



Shine

SUPPORTING PEOPLE AFFECTED BY MENTAL ILL HEALTH

ANNUAL REPORT 2016

EDUCATION

INFORMATION

SUPPORT



AWARENESS

Counselling

RECOVERY FOCUS

EDUCATION

SUPPORT

Information

Resource Centres

LISTENING...



AWARENESS

EDUCATION

Counselling

Resource Centres

Information

RECOVERY FOCUS

SUPPORT

LISTENING...



CONTENTS

Strategic Plan 2015 – 2017	4
Chairperson’s Review	6
Organisational Structure	7
Voluntary Workers and Support Group Facilitators	8
CEOs Letter	9
National Development	10
Shine Activities	18
Shine Contacts	19
Projects 2016 - Alan Reid Fund	21
Headline	22
See Change	25
Bealach Nua	30
Community Resource Centres - Basin Club	31
Basement Resource Centre	35
Waterford Discovery	39
Policy Promotion	41
Officers and Professional Advisors	42
A Note from the Treasurer	43
Shine’s Financial Statements	44
Governance and Operations	46
The Governance Code	47

STRATEGIC PLAN 2015-2017

Mission Statement

“Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, 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 mental ill health should at all times be accorded equal rights, entitlements and opportunities available to any other member of society, and should be empowered to participate in the life of the community;
- Family members, 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 ill health should not be a cause for discrimination 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 approach with all relevant agencies.



Objectives

1. To promote the development of parallel self help groups for people with mental ill health and their family members and carers.
2. To empower people with mental ill health and their family members through support, information and education.
3. To promote the right of all those affected by mental ill health to person centred and appropriate services, which support recovery.
4. To engage in public awareness activities aimed at challenging stigma and discrimination and promoting the rights and needs of all those affected by mental ill health.
5. To influence positive policy changes in the provision of mental healthcare services.

OBJECTIVE 1

To promote the development of parallel self help groups for people with mental ill health and their family members and carers.

Strategies:

- a) Shine develops relatives' support groups and service user support groups in all parts of the country to respond to specific needs of people. Support groups may be developed for parents, siblings, child carers, spouses/partners. In addition, specific interest groups such as mental health and addiction, women's mental health etc. may be developed. Where it is difficult due to demography and geographical barriers to establish support groups, consideration will be given to the establishment and support of local networks.
- b) Shine utilises social media and networking applications to support groups.
- c) Shine supports the growth and development of the support groups to ensure that they can actively pursue their own local objectives.

OBJECTIVE 2

To empower people with mental ill health and their family members through support, information and education.

Strategies:

Shine will provide specific support services including:

- a) Confidential counselling service.
- b) A national Information Helpline.
- c) The provision of timely and accurate information to meet immediate and long-term needs, using all media.
- d) The provision of high-quality education programmes for people with mental ill health and their family members.
- e) The provision of rehabilitative services for people with mental ill health.

OBJECTIVE 3

To promote and defend the right of all those affected by mental ill health to person centred and appropriate services, which support recovery

Strategies:

- a) Promote and defend the right to high-quality acute and long-term mental healthcare services as espoused in national mental health policy and internationally accepted best practice.
- a) Promote and defend the right to high-quality appropriate supported accommodation designed to address the individual needs of people.
- b) Promote and defend the right to high-quality appropriate person-centred training, education services and employment services based on recovery.
- c) Promote and defend the constitutional and human rights of all persons regarding access and use of mental health services.

OBJECTIVE 4

To engage in public awareness activities aimed at challenging stigma and discrimination and promoting the rights and needs of all those affected by mental ill health

Strategies:

- a) Produce literature, in paper, electronic or other appropriate formats, aimed at educating the general public about mental ill health.
- b) Develop and/or participate in regional and national stigma reduction programmes and activities.
- c) Promote in all of its activities a positive image of mental ill health and the opportunity for recovery.
- d) Work with national and regional media to portray a positive and accurate image of mental ill health to the general public.

OBJECTIVE 5

To influence positive policy changes in the provision of mental healthcare services.

Strategies:

- a) Influence positive change at Government, Health Service Executive, independent and voluntary organisation level in the provision of appropriate services to promote recovery.
- b) Promote the development of best practice in statutory, independent and voluntary sector services.
- c) Respond to Government policy and service initiatives, which directly or indirectly influence all those affected by mental ill health.
- d) Foster a partnership approach with other like-minded organisations.

CHAIRPERSON'S REVIEW

The world is changing in many diverse ways and we, as its citizens, can and are affected in a multitude of ways; mostly positive but to some in very negative ways. Unfortunately, a lot of what is sometimes described as 'progress' does have very damaging effects on the mental health of a growing number of people worldwide and at home. Shine, like so many of the voluntary organisations which exist in Ireland, can testify to this by the ever increasing number of calls for help and assistance from its members and the general public.

The staff at Shine continue to meet and overcome the challenges which they face on a daily basis by providing much sought after services and assistance to our members and the wider population. I am proud to be associated with these people and would like, at the outset, to extend a big thank you to all of our staff for their loyalty, dedication and commitment whilst carrying out their various duties.

In this, our 2016 Annual Report, you have the opportunity to learn more about the developments and work which has gone on throughout the year from our CEO's report and the various sections contained within complete document.

I am happy that we are reporting our financial statement using SORP (Statement of Recommended Practice) which has been developed, in accordance with Accounting Standards Board guidelines, by the Charity Commission for England and Wales, and by the Scottish Regulator. By reporting in this manner a greater level of transparency can be provided to all of our stakeholders and members.

The work of Shine would not be possible without the continued support of its Donors. We are very fortunate to receive support from a wide variety of sources, including statutory bodies, individuals and companies. Their continued support is greatly appreciated. In particular, I would like to acknowledge the continued support of the Health Service Executive.

As our CEO reports later a decision was taken to vacate our premises in Dublin and relocate both our administration functions and the Basin Club. These premises are now onto the open market for sale. We will continue to keep you informed as to progress.

Good governance is most important for any organisation and Shine is not an exception. The many and varied matters related to the governance of Shine has taken up a

lot of time at Board level. We now operate under the revised Constitution passed by an Extraordinary General Meeting in May 2016.

I would like now to specifically address the members of Shine. Shine is your organisation. It exists for you and

all members of Shine. It is important that all members play their part in the governance and future direction of Shine. This can be achieved in many different ways, such as making your views known at both the regular and various meetings of Shine, such as the Annual General Meeting (AGM). Your views and feedback are valued as are all the members' inputs and views.

