Health and Children

In April 2010, See Change commissioned Millward Brown Lansdowne to conduct a benchmark study on public attitudes towards mental ill-health. The study was co-funded by the HSE's National Office for Suicide Prevention and the National Disability Authority.

The objective of the research was to gain a baseline measure of public attitudes, with a specific emphasis on stigma, before the roll-out of See Change's programme of activities for 2010-2012. The study will be repeated in 2012 to measure the impact of these activities.

It was then time to finalise the See Change Partner Manifesto, which sets out the intent behind the See Change Partnership – and outlines how we will work together to lead marketing strategy and stakeholder action in order to bring about positive change in public attitudes and behaviours towards mental health problems in Ireland.

In September 2010 we started to hold Community Fora 'town hall style' public meetings – 34 such meetings are to be held across Ireland. Additionally, See Change in association with the PwDI (People with Disabilities in Ireland) held 7 conferences on "Challenging Mental Health Stigma" between September and December 2010. All of these events were advertised within the local communities, free of charge and open to anyone in the public.

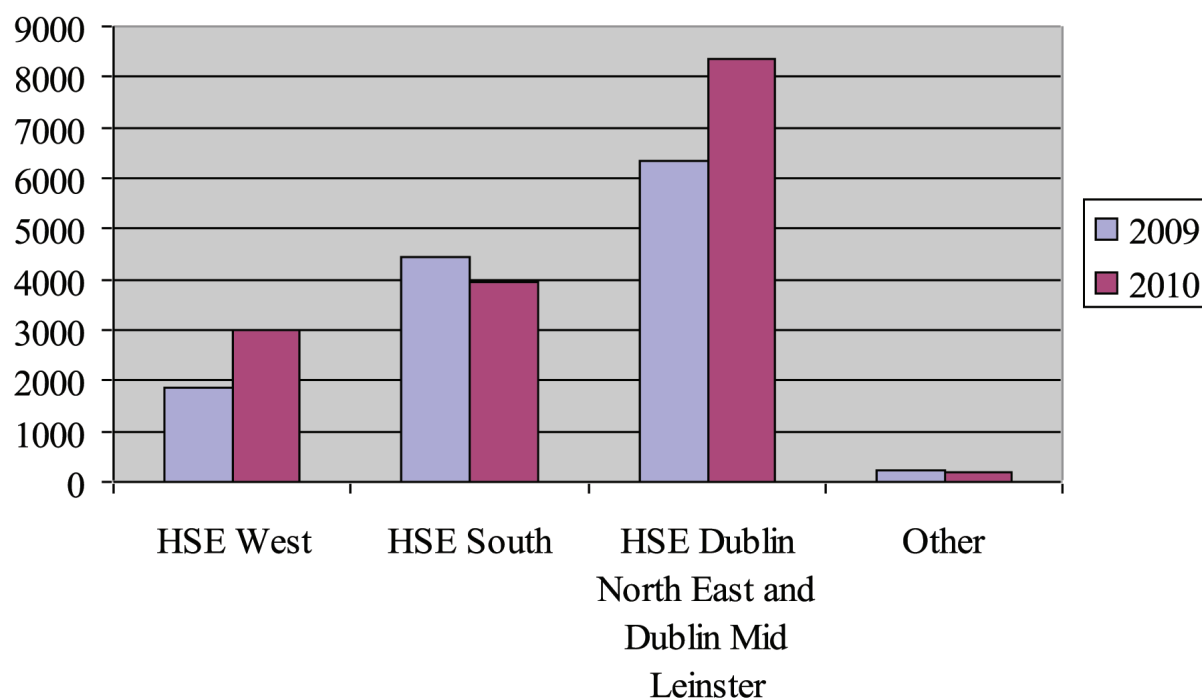
A clear call to action is being launched through makearipple.ie – where every interaction with See Change (communications, partners etc) is an invitation to make a ripple – a personal commitment to change your attitude and behaviour in relation to people who are or have experienced mental health problems. The hub for makearipple will be online where the public come to make their personal pledges. All of these ideas are currently being scoped out and in planning for development in 2011.

Shine Contacts

All Contacts of 2010 (Total 15473)

HSE West		HSE South		HSE Dublin North East and Dublin Mid Leinster		Other
Clare	376	Carlow	60	Cavan	221	192
Donegal	277	Cork	1612	Dublin	3617	
Galway	1113	Kerry	240	Kildare	317	
Leitrim	5	Kilkenny	1235	Laois	396	
Limerick	529	Tipperary South	90	Longford	312	
Mayo	557	Waterford	280	Louth	695	
Roscommon	27	Wexford	169	Meath	736	
Sligo	17	Wicklow	259	Monaghan	237	
Tipperary North	90			Offaly	1284	
				Westmeath	530	
Total	2991	Total	3945	Total	8345	Total 192

Comparison of Contacts 2009 and 2010



Shine Contacts

The total number of people who made contact with Shine offices through our information helpline, one-to-one meetings and attendance at our workshops and seminars, was 15,473. Of these, 41% were people with a diagnosis of schizophrenia or a related mental illness; 24% were carers; 27% were professionals, and 8% were other callers.

Information Helpline 1890 621 631

Of the contacts, the total number of helpline calls received by Shine was 821 of which 42% were from people with a diagnosis of schizophrenia or related mental illness; 52% were from carers; 4% were from professionals and 2% were from other callers.

Topic of Information Helpline calls received in 2010:

Information on Mental Illness	41%
Shine Supports and Services	35%
Medication & Psychiatric Services	13%
Other	11%

The following chart displays the 2010 Information Helpline calls by Health Service Executive Region

Helpline Contacts of 2010 (Total 821)

HSE West		HSE South		HSE Dublin North East and Dublin Mid Leinster		Other
Clare	11	Carlow	5	Cavan	8	37
Donegal	6	Cork	38	Dublin	411	
Galway	32	Kerry	19	Kildare	24	
Leitrim	3	Kilkenny	21	Laois	13	
Limerick	12	Tipperary South	10	Longford	3	
Mayo	13	Waterford	13	Louth	31	
Roscommon	4	Wexford	21	Meath	27	
Sligo	12	Wicklow	15	Monaghan	4	
Tipperary North	10			Offaly	10	
				Westmeath	8	
Total	103	Total	142	Total	539	Total 37

Counselling Services Dublin

A total of 92 clients availed of the Dublin counselling service in 2010, with the total number of sessions amounting to 557, which shows a slight decrease from 2009 both in the number of people who attended, and in the number of sessions offered to clients. Over two-thirds of the Dublin clients are people with self experience.

Counselling Services Cork

A total of 42 people attended the Cork Counselling Service and the total number of sessions was 685. This shows an increase from 2009 in the number of sessions offered, while showing a decrease in the actual number of clients who attended the service. Over 75% of the Cork clients are people with self experience.

Launch of Taking Control of Your Mental Health



l-r: Pat Seager, Assistant Director, Shine; Miriam O'Callaghan, Broadcaster, John Saunders, Director, Shine; Martin Matthews, Regional Development Officer, Shine and Catherine Bourke, Chairperson, Shine at the launch of 'Taking Control of Your Mental Health'

Dublin:

Taking Control of Your Mental Health is a new guide published by Shine. This magazine style guide contains comment, opinion, research and personal reflections on the experience of mental ill health from people with self-experience. It also gives insight into the workings of a multidisciplinary mental health team from the professionals themselves. The guide covers a wide range of topics

including legislation, rights, spirituality and nutrition. It also contains a narrative story that reflects the journey of many people through the experience of mental distress. Framed from the stories of people with self experience, family members and health professionals, this story unfolds, in a fictional way, the actual day to day experience of people managing their mental health in their own way. Full colour reproductions of paintings by members of the Basin Club Resource Centre give the



magazine a look that few publications of this kind can boast. Colourful, thoughtful and poignant, the paintings illustrate the joy and pain, the challenge and strength that makes up any journey of recovery. Miriam O'Callaghan who launched "Taking Control of Your Mental Health" on Wednesday 3rd of March at the Ashling Hotel, Dublin commented that there is a lot of stigma attached to a diagnosis of mental ill health and that people don't want to be open and honest about it. She stressed that the media have an important role to play in highlighting that mental illness can happen to any of us. Miriam remarked that 'if you tell Irish people that they need to change, they will listen'. She also said how wonderful she thought the book is and thanked Shine for asking her to launch it. The final part of Shine's rebranding "Taking Control", is designed to be a guide for people to explore their own information and recovery needs. It is not a prescription for wellness; rather it makes available a wide range of information, opinion, research and reflection for people to use as a compass. There are many personal stories from people with self-experience, family members and mental health professionals. A copy of "Taking Control of Your Mental Health" is available free of charge from your local Shine Office. Everything in this guide is directed by the idea of mapping a recovery journey for people.

Limerick:

On March 16th the Shine Midwest office launched 'Taking



l-r: Dr. Ed O'Dea, Chair of the Mental Health Commission and Pat Seager, Assistant Director of Shine at the Limerick Launch of the Taking Control of Your Mental Health Handbook

Control' at the Greenhills Hotel, Limerick. Ann Marie Flanagan, Regional Development Officer welcomed everyone to the event and briefly outlined the supports and services available in the Midwest region before handing over to Thomas Keane. Thomas shared his own recovery story. John Saunders, Director, welcomed everyone and thanked Thomas for the courage to speak openly. John also outlined the work that continues at national level to ensure 'A Vision for Change' is resourced and implemented. Pat Seager, Assistant Director and co-editor of 'Taking Control of Your Mental Health' took us through the new handbook. Catherine Bourke, our Chairperson, talked about the importance of the new publication and said that the information is inviting and is based on lived experiences and is committed to supporting recovery.

The Mental Health Commission Chair, Dr. Ed O'Dea officially launched the event. He congratulated Shine and spoke of

the importance of this publication. He talked about the Commission's commitment to best practice in mental health services and the role of the Commission and the Inspector's office.