In 2017 we will begin the process of reviewing and, where appropriate, updating and revising our strategy for 2018 onwards. Please do play your part by participating in this process. It is being driven by the Board and being rolled out by the CEO and his staff.

I mention that the Board will be the driver for our strategy review. The Board is made up of members of Shine. From time to time vacancies exist for new Board members and elections take place at our AGM which usually takes place around May. Have you thought about becoming more involved in Shine? One way that you can do so is by putting your name forward as a candidate for election for Board members. Do think about it seriously and hopefully some new members will step forward in the coming years and put themselves forward consideration as board members.

Finally, I wish to express thanks to John Saunders and his staff for the courtesy and support which they have afforded to the Board and my own personal thanks to my fellow Directors for their time and effort which they have expended on Board matter.



KEVIN JONES
CHAIRPERSON OF SHINE

A handwritten signature in black ink, which appears to read 'Kevin Jones'.

Kevin Jones
Chairperson

ORGANISATIONAL STRUCTURE

Shine Staff employed during 2016

CEO's Office

John Saunders	CEO
Dolores Kavanagh	P.A. to the CEO/See Change Workplace Co-ordinator
Anne Heffernan	P.A. to the CEO (maternity leave cover)

Finance and Human Resources

Elaine Curtis	Finance and Human Resource Manager
Grace Ying Ma	Accounts Technician

Shine Projects and Programmes Manager

Kahlil Coyle	National Projects and Programmes Manager (on secondment to the HSE for part of 2016)
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Day Resource Services

Malachi McCoy	Resource Centre Co-ordinator, Dublin
Denise O'Reardon	Resource Centre Co-ordinator, Cork
Martin Matthews	Resource Centre Co-ordinator, Waterford (on secondment from the HSE South East region).
Alexandra Scheele	Development Worker, Dublin
Goedelle van Laake	Development Worker, Dublin
Rachael Hughes	Development Worker, Dublin
Ellen Scanlon	Support Worker, Dublin
Niamh Nolan	Support Worker, Dublin
Bruno Nicolai	Development Worker, Cork
Colette O'Connor	Development Worker, Cork
Emily Daly	Development Worker, Cork
Jessica Statham	Support and Information Officer, Waterford
Ciara Hudson	Support and Information Officer, Waterford

Counselling and Information Services

Claire Hawkes	Counsellor and Information Helpline Co-ordinator, Dublin
Damien Lillis	Counsellor, Cork

Development Team

Susan McFeely	National Training, Support and Awareness Co-ordinator, Dublin
Karen Boylan	Midlands Regional Development Officer, Tullamore
Christina Burke	Western Regional Development Officer, Galway
Sarah Cox	Western Support and Information Officer, Roscommon
Ann Marie Flanagan	Midwestern Regional Development Officer, Ennis
Karina Keane	Support Worker, Galway
Sabrina Lane	Mid Leinster Support and Information Officer, Dublin
Fiona Daly	Mid Leinster Support and Information Officer, Dublin
Miriam Murphy	Southern Regional Development Officer, Cork
Richard West	Southern Support and Information Officer, Kerry
Derek Pepper	North-Eastern Regional Development Officer, Dundalk
Ronan Lynagh	Facilitation and Training Officer, Dublin
Sile Walsh	FRIENDS Training and Development Officer

Administration Team

Cillian Russell	Manager of Development and Administration
Bernadette Byrne	Administrative Assistant
Rose Noone	Administrative Assistant
Clodagh Lambert	Administrative Assistant
Maura Delaney	Cleaner
Maria McGoldrick	Peer Support Worker, Bealach Nua
Mary Rose Staunton	Peer Support Worker, Bealach Nua
Joan Higgins	Peer Support Worker, Bealach Nua

National Projects Team

Hazel Whelan	Acting Campaign Manager Co-ordinator and Projects Co-ordinator
Jane Arigho	Headline Media Project Coordinator
Aine Travers	Communications Officer, Shine, See Change and Headline
Kate Morgan	Media Assistant, Headline and Communications Officer, Shine, See Change and Headline
Claire Sheeran	Media Assistant, Headline and Ambassador Support Administrator, See Change
Andrew Waller	Media Assistant, Headline
Sorcha O'Neill	Projects Officer, See Change
Treasa Hannify	National Please Talk Officer, See Change
Lorraine McCormac	Projects Assistant, See Change
Laura Louise Condell	Projects Assistant, See Change

Community Employment Scheme Staff

Elizabeth Scott
Gerardine McCabe
Luke Adams

VOLUNTARY WORKERS & SUPPORT GROUP FACILITATORS

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

SHINE'S RELATIVES AND PHRENZ GROUP FACILITATORS

We would like to thank our Relatives and Phrenz group facilitators for the extremely valuable work they do in supporting families and individuals.

CEO'S LETTER

During 2016 Shine continued to provide a full range of services to just over 18,209 people. This was achieved with the same statutory funding as in 2015.

Under the direction of our current strategic plan, Shine delivered a range of tailor made services to individuals with severe mental illness and their family members. These services include telephone and e-mail contact, support groups, counselling, one to one meetings, individual advocacy, small group training and education programmes, individual and family support groups and three resource centres.

Shine now operates 39 support groups nationwide. These groups are designed specifically for people with mental health problems or family members. The groups provide emotional and social support and allow for mutual sharing of concerns. These groups are facilitated by a network of trained and experienced facilitators who continue their invaluable services under the direction of our Regional Development Officers.

Shine continues to deliver a variety of information and training courses which provide support and education. These courses are for individuals and family members.

As usual we provide direct day resource provision through the Basin and Basement resource services in Dublin and Cork and the Discovery Centre in Waterford City. These services operate excellent models of individualised service provision and provide valuable support to people with severe mental health problems.

Developments in 2016

During 2016 Shine continued to publicise its campaign on Family Friendly Mental Healthcare Services. This campaign aims to ensure that the voice of the family member is heard by mental health service providers. During the course of the year we met with a range of professional organisations and mental health care service providers and we continue to support family members who advocate on this important issue. In conjunction with the College of Psychiatrists in Ireland we hosted a one-day seminar in Galway on important issues related to the family and mental health service delivery. Over 100 family members and medical psychiatrists attended and contributed to discussions on matters such as patient confidentiality and family involvement. We plan to repeat this event in Waterford in 2017.