Cork:

The Cork launch of 'Taking Control of Your Mental Health' took place on Tuesday April 13th in the Pegasus Suite of the Clarion Hotel at 1pm. Approximately 170 people attended the event, which was a really great turnout. John Saunders, Director of Shine welcomed everyone to the event, followed by Catherine Bourke, Chairperson of Shine. Martin Matthews, Regional Development Officer for the Southeast gave a short presentation about the content of the handbook, as did Pat Seager, Assistant Director of Shine. Dr Pat Bracken, Clinical Director of West Cork Mental Health Services, launched the handbook. He spoke about the great work Shine is doing and stated that in the current climate it is important for all working in the area of Mental Health to reach out and link in with Community and Voluntary Organisations, so that all can work together to promote recovery for people who are affected by mental ill health. His speech was both inspirational and motivational. Dr Bracken was presented with a beautiful painting, painted by Mary Corcoran a member of the Basement Resource Centre. She presented the painting to Dr Bracken for display in the Psychiatric Unit of Bantry Hospital. Another member of the Basement Resource Centre, Gearoid Hartnett, did the photography on the day, while other members of the Basement, helped set up the room and ask people to sign in as they arrived. Others distributed handbooks to people in attendance. The launch finished at 2pm and light refreshments were served. It was a great event and very well supported by service users, relatives, health professionals and local politicians: Kathleen Lynch, Labour TD and Deirdre Clune, Fine Gael TD.



l-r: Pat Seager, Assistant Director, Shine; Damien Lillis, Counselling Service, Shine; Denise O'Reardon, Coordinator, Cork Resource Centre; Miriam Murphy, Regional Development Officer, Shine and Angela Hunter, Facilitator, Shine

Shine Arts



For many years Shine has recognised the value and importance of creative expression as a means of giving voice to people and as a vehicle to promote awareness and understanding. Creativity is supported in many aspects of Shine's work; through the activities of its Resource Centres and Regional Development Offices and through supports to individual activities and projects.

The 'Outside In' art gallery was conceived and set up by Brent Pope (rugby commentator) with support from Shine. Treasury Holding allowed the use of one of its empty units in the Spencer Docks development in Dublin's dockland area. The Exhibition opened in November 2010. At the opening night, 45 artists exhibited over 100 pieces of work and approximately half were associated with Shine. Other exhibiting artists came from Dublin Simon, Artlink -Rehab Group and Down Syndrome Ireland.

The Dublin based Basin Club Art Group facilitated by artists from 'Artsquad', a north Dublin Community Arts Project, continues to meet weekly.

The groups presented a review of their work in the early summer, which was very well received. A number of artists submitted work to the Lundbeck 'Art Against Stigma' annual arts exhibition and to the 'Outside In' exhibition where a number of artists sold their work. A set of five Christmas Cards were produced by the group.

The Basin Club creative writing group, which is run in partnership with the CDVEC, also meets weekly. In 2010 six members were awarded FETAC Level 4 certificates in Creative Writing. In the autumn, a reading of work was held in the Tea Rooms, Berkley Road organised by Darren Hughes (Group member).

The Cork based Basement Resource Centre art group meets once a week. This is a peer led group which is facilitated by Donna Clayton and Mary Corcoran, both of whom held solo exhibitions of their work this year in Cork City. Work from this group was represented at the 'Outside In' exhibition.

The Group created two 'Recovery Quilts' representative of the individual and collective experiences of Basement Resource centre members.



Photo One: Some of the Artists with their Lundbeck Certificates. L-r: John Surdival, Brendan McElligott, Linda Keogh and Orla Reihill. Photo Two: Claire Hennig receiving her Certificate of Completion for the Sunday Facilitation Training from Martin Quilty from the HSE. Photo Three: The Creative Writing group receive their FETAC Certificates. Upper row, l-r: Orla Reihill, Bernadette Sproule, Rachel Hegarty, Nicole Rourke (teacher), and Rory O'Connor. Bottom Row, l-r: Imelda Honohan, Roisin Fanning and Angelin Fanning.

Community Resource Centres



l-r: Orla Rehill, Christina Costello, Daniel O'Connor, Malachi McCoy, Dr. Martin McAleese, President Mary McAleese, Paul Kennedy, Clive Shannon, Michael Nestor and Lisa Martin

The Basin Club in Dublin, which was set up in 2002, and the Basement Resource Centre in Cork, set up in 2006, continued to operate and meet the challenges of 2010. Set up to support members' recovery, The Basin Club Model recognises the service user as the key stakeholder, and is based on the principle of partnership; a collaboration between members and Shine.

The overall aim of both resource centres is to support each member in building the insights, understanding and capacity associated with recovery and mental wellness, and to be a practical resource for those living within the community.

Activities include:

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

The annual evaluation once again recognised that The Basin Club and Basement Resource Centre are supportive places which encourage recovery and friendship.

The Basin Club – Dublin

In 2010, 121 members used the Basin Club. Of these, 45 (37%) were women, and 76 (63%) were men. A further 42 people who were on our waiting list, were invited to attend a meeting in The Basin Club, for onward referrals within H.S.E's Rehabilitation and Training Guidance Services.