Shine, along with other interested partners is a member of the Advancing Recovery in Ireland project spearheaded by the HSE. These regional projects are designed to bring about changes in service provision and delivery to ensure that they become more recovery orientated.

During 2016, the Board of Shine made a decision to place its properties at 38/39 Blessington Street on the market as these buildings were proving to be unsuitable for the activities of Shine. This involved the temporary relocation of Shine Administration and the Basin Club and Dublin services to new locations. This is an ongoing process which hopefully will be resolved in 2017.

National projects

In this report we also detail the tremendous work being carried out by our two national projects.

See Change, the stigma reduction partnership continues to grow year by year. During 2016 See Change continued its Green Ribbon campaign, during which 500,000 ribbons were distributed. I am pleased to acknowledge the Department of Health through the HSE for ongoing core funding to support

the Green Ribbon Campaign.

See Change has also expanded its Mental Health in the Workplace programme and delivered 38 workshops in 2016 to companies nationwide to bring good mental health policies and practice into the workplace.

Headline, the national media monitoring service also continues to bring about changes in how the media report issues and matters to do with mental ill health and suicide.

Headline continues to be a much valued source of information and support to the media industry and to the wider public.

Governance

Shine is governed by a Board of 8 elected and 4 co-opted volunteers who provide an important governance role to the organisation. As a company limited by guarantee Shine operates under its Memorandum and Articles of Association and according to current company legislation. During 2016 Shine undertook a major review in line with the Companies Act 2014 and now operates under a revised Constitution passed by an Extraordinary General Meeting in May 2016. Shine continues to operate under its strategic plan for 2015 – 2017.

In relation to financial governance, Shine operates a range of internal control mechanisms. These are outlined in the Treasurers Report. Additionally we comply with a range of established national policies.

For many years our Board members have engaged in specific governance training and did so again in 2016. Such training will continue in 2017 for new members with refresher training for existing members.

During 2016 Shine conducted an external governance review of compliance with the Code of Governance for the Community, Voluntary and Charitable Sector. The Board of Shine has continued the work of a governance sub group of Board and a finance sub group.

In respect of accounting practice, Shine Board had agreed to the adoption of SORP (Statement of Recommended Practice) as the standard treatment of its accounts with effect from January 2016 and has presented its 2016 audited accounts using SORP.

Shine could not provide the full range of services that it does without the support of its many volunteers, members, facilitators and staff. Special thanks must go to Board members for their time and commitment to the organisation. Shine also acknowledges the valuable support of all of its statutory funders and personal and corporate donors who support Shine in achieving its objectives of serving individuals and their family members.

Best wishes



John Saunders CEO



JOHN SAUNDERS,
CEO OF SHINE

NATIONAL DEVELOPMENT

The National Development Team provides information and support to people with self-experience of mental illness and their families and friends. The Regional Development Officers and Support and Information Officers support and co-ordinate the network of Phrenz and Relatives' support groups nationwide and work to develop new groups. Awareness raising events, information evenings, presentations and outreach initiatives are organised regularly and training and educational workshops and seminars are delivered by the RDOs and SIOs throughout the year.

MIDLANDS REGION

In the Midlands Region (Laois, Offaly, Westmeath and Longford) with the regional office based in Tullamore, Shine continues to support those affected by mental ill health by providing individual support, recovery focused education and training programmes and by continually addressing the needs of the people we serve.

This year Shine has continued to support many people individually with one to one support and have continued to build strong connections with the mental health services and other community and voluntary organisations within the region, achieving this by continuing to promote Shine's organisational ethos of equality, family support, rights and entitlements and a partnership approach to supporting all those affected by mental ill health.

In the Midlands and nationally Shine is committed to providing a range of education and awareness courses and workshops such as Shine's 'Taking Control' workshop, Hearing Voices Workshop and Finding My Way, seven week programme.

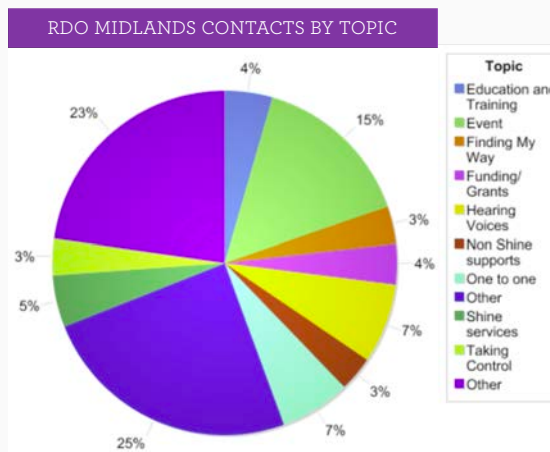
Shine is involved in local initiatives also such as MOJO Offaly and Offaly Mental Health Talk Week (OMHTW). Currently, Karen Boylan is Chairperson of OMHTW Working Group, which is a collaboration of different community, voluntary, statutory and non-statutory agencies and organisations, all working together to promote positive mental health and recovery in Offaly.

The OMHTW Working Group organised a range of awareness and educational talks and activities which were hosted throughout one week. These included a variety of talks such as 'Listening to Teenagers' by Stella O'Malley, Psychotherapist and Author, 'Building

Resilience to Tackle Everyday Challenges' by Dr. Eddie Murphy (Operation Transformation), Meditation and Mindfulness, SafeTALK programmes, 'Mind Your Mental Health' and also training and workshops such as the 'Hearing Voices Workshop' and 'Mindfulness for Men'. A 'Wellbeing Pop Up Hub' opened for a week in a local shopping centre in Offaly and activities such as an Introduction to Mindfulness and yoga took place.

MOJO Offaly is an evidence-based interagency programme supported by local agencies, to provide a response to men who are in "distress" or those who are affected by unemployment. The programme works to transform the lives of men by supporting them to build their mental and physical fitness, while developing their ability to engage with local services, set goals and develop a life plan. Mojo Offaly established an Interagency Advisory Group (IAG) of which Shine is a member. The IAG is made up of a number of statutory and community agencies who work with the MOJO Offaly target group. It is expected that the IAG will strengthen interagency working in Offaly to support men at risk and there will be improved links between frontline services which will lead to improved outcomes for men.