The 2010 Groups and Activities were:

- Health Management
- Social outings
- Creative Writing (in partnership with the CDVEC)
- Facilitator training
- Sunday opening (Member-led)
- Wellness Recovery Action Plan (W.R.A.P.)
- French & German language classes (Member-led)
- Art (in partnership with Art Squad)
- Reception and administration training
- Discussion and decision making forums.

The 2010 Basin Club Notable events were:

On June 1st the art group reviewed 'Work in Progress' with support from Aoife Cassidy (Art Facilitator Finglas Artsquad). The Art Review was well attended by members, family, staff and representatives of our community partners.

Mariessa Mulhall, Colin Shaw and Colette O'Connor, joined the staff team in 2010.

Darren Hughes, a member of The Basin Club, raised money for the social fund through a sponsored walk from Dublin to Galway. On Friday 9th July, Darren and his friend D set off from Dublin and arrived in Galway on Wednesday 21st.

A tree-planting ceremony was held in the Blessington Street Park in memory of Anna - a member and Sunday Opening facilitator who died in January. Members provided music and participated in the mass celebrated by Fr. Christopher.

A presentation and celebration of awards and achievements was held on the 20th October. Three different awards were presented to twenty members of The Basin Club.

C.D.V.E.C. Adult education Officer Bernadette Sproule presented six members with FETAC Level 4 awards in Communications.

Martin Quilty, Co-ordinator of the Rehabilitation and Training Guidance Service (R.T.G.S.) H.S.E., presented Sunday Facilitation certificates to three members, who successfully completed the training and signed a contract with Shine for one year's Sunday Opening facilitation.

Cillian Russell presented eleven members with Lundbeck's "Art Against Stigma Awards", following the exhibition of their work in The Cowshed, Farmleigh, Phoenix Park.

The annual summer outing saw members and staff head off on a Wild Wicklow Tour in August.

A Basin Club focus group met to prepare for a very well attended pre-budget meeting with politicians in a city centre hotel on Wednesday 24th November, organized by Amnesty International's Mental Health campaign. The numerous Basin Club representatives, emphasised the crucial need for community resources and highlighted the need for the implementation of a Vision for Change. As a result of this, members and staff of The Basin Club have been invited to visit Leinster House.

The art group produced a set of five Christmas cards, which were very well received. The cards were sold by Shine and helped raise well needed funds.

Members and staff joined the wider community for the annual Carol Singing event held in the Blessington Street Basin Park.

Members of The Basin Club who are trained Sunday Opening facilitators provided comprehensive support for members by opening on Christmas Day, St. Stephen's Day and a further three days over the festive season.



The Basement Resource Centre - Cork

There are 224 members registered at the Basement Resource Centre. An average of 30-35 members use the centre every day. 149 individuals accessed the service in 2010, and 22 new members joined the centre.

In early 2010, while the centre was being renovated, staff and members got together to clean out the damaged paint and repair the centre, which had been severely damaged in the floods. The hard work put in by everyone brought the community back together, a good example of the centre's partnership ethos.

The 2010 Groups and Activities were:

- | | |
|---------------------------------------|------------------------------|
| • Art Group | • Relaxation Group |
| • Being Well Group | • Peer Support Group |
| • Cooking Classes | • Music Group |
| • Massage | • Stop Smoking Support Group |
| • Basic First Aid Course | • Social Activity Group |
| • One to One Computer Skills Training | • Book Club |
| • Entertainment Group | • Walking Group |
| • Gardening Group | • Music Lessons |
| • Current Affairs Group | • WRAP group |

The 2010 Basement Resource Centre Notable events were:

Members and staff presented at the 'Who owns yeh/ (Defeating stigma through ownership)' conference in UCC to mark World Mental health Day in October. Earlier in the year, members and staff made a presentation in Bantry West Cork at an awareness day supported by West Cork Mental Health Forum.

Members and staff went Carol Singing as part of the Christmas Market on the Grand Parade on a cold December Saturday raising both awareness and some welcome funds for the Resource Centre's Social Fund.

The Basement Resource Centre showed good community spirit and support at Christmas by donating two boxes for the St. Vincent de Paul appeal. We also donated a box of new toys to the children at the Leukemia Foundation, Mercy Hospital, Cork.

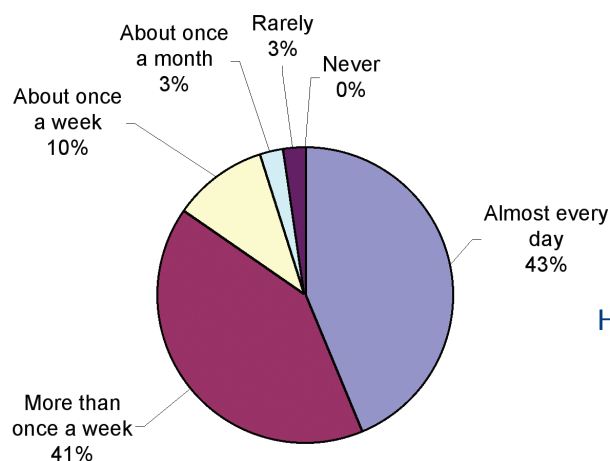
Six members continue to participate in the Cork Foyer Garden Project where one of them is availing of a FETAC Level 3 award in horticulture.