Other Activities



To continue to provide a broad and high standard of support within the Midlands region, Shine has worked and continues to work with many other services and initiatives in the region. Some examples of those are Laois CONNECTS, Offaly Traveller Movement (OTM) in which Shine and OTM worked together to develop and deliver a short workshop on Peer Support, HSE, Mental Health Ireland, Offaly Local Development Company, NLN, mental health centres, GROW and See Change's

Green Ribbon Campaign. During National Time to Talk Day 2016, Shine, with volunteers distributed 1000 Green Ribbons in the Midlands and enjoyed many conversations about mental health.

Throughout the year, Shine continues to strive to promote awareness of mental ill health and recovery within the community which in turn increases knowledge and reduces stigma.

I would like to take this opportunity to thank our facilitators, volunteers and members for their continued support in the Midlands and look forward to another productive year.

EASTERN REGION

The Information and Support Officer in the Eastern region provides individual support meetings for families and individuals with self-experience of mental ill health, a unique service provided by Shine allowing individuals with one to one space for their individualised circumstances. The Information and Support Officer provides information about mental ill health, recovery, Shine's services and other community-based programmes to best suit their needs. These meetings provide a safe, confidential space for the individual to share their experiences, worries, stresses and strengths, where topics may include employment, housing issues, education and training, lifestyle and well-being. Shine continues to specialise in providing support to those affected by psychosis, although Shine works with those experiencing a range of mental and/or emotional distress.

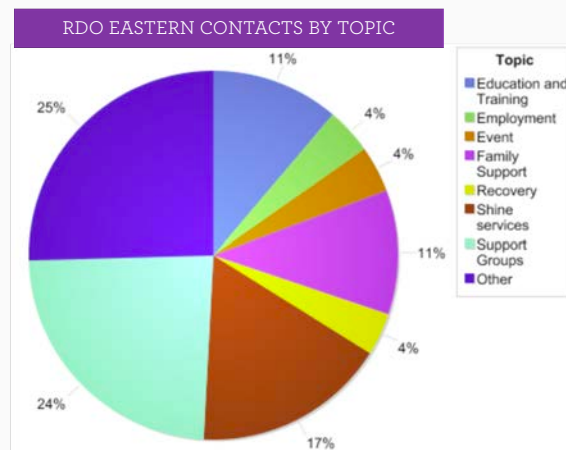
Shine was developed from the formation of the progressive Relative's Support Group, which continue to be instrumental in Shine's success. We continue to run five Relatives' Support Groups within the region, and as the need is rising, we are actively working to expand this in the coming year.

Phrenz Groups and Respite Breaks

Currently in the Eastern region there are five Phrenz Groups in Dublin, Wicklow and Kildare that meet weekly for peer support. Our Phrenz Support Groups continue to benefit from respite breaks, which reduces isolation and promotes social inclusion and well-being. The groups are responsible for planning and facilitating holidays or excursions, benefiting from their participation in the community and recovery.

Education and Training

Shine is committed to actively providing education and training promoting recovery, mental health awareness and reducing stigma. The Information and Support Officer provides mental health awareness training



through presentations, providing clinical information on mental health difficulties, recovery, and the experiences of relatives. Information sessions are also provided, promoting the services provided by Shine, either through presentations or meetings to the public, mental health professionals, staff and students.

The Eastern Region Information and Support Officer works with a wide range of voluntary and statutory agencies to promote the rights and address the needs of all those affected by mental ill health and in the provision of high quality services.

MOJO

Shine's Information and Support Officer continues to be involved in MOJO Tallaght and Kildare, participating on the Advisory Committee as well as facilitating workshops within the programme to reduce mental health stigma and support recovery. MOJO runs for twelve weeks focusing on four key aspects of mental fitness, physical fitness, building social connections and life planning. MOJO is an evidenced-based response, designed to address high levels of suicide and unemployment. The Men's Shed was established in 2015 through the initiative of participants who had completed the programme. It continues to be a supportive and inclusive community-based approach with huge success. MOJO Kildare received additional funding and has since run four MOJO programmes, and the Men's Shed has since been established in Kildare.

D10 Be Well

D10 Be Well is an interagency initiative, working to respond to the mental health and wellbeing needs of the Dublin 10 community. The D10 Be Well is doing this by bringing key stakeholders together, where Shine is represented by the Eastern Region Information and Support officer, to create a space for dialogue. This collaboration has led to the development of a local area action plan, aimed at promoting mental health awareness, skills sharing and improved service provision. In 2016 D10 Be Well partnered with Shine to promote the Green

Ribbon Campaign with a week full of mental health awareness events.

Detect Family Peer Volunteers

In 2016, six family peer volunteers provided a number of one to one information sessions to family members. The services have been received very well and there are further plans to recruit additional peer volunteers. The Information and Support Officer is a member of the DETECT Family Peer Volunteer steering committee.

Consumer Panels - The Information and Support Officer is involved in the setting up and planning on the Kildare-West Wicklow Consumer Forum to feed back into HSE services as per 'Your Service Your Say'. The experience and continued involvement of the Information and Support Officer in ACORN, has been instrumental in supporting the development in Kildare. The ISO is working with ACORN to document the "Skills for Change" training manual, providing an outline of ACORN group process and success, with a view to support, and the further establishment of Consumer Panels nationally.

These initiatives are examples of the wide range of collaborative work being undertaken by Shine across the Eastern region - We look forward to continuing our work with the various collaborative groups in the Eastern region throughout 2017.

Having enjoyed an eventful and productive 2016, we are looking forward to an equally prosperous year ahead!

SOUTHERN REGION

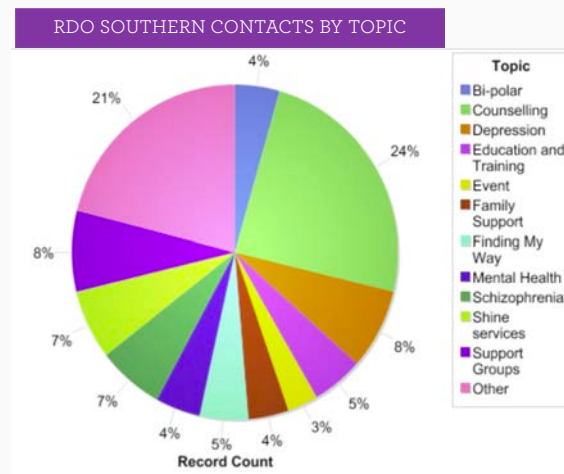
In 2016 the Regional Development Officer (RDO) attended UCC to meet with 3rd year Occupational Therapy students and to give information on Shine supports and services. A member of the Cork Relatives' Support Group attended with the RDO to give her personal story of recovery.

The RDO also delivered a "Being Well" course to a group of six women in the Fermoy Community Health Project. The course was delivered over five weekly sessions and covered modules such as stress management, healthy eating, exercise, relaxation and resilience. The Being Well course was developed by the HSE Health Promotion Unit, and the RDO trained as a tutor to deliver it within the community.

In 2016 a new Phrenz Support group formed in Newmarket, North Cork. The group formed organically as a follow on from the Finding My Way course which was held in Newmarket. The group meets in Duhallow

IRD, and are given free room hire and refreshments for their monthly meetings.

SECAD - (South East Cork Area Development) part funded the Finding My Way course which was held in Macroom, Co Cork. This course was well attended, with excellent feedback and was held in the Macroom Adult Education Centre.



The Green Ribbon event was held in the Killarney Outlet Centre to raise awareness of Shine's Support and Information Officer who was based in Killarney for six months. The RDO continued this service in October and November for one day a week.

Sile Walsh from the FRIENDS project in the Midwest attended a Cork Relatives' meeting to inform them about the project.

The RDO was on the steering committee of the "Vitality Cobh" Mental Health and Wellbeing event. This open air event takes place annually on the front promenade in Cobh, East Cork. There were approximately thirty information stands on physical and mental health, including a drumming workshop, personal stories of recovery, live music, face painting for kids and much more. The theme for the 2016 event was "Combatting Isolation and Loneliness". The event got a lot of coverage in local media, with very positive feedback. Over 1,000 people were in attendance on the day. The RDO organised an upskilling/training workshop for facilitators of Shine support groups in Cork and Kerry. Twelve participants took part in the event. The RDO, Miriam Murphy, and Shine's National Co-ordinator Susan Mc Feely facilitated the day.

As a follow on from the Facilitators' Training Day, the RDO organised that Cork Samaritans would provide one day's training to all facilitators, on "Active Listening". This proved to be very beneficial and interesting.

WESTERN REGION

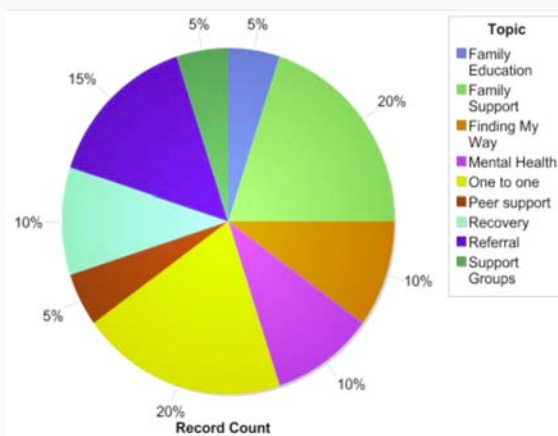
The past year has been a busy year for the Galway office. In the absence of the Regional Development Officer on leave, Sarah Cox a temporary Support and Information Officer was appointed in February 2016.

Sarah Cox was also working alongside Karina Keane Support and Information Officer. During this time essential services were maintained and all groups in the region supported while a campaign of awareness raising also took place with the distribution of Shine literature and the delivery of Taking Control courses in Roscommon and areas of Galway and Mayo. We would like to express our sincere thanks to Sarah Cox for her work in the region.

The Regional Development Officer returned from leave in August. Shine services moved to a larger office to include a one to one consultation room for clients to accommodate the increasing number of one to one contacts to the Regional Development Office. Essential services were built upon and new areas identified in North Galway.

The Regional Development Officer on return renewed contact with key mental health services in Galway, Mayo and Roscommon. There was also an increase in intra agency work since August. This has been very beneficial in establishing new areas of support and service delivery. There has also been an increase in one to one contacts with the Regional Development Officer.

RDO WESTERN CONTACTS BY TOPIC



Galway DBT

The Galway Dialectical Behaviour Therapy group runs, a yearlong course with various modules such as emotional regulation. The course is facilitated by HSE professionals.

In addition there is a similar course for families in the West. Some of the modules in this particular course discuss dealing with emotional regulation in the family.

Shine has been in contact with the facilitator of this group. The Shine support groups in the Western Region have been a follow on for those who have completed the Behaviour Therapy group course for both service users and family members.

Wellness Days

The Shine Galway office continues to work with the SCCUL Therapy Centre in Clarinbridge to provide wellness days for service users and relatives in the region. These days have been very popular and groups have commented on the range of therapies on offer such as mindfulness, art therapy, gardening, counselling and drumming. The intention is that the Shine office in the West will be running many more therapy days in 2017.

Family Education

There was a recovery and the family course run in Castlebar again this year.

Bealach Nua

Much needed peer support for relatives is provided in Bealach Nua in Castlebar. This service offers one to one peer relative support to families of people with mental health difficulties that are attending the Mayo Mental Health Services. The service is free and provided by relatives with experience of supporting a family member with mental health difficulties. The service is funded by Genio and jointly managed by the Mayo Mental Health Services and Shine.

Finding My Way Training

Six members from Galway participated in Finding My Way Facilitator Training. The west now has a strong cohort of facilitators and with funding it is hoped to deliver some courses in the west next year.

INTRA AGENCY WORK

Tuam

The Regional Development Officer has been working with a number of agencies in Tuam, North Galway over the past few months. A new primary care centre is being built in Tuam and there will be a proposed realignment of mental health services in the town. Groups work closely in the Town to support people with mental health issues.

There is a sharp focus on awareness raising of mental health issues and also the work of agencies like Shine and the type of supports that can be offered to service users and their families. As a result of this work there has been an increasing number of calls to the Regional Development Officer seeking individual support. A number of days have been organised in Tuam Library in relation to being well and other topics in relation to good mental health. Shine proposes to deliver a Taking



Control course in the Family Centre in the town. A day has also been booked for a wellness day for people with mental health difficulties and their families at the SCCUL Therapy Centre in Clarinbridge.

Groups

There are two phrenz groups in the West in Galway and Castlebar. Both groups provide valuable support to each of their members.

Galway Group

The group had a busy year. This is a large energetic group that meets once a week in Galway. Members of the group attended a wellness workshop in the SCCUL Therapy Centre in Clarinbridge Co Galway. This was enjoyed by all and many thanks to the SCCUL Centre for their support of Shine activities over many years and their continued involvement with the Galway office in offering much needed relaxation and therapies for service users and families.