A new community link has been made with South Presentation Community Group, where members can become involved in a number of groups including gardening, cooking and pottery.

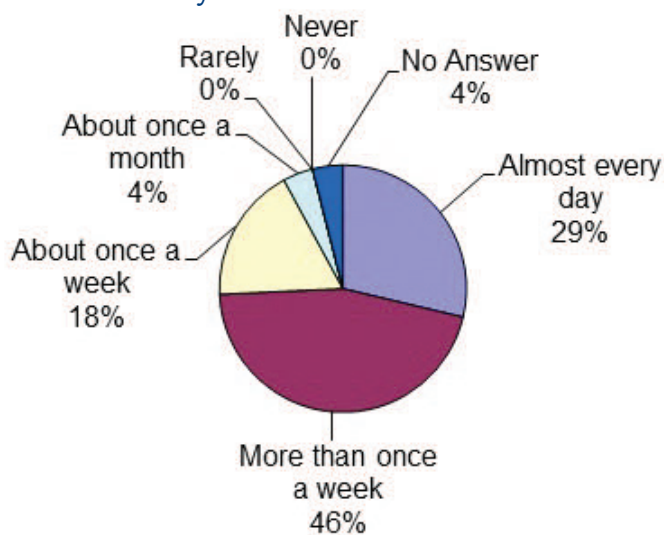
A number of members attended music lessons over an 8 week period organised by Cork City Library.

A barbecue was held in July to say goodbye to Michelle Flaherty (Development Worker) who had been with the centre for three years. In October we welcomed a new Development Worker, Sarah Byrne.

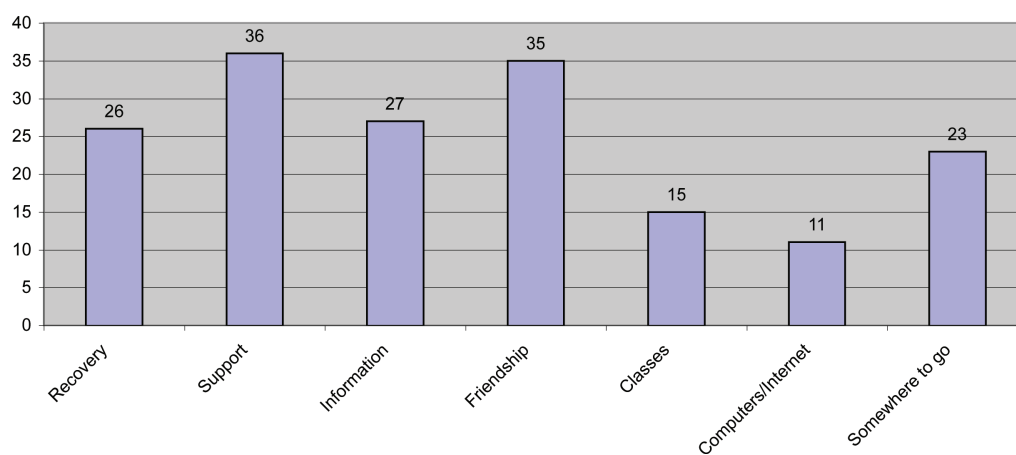
How often do you attend the Basin Club?



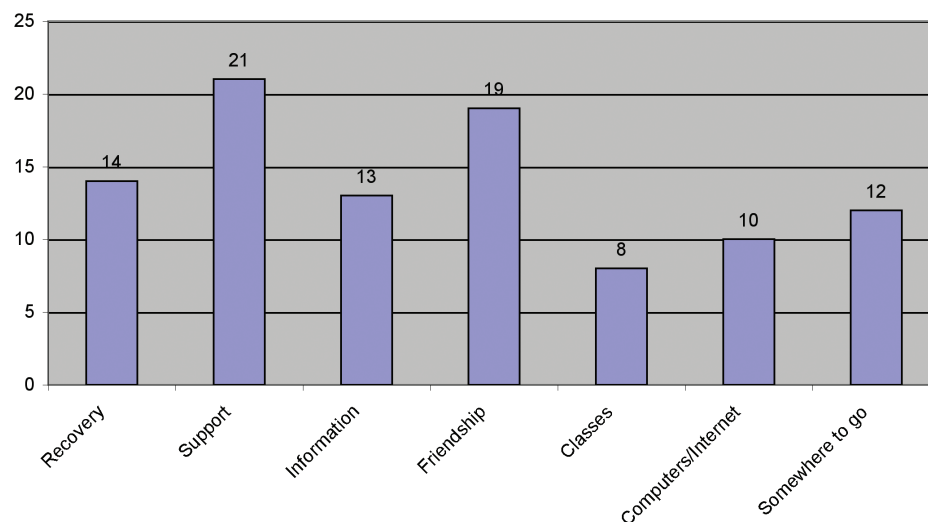
How often do you attend the Basement Resource Centre?