Thanks to the National Lottery the groups were able to go on a three to four day respite break. The Galway group travelled to Mayo and the Castlebar group travelled to Galway. The group also organised an annual dance and quiz night. Members of the group are also involved in local theatre and drama in Galway City.

The year ended with a Christmas meal in the Merick Hotel in Galway. The group have also a new facilitator who is very involved in mental health activities in Galway City and has established local links with various agencies and non-voluntary agencies for the group.

Castlebar Group

The group had a busy year and some new members. They continue to meet once a month. This is a cohesive group and have organised many events and nights out locally over the past year. The group also received funding from the National Lottery and went on a much needed respite break. Examples of social evenings out are going to the local cinema, a local restaurant, or poetry or theatre evening. There is one member of the group who has a successful knitting and craft business and has placed items in local gift shops and has a market stall at the local tennis club.

There are four relatives groups in the West in Galway, Loughrea, Castlebar and Roscommon.

Loughrea

The Loughrea relatives' group is a well attended group that meets once a month in the Family Resource Centre in Loughrea. The facilitator keeps the group well informed of all local activities, key information on mental health services locally, and courses of interest to the group as well as providing much needed support to family members.

A mindfulness component is still incorporated at each meeting. In addition there is a strong emphasis of wellness and care for the carer.

Galway

The Galway relatives' group meet once a month. The group is currently being facilitated by the Regional Development Officer. This group has strong links with the local mental health services from which regular referrals come. A number of guest speakers have attended the group throughout the year. The group ended the year with a Christmas night out in Galway City.

Mayo

The Mayo relatives' group is a very able and active group locally. This is a vibrant group which provides much needed support locally. This group is facilitated by two facilitators who provide much needed support to family members with years of experience in supporting families. This group has a good grasp of local issues and can guide and support families new to crisis and also those in the services for a while. Some members of the group facilitated a family education course in Mayo. The group is also active in the community with the Recovery College and Bealach Nua.

They also had a number of very informative speakers attend the group throughout the year. The group attended a wellness day in the SCCUL Therapy centre in Clarinbridge Galway.

Roscommon

The Roscommon relatives' group continues to be a very energetic group with arranging activities in the community and organising speakers. The group continues to be a valuable support to relatives in Co. Roscommon and meets the second Monday of the month in the Primary Care Building, Golf Links Road Roscommon Town.

Shine would like to thank the tremendous support and commitment of our much needed facilitators.

NORTHEAST REGION

Building on the success of previous years, Shine continues to be one of the leading service providers in the North East region. Working in co-operation with our colleagues in the voluntary sector and the HSE, we take enormous encouragement from the positive feedback we have received from all across the region.

Working in partnership with people with self-experience of mental ill health, family members and other professionals has always been an essential component of the work undertaken by Shine and that is epitomised by the ongoing collaborative efforts involving Shine in the North East region.

The Dundalk Positive Mental Health Forum has become synonymous with raising awareness of mental health issues and the support services available to people in the Dundalk area. For the past four years, the Forum has gone from strength to strength, garnering a reputation for staging awareness events that are inclusive and representative of all interested stakeholders in the community. With the Shine Regional Development Officer fulfilling the role of Vice Chairperson, the forum

has managed to stage a number of high profile events, particularly during Mental Health Week.

For Mental Health Week 2016, we successfully staged an art exhibition in Dundalk Institute of Technology, showcasing submissions from artists with self-experience of a mental health difficulty and the wider community. In addition to this, we also held a coffee morning in the Old Gaol, which was attended in vast numbers by members of the general public.

In what has become an annual event as part of Mental Health Week, a fun walk was organised with the assistance of "The Binnions" walking club. This proved to be hugely successful and has resulted in the establishment of a new walking group, who meet every



IRISH RUGBY INTERNATIONALS ROB AND DAVE KEARNEY WHO KINDLY LAUNCHED AN ART EXHIBITION THAT WAS HELD IN DKIT DURING MENTAL HEALTH WEEK 2016

week for a planned walk along the various scenic routes around the Dundalk area. One of the highlights of Mental Health Week was the cookery demonstration in DKIT,

hosted by highly acclaimed local chef, Alan McCabe. With the kind assistance of the Hospitality Studies Department, we have been able to run this event during Mental Health Week for the past two years.

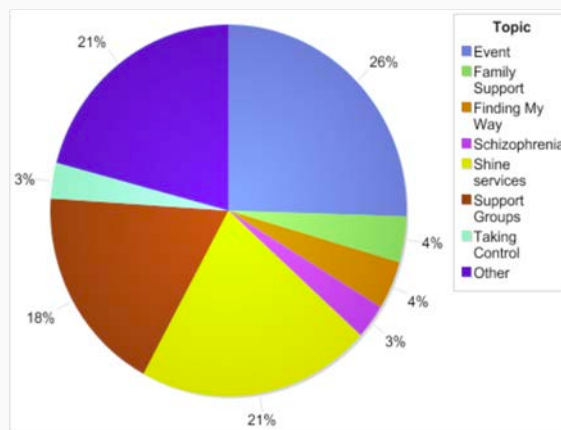
The Forum also worked very closely with Dundalk FC and See Change in promoting the Green Ribbon campaign during the month of May, when green ribbons were distributed to 3,000 spectators attending the Dundalk FC v Wexford Youths match.

The radio series "Talking Minds" continues to air on Dundalk FM. Produced and presented by the Shine RDO, the programme is dedicated to the topic of mental health and provides listeners with an insight into the lives of those with self-experience of a mental health difficulty and their experiences of recovery. The programme also highlights the support services available to people in the Dundalk area and aims to debunk some of the misconceptions associated with mental ill health.

In Cavan and Monaghan, Shine has continued to be one of the leading contributors to the ARI (Advancing Recovery in Ireland) initiative. Entering its fourth year in existence, our involvement with the initiative has provided Shine with a platform to expand our profile across the region and connect with an increasing number of people who find themselves in need of our services.

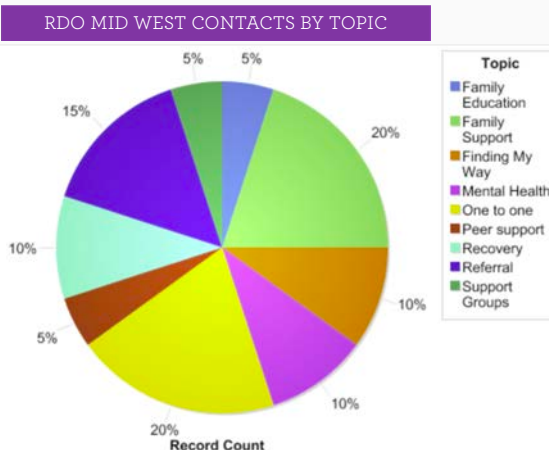
Finally, we would like to express our sincere gratitude to our facilitators in the North East region, for their dedication and commitment to Shine throughout the year. We would also like to thank all those who accessed our services and who collaborated with us in 2016.

RDO NORTH EAST CONTACTS BY TOPIC



MIDWEST REGION

Ann Marie Flanagan is the Regional Development Officer (RDO) in the Mid-West region covering Clare, Limerick and North Tipperary. The RDO provides individual support meetings, training and education courses, works collaboratively with the HSE and all other relevant agencies to advance recovery and reduce stigma, isolation and discrimination of people with self-experience of mental health difficulties and their families. The RDO also supports Shine's peer support groups and draws on their experiences to inform the regional work of Shine.



Groups

Phrenz Groups

Core principles of the groups within Shine of recovery, peer and mutual support, respect, dignity, equality, personal choice and autonomy are firmly embedded in the groups located in Ennis, Limerick, Nenagh and Kilrush. Peer support, autonomy and self-sufficiency are recurring themes with most of the groups in the Mid-West. People attending the groups have reported that their recovery, self-esteem and ability to self-advocate continues to grow with the mutual support within the groups. The groups remain independent and value the support from Shine. People accessing the groups maximise other opportunities offered by Shine in-terms of capacity, educational and leadership skills building and roles. The RDO would like to thank the very committed peer-facilitators. These groups are recovery in action. They ensure there is always a welcome and support for everyone.

Relatives' Groups

Shine Mid-West are very fortunate to have very supportive facilitators in the four groups in the region; in Ennis, Nenagh, Thurles and Limerick. Due to project funding from Pobal the Mid-West groups were able to provide training to a group of family members and professionals in a new Shine co-produced educational

programme called 'Exploring My Way', drawing on the five key concepts of recovery within 'WRAP': Hope, Education, Self-Advocacy, Personal Responsibility and Support, to support family recovery. The Relatives' support groups are all now peer-facilitated and use the 'Exploring My Way' programme within the groups. Family members attending the groups benefit by having trained family peer supporters to share their experiences with and have a framework for recovery.

The Clare and Thurles groups continue to be co-facilitated by the PSW, Clare Mental Health Services and CPN North Mental Health Services. We are most grateful for their continued support each month.

The groups meet monthly also and offer information and act as a springboard for other well-being, recovery and self-advocacy opportunities.

Wellness Breaks, Respite and Personal Development (National Lottery funding)

A large number of people with self-experience of mental health issues and family members benefited from a number of activities that supports their wellbeing, increased their self-esteem and reduced social isolation and relapse. The members of the Phrenz groups went to Kerry for three nights. Others went on day trips and enjoyed a meal out. A staple in the Mid-West are holistic treatments at Cuinas respite centre in Feakle which included walks and lunch. These are ongoing throughout the year. Many people participated in training which supports their recovery and well-being. The wellness days and respite breaks for both people with self-experience and other family members are very welcome every year and stepping outside the everyday challenges to self-care, socialise and connect with others who empathise in a relaxed manner has significant health and well-being benefits.

FRIENDS (Family Recovery Initiatives through Engaging, Networking and Developing Supports)

Responding to the identified need of families' recovery support needs, national policy and the missions and objectives outlined in Shine's Strategic Plan, Shine is working in partnership with the Mid-West HSE Mental Health Service, Aras Follain Peer Support Centre and trained Family Recovery Peer Supporters. The overall aims include recovery orientated peer support for family members, wellness opportunities to support well-being and the implementation of the FRIENDS family involvement strategy.

Achievements for 2016 include;

- Sustained a representative steering committee of all stakeholders: HSE; Aras Follain and Family Recovery Peer Supporters



- The ARI Project team have worked with the steering group to put in place a framework to operationalise the Family Peer Support Service in 2017
- FRIENDS Family members represent families on the Mid-West ARI project team, attend national ARI Learning sets, are ARI consultants, provide recovery principles training with Mid-West mental health services, trained with ARISE (Recovery College) to co-produce and facilitate training, and co-facilitate Shine Recovery and the Family
- Secured Pobal funding (administered by Shine):
- Employed Training and Development Officer, part-time: Sile Walsh
- Ten Family members qualified in Train the Trainer QQ level 6
- Co-produced workshop and courses; Stress Management and Recovery, Understanding Mental Health Services and Family Support; Post-Suicide Support and Remembering Loved-Ones; Sibling Recovery Workshop; Dual Diagnosis, Shine Recovery and the Family and Wellness Workshops
- Three Wellness Days with holistic treatments and a recovery workshop
- Co-produced a booklet by families for families; FRIENDS Recovery Booklet, <https://www.shine.ie/wp-content/uploads/2015/10/FRIENDS-Family-Recovery-Booklet-PDF-1.pdf>
- Trained Shine Relatives' Support Group facilitators and Family Peer facilitators in 'Exploring My Way'

2017 Plans

- Continue to sustain the Steering Group
- Pilot the Family Recovery Peer Support Service
- University of Limerick are evaluating the pilot
- HSE; provide funding and lead the evaluation of the pilot, St Anne's Community Mental Health Service will facilitate identifying families
- Shine will host the Family Recovery Peer Facilitators
- Aras Follain is providing training and peer support
- Represent family recovery and support needs regionally and nationally, feeding into the Recovery Framework being developed in 2017 by the National Office for Mental Health

Training and Education organised and facilitated by the Mid-West RDO

- Recovery and the Family courses in Thurles, Limerick and Lisdoonvarna Co-facilitators with the RDO. A huge thanks for all the co-facilitators support.
- 'Finding My Way' Training for Trainers three day training

Individual Support Meetings (ISM)

An ISM is a confidential support service offered by Shine through the RDO. Accessing this support offers individuals the opportunity to access information and discuss possible solutions to issues affecting their lives. It provides people with self-experience and family members the space to gain support and to work on their own recovery. Each person can develop strategies to help themselves to make informed decisions, communicate effectively and maximise available supports. This service is mostly accessed by family members.