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



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



Shine News

In 2010, Shine released 5 national press releases and 7 news releases. These are available to read in full at our website: www.shineonline.ie

Press Releases:

- | | |
|---------|----------------------------------------------------------------------------------------------------|
| 3/3/10 | SHINE LAUNCHES "TAKING CONTROL OF YOUR MENTAL HEALTH" |
| 8/6/10 | SHINE HAS 'SIGNIFICANT' CONCERNS ABOUT THE INVOLUNTARY USE OF ECT (ELECTROCONVULSIVE THERAPY) |
| 17/6/10 | FARMERS FEEL MENTAL HEALTH STIGMA |
| 3/12/10 | SHINE WELCOMES MINISTER HARNEY'S STATEMENT ON MENTAL HEALTH SPENDING |
| 8/12/10 | SHINE WELCOMES MINISTER MOLONEY'S ANNOUNCEMENT ON THE SPECIAL CONSIDERATION GIVEN TO MENTAL HEALTH |

News Releases:

- | | |
|----------|------------------------------------------------------------------|
| 28/01/10 | SERVICE USER CONSULTATIVE GROUP |
| 22/02/10 | MIRIAM O'CALLAGHAN LAUNCHES TAKING CONTROL OF YOUR MENTAL HEALTH |
| 05/07/10 | FOURTH ANNUAL IMPLEMENTATION REPORT OF A VISION FOR CHANGE |
| 22/07/10 | ENDING STIGMA |
| 10/08/10 | COPING WITH THE TRAUMA OF SCHIZOPHRENIA IN THE FAMILY |
| 19/10/10 | MENTAL ILLNESS STIGMA PERSISTS |
| 22/11/10 | MENTAL HEALTH PRE-BUDGET BRIEFING |



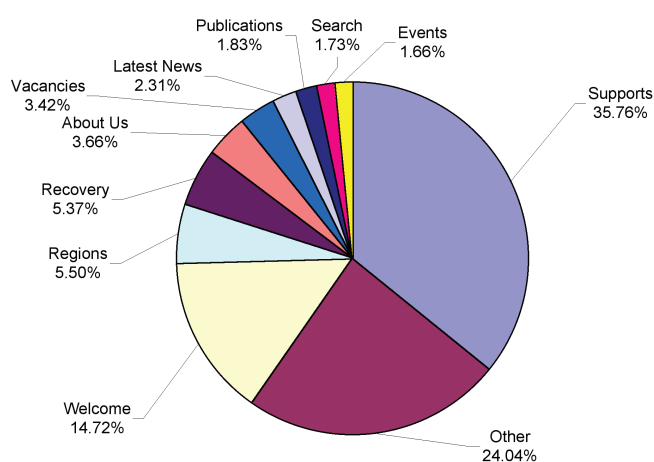
Online Developments

In 2010, Shine increased its online presence through its website www.shineonline.ie and social networking sites. Shine publishes a quarterly online newsletter which can be subscribed to on our website.

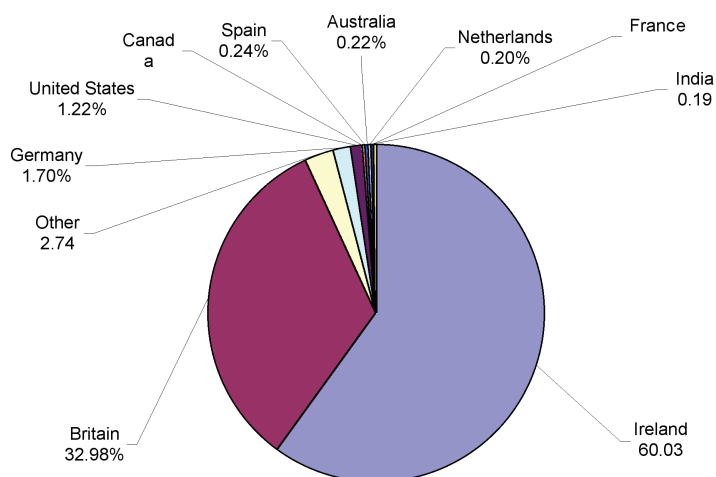
The website of www.shineonline.ie received 115,472 visits during 2010 from 136 countries. The 15,472 visits created 255,779 pageviews.

The following chart and table offer information about the visits.

Shine Website Pageviews - Year 2010



Shine Website Visits - Year 2010



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

Policy and Advocacy

During 2010 Shine was involved with the following organisations:

Irish Mental Health Coalition

Shine was actively involved in progressing work of the Coalition to ensure that mental health and mental health care services became central to the political and public policy agenda in Ireland. During 2010 the Irish Mental Health Coalition rebranded itself. The Irish mental Health Coalition is now known as Mental Health Reform. Shine is a member of the Board of Mental Health Reform. For further information please visit <http://mentalhealthreform.ie>

Action on Suicide Alliance

During 2010 Shine continued to be a member of the Action on Suicide Alliance, highlighting the need for additional investment and activity in the area of suicide prevention. For more information please visit <http://www.actiononsuicide.ie/>

Five Nations Alliance

Shine is a member of the Five Nations Alliance of independent charities from the UK and Ireland. These are Shine (Ireland), Mindwise (Northern Ireland), Rethink (England), HAFAL (Wales) and Support in Mind (Scotland).

In addition to membership of the above organisations, Shine is represented on the following:

Mental Health Commission

The Mental Health Commission is an independent organisation which was set up in 2002. It was set up by law under the Mental Health Act 2001. When you use mental health services in Ireland, your rights and interests are protected by this Act.

The main roles of the Mental Health Commission are:

- to make sure that mental health services maintain high standards and good practices; and
- to protect the interests of people detained in approved centres.

Please visit <http://www.mhcirl.ie/> for further information.

EUFAMI (European Federation of Associations of Families of People with Mental Illness)

EUFAMI is an EU wide organisation representing the interests of family members. For more information please visit <http://www.eufami.org>

Department of Health and Children's Independent Monitoring Group for "A Vision for Change".

The Director of Shine is the present Chair of the Independent Monitoring Group which reports to the Minister for Health on progress and implementation of A Vision for Change.

Mental Health Services Care Planning Collaborative

Shine is represented on this group along with the HSE, Mental Health Commission, Independent Sector and NSUE. The objective of the Collaborative is to pilot comprehensive care planning in 10 sites around Ireland with a view to developing these care plans throughout all aspects of mental healthcare services.

PROTECT and EOLAS Projects

Both of these projects arose out of the successful funding from The Genio Trust. Staff members of Shine are on the steering groups for these projects.

PROTECT is a partnership project to ensure that those identified in need of early intervention by DETECT in Wicklow, are enabled to access the services they need. A set of targeted interventions delivered in conjunction with their own community mental health team will help focus on those who have initial difficulties accessing or engaging with services. The skills used in this initiative will be targeted at early intervention in psychosis, but the principles and new way of working will furthermore inform our management of all mental health service users with psychosis and major mental illness.

EOLAS Project: The aim of this initiative is to develop Mental Health Information and a Support Programme both for people with severe and enduring mental health difficulties and also their carers. This initiative will be developed and implemented collaboratively by service users, clinical practitioners and voluntary organisations.

Fundraising Activities

Shine would like to thank everyone who gave up their time and actively participated in fundraising activities in 2010. We are extremely grateful for those who have donated to Shine as we understand these are difficult times for everyone financially.

Women's Mini Marathon - Dublin

The Flora Women's Mini marathon took place in Dublin on the June Bank Holiday Monday. Unfortunately it was a rainy day but a lot of people took part and raised funds for Shine and a good day was had by all. Over €5,000 was raised in total. Shine is currently looking for people to run in the 2011 mini marathon.



Eilish Eagers who ran in the Women's Mini Marathon in aid of Shine in June



Christmas Cards

Members of the Basin Club Resource Centre in Dublin designed Christmas cards which we sold at the Shine offices and at our Seminar in November.

"Outside In" Art Gallery

In November 2010, Brent Pope, with the support of Shine and a number of other organisations opened an exhibition Space in Spencer Dock in Dublin. The exhibition space was set up to give 'outsider artists' the opportunity to exhibit and sell their work, and to raise awareness and break down barriers.

"Outside In" is a gallery and exhibition space established to celebrate outsider art... to give voice to artists who have experienced adversity and exclusion in their lives and in doing so promote greater awareness and understanding"

The majority of the proceeds from sales of artwork went to the artist themselves and a lot of paintings were sold by artists who donated artwork on behalf of Shine.

My Charity

Shine's Direct Debit appeal through www.mycharity.ie has been a great success in raising funds for Shine.

Give and Buy Scheme

Shine recently became a registered charity on the Give and Buy website www.giveandbuy.ie which allows sellers to list their items for sale and choose the charity they want to donate the sale proceeds to. Sales will be facilitated by the website and the net proceeds will be made directly to Shine. Please see the "Get Involved" section on Shine's website for more information on fundraising events and activities.

Schizophrenia Association of Ireland

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

OFFICERS AND PROFESSIONAL ADVISERS

COUNCIL

(at 31 December 2010)

Claire Keogh (Chairperson)
 Evelyn McHugh (Vice Chairperson)
 Tony Francis (Treasurer)
 Kevin Madigan (Secretary)
 Catherine Bourke (Chairperson until November 2010)
 Bridget Bermingham (Vice Chairperson until November 2010)
 Kevin Jones (Treasurer until November 2010)
 John Kidney
 Mary O'Connell
 Karen Cobbe (End of term November 2010 & Secretary until November 2010)
 Patrick Brassil (End of term November 2010)

SECRETARY

Kevin Madigan

CHIEF EXECUTIVE

John Saunders

AUDITORS

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

BANKERS

Bank of Ireland
 Lr. Drumcondra Road
 Dublin 9

SOLICITORS

Gore & Grimes
 Cavendish House
 Arran Court
 Smithfield
 Dublin 7

REGISTERED OFFICE

38 Blessington Street
 Dublin 7

CHARITY TAX REFERENCE NO:

CHY 6380

From January to December 2010 there were seven Council meetings with the following attendance:

- Catherine Bourke 7/7
- Bridget Bermingham 5/7
- John Kidney 4/7
- Evelyn McHugh 2/7
- Claire Keogh 7/7
- Karen Cobbe 4/6 (End of term November 2010)
- Patrick Brassil 3/6 (End of term November 2010)
- Kevin Jones 3/7
- Mary O'Connell 4/7
- Kevin Madigan 4/7
- Tony Francis 1/1 (new Council member as at AGM November 2010)

Independent auditors report

Schizophrenia Association Of Ireland

T/A Shine - Supporting people affected by mental ill health

(A company limited by guarantee and not having share capital)

We have audited the financial statements of Schizophrenia Association of Ireland T/A Shine-supporting People Affected by Mental Ill Health for the year ended 31 December 2010, which comprise the Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and the related notes 1 to 16. 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 the Council and auditors

The Council are responsible for preparing the financial statements, as set out in the Statement of Responsibilities of the Council in accordance with applicable law and accounting standards issued by the Accounting Standards Board and published by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland).

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

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with Irish statute comprising the Companies Acts, 1963 to 2009. We also report to you whether in our opinion: proper books of account have been kept by the company; and whether the information given in the Report of Council is consistent with the financial statements. In addition, we state whether we have obtained all the information and explanations necessary for the purpose of our audit and whether the company's balance sheet and income and expenditure account are in agreement with the books of account.

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

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

Basis of audit opinion

We conducted our audit in accordance with 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 Council 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 2010 and of its surplus for the year then ended; and
- have been properly prepared in accordance with the Companies Acts, 1963 to 2009.

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

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

Deloitte & Touch
Chartered Accountants and Registered Auditors
Dublin
23 March 2011

Schizophrenia Association of Ireland
t/a SHINE- supporting people affected by Mental Ill Health

Balance Sheet as at 31 December 2010

	Notes	2010 €	2009 €
TANGIBLE FIXED ASSETS	5	<u>365,546</u>	<u>380,567</u>
CURRENT ASSETS			
Cash at bank and in hand	6	763,497	679,142
Debtors	7	<u>57,568</u>	<u>38,512</u>
		821,065	717,654
CREDITORS (Amounts falling due within one year)	8	(634,252)	(546,560)
NET CURRENT ASSETS		<u>186,813</u>	<u>171,094</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		552,359	551,661
CREDITORS (Amounts falling due after more than one year)	9	(12,152)	(33,802)
NET ASSETS		<u><u>540,207</u></u>	<u><u>517,859</u></u>
REPRESENTED BY:			
Revenue Reserves	10	<u><u>540,207</u></u>	<u><u>517,859</u></u>

The financial statements were approved by the Council on the 19th March 2011 and signed on its behalf by:

Tony Francis
Treasurer

Claire Keogh
Chairperson

**Schizophrenia Association of Ireland
t/a SHINE- supporting people affected by Mental Ill Health**

**Detailed Operating Statements
for the year ended 31 December 2010**

	2010 €	2009 €
INCOME		
HSE:		
Northern Area	737,507	749,155
North Western	9,192	9,800
Western	95,395	101,360
North Eastern	77,440	76,950
South Eastern	85,401	87,544
Mid Western	72,560	78,071
Southern	108,477	114,186
Midland	111,890	98,095
	<u>1,297,862</u>	<u>1,315,161</u>
Irish Mental Health Coalition	95,376	122,840
Donations and membership fees	35,060	32,802
Basement Club- Cork Resource Centre	212,913	224,119
Grants and co-funding	24,734	125,927
Basin Club	271,396	281,220
Interest Received	3,799	3,550
Comhairle Advocacy	62,358	73,500
Headline	159,031	168,563
See Change Project Income	179,402	1,396
Atlantic Philanthropies	20,054	-
Dormant Accounts receipts	46,975	14,551
Other Income	10,957	33,327
	<u>2,419,917</u>	<u>2,396,956</u>
EXPENDITURE		
Staff Costs	1,700,358	1,722,930
Rent and Mortgage Interest	88,666	96,348
Administration costs	268,432	293,300
Training - staff and volunteers	2,179	4,861
Service expenses	144,950	133,261
Audit and accountancy	5,900	5,623
Trainee expenses	26,184	22,996
Professional fees	135,912	73,545
Depreciation	24,988	30,478
Total	<u>2,397,569</u>	<u>2,383,342</u>
NET SURPLUS FOR THE YEAR	<u><u>22,348</u></u>	<u><u>13,614</u></u>



Awareness

Counselling

Education

Information

Listening

Resource Centres

Recovery Focus

Support

Tel: 1890 621 631
www.shineonline.ie



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

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

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

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

SOUTHERN REGION
14a Washington Street West, Cork
T: 1890 621 631

BASEMENT RESOURCE CENTRE
14a Washington Street West, Cork
T: 1890 621 631

WESTERN REGION
Terryland House,
Terryland Retail Park, Headford Rd.,
Galway
T: 1890 621 631

MID-WESTERN REGION.
T: 087 7878222

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

**HEADLINE NATIONAL MEDIA
MONITORING PROGRAMME**
36 Blessington Street,
Dublin 7
T: 01 8279022
F: 01 8279020
E: info@headline.ie
W: www.headline.ie

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

Confidential Information Helpline:
1890 621 631
Monday to Friday 9am to 4pm.