Networking

The RDO continues to further develop links and relationships with other organisations and agencies to maximise the supports available for those we support. It also creates an awareness of the work of Shine and contributes to reducing misunderstandings about people's abilities and stigma. The RDO networks with, provides presentations, signposts to (and from) organisations focused on; employment, housing, social connectors, training and education, information and entitlements. Community organisations are key local community links who gain from our expertise, to ensure people with mental health issues are meaningfully included. Our partners with the mental health services are significant in reaching those needing our support.

SHINE ACTIVITIES

Public Presentations

Shine Regional Development Officers and Support and Information Officers deliver public presentations throughout Ireland. The aim is to raise awareness about mental health issues and the services provided by Shine. Events like these enable people to openly discuss the issues that can arise when dealing with mental health problems. In 2016 98 presentations were made to 1972 people nationwide.

Individual Support Meetings

People with experience of mental ill health and family members receive Individual Support Meetings throughout the year from Regional Development Officers and Information and Support Officers. At these meetings, the concerns, options and needs surrounding mental ill health are discussed. Needs are assessed and decisions are made as to whether referrals onto other health professionals, a Shine Counsellor, a Shine support group or other voluntary groups are required. In 2016 992 Individual Support Meetings were provided to 992 people nationwide.

Recovery and the Family

The Shine Recovery and the Family Education Course enables family members and friends of those with self-experience of mental ill health to explore their own experiences and attitudes to mental health recovery. The course's emphasis is on the family members' own recovery journey. It doesn't focus on any specific label or diagnosis. In 2016 Shine delivered 6 Family Education courses in Lisdoonvarna, Limerick, Thurles, Ennis, Meath and Mayo where 55 people participated nationwide.

Taking Control Workshops

The Taking Control Workshop is about practical ways to face life challenges, maintaining and taking control of your physical and mental wellbeing. The aims are to build resilience in the face of life challenges and setbacks, to enhance coping skills especially pre-existing ones and to build and support self-esteem and confidence. After participating, people will be aware of positive factors in their lives; list positive skills and knowledge they bring forward with them; recognise the physical, mental and emotional effect of stressors, have action plans to safeguard against these stressors; be aware of opportunities and

avenues open to them; know professional supports available to them; have set goals and have created an action plan around these.

In 2016 51 Taking Control workshops were delivered in 18 locations, in Limerick (2), Longford (2), Portlaoise (2), Mullingar (1), Kerry (2), Cork (5), Mayo (2), Roscommon (5), Galway (5), Cavan (5), Louth (2), Meath (3), Monaghan (3), Waterford (3), Tipperary (2), Dublin (1), Donegal (4) and Sligo (2) to 492 people. The Taking Control workshops are funded by the National Office for Suicide Prevention.

Respite Breaks

For eighteen years Shine, with funding from the National Lottery has been supporting people with mental ill health and their relatives to avail of respite breaks. Each support group decides the activities they would like to take part in. Some decide to go on weekend respite breaks while others go on day trips.

Respite breaks enable people who otherwise may not be able to, to forge friendships and socialise and to break the isolation associated with mental ill health. In 2016, Shine support groups went to Kerry, Clare, Limerick, Tipperary, Dublin, Galway, Carlow, Kilkenny and Waterford. Groups also enjoyed day trips, lunches and courses with the help of National Lottery funding. In 2016 346 people attended these events.

Shine's Online Activities

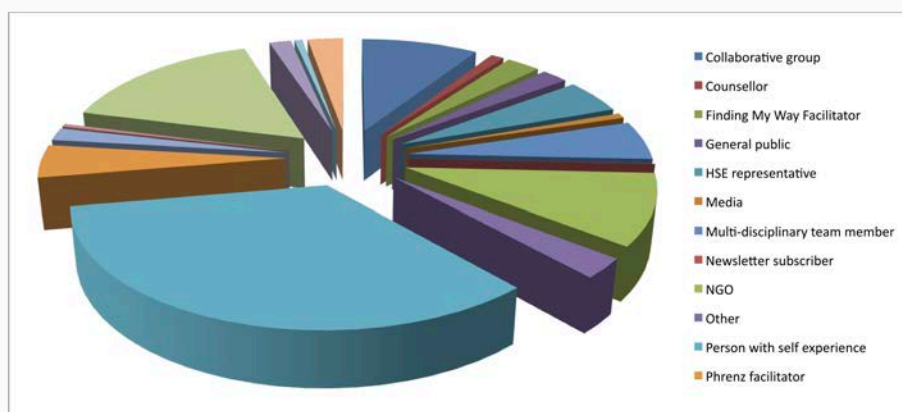
In 2016, Shine's presence was maintained online through the Shine website: www.shine.ie and Shine's networking sites. Shine had 2,827 followers on Facebook and 1,874 followers on Twitter in 2016. Shine also has a monthly newsletter which can be subscribed to through the Shine website. The newsletter is sent by email every month and published on our website.

SHINE CONTACTS

Contacting Shine

The total number of people who made contact with Shine through our information helpline, our email confidential support service (phil@shineonline.ie), counselling services, one-to-one meetings and Regional Development Officers nationwide in 2016 was 18,209.

THE RANGE OF PEOPLE CONTACTING SHINE IN 2016



Phil@shineonline.ie

The number of emails received by phil@shineonline.ie in 2016 was 240. These emails were initial contact points regarding a wide range of concerns and they required multiple responses to signpost the relevant services both within Shine and outside the organisation.

The range of issues included: psychosis, self-harm, suicidal ideation, support for family members and educational and training information. Some of the emails were international as well as from all those regions nationally that Shine services extend to. Psycho-educational responses were also required as a number of emails required symptom clarification and also routes to follow to ascertain support in distressed situations.

Some emails received conveyed emotional distress as well as the fears and concerns that family members experience. Information was sought on group supports, Shine's educational programmes, as well as information pertaining to schizophrenia, bi-polar disorder and depression.

Emails were descriptive and people that engaged with phil@shineonline.ie would go into detail to try and convey what they were experiencing in terms of their psychological and emotional difficulties. Clarification was sought by people that engaged with the service on the type of support that may have been required, whether it was psychiatric assessments, psychological therapies or to seek psycho-pharmacological interventions.

Counselling Service Dublin

The statistics for 2016 are as follows: 86 people availed of the Dublin counselling service, attending 389 sessions. The gender breakdown is 46 females and 40 males of which two-thirds, that is, 56 clients had self-experience of mental ill health and 30 were relatives.

Shine's client base has moved from working in the clinic of psychosis exclusively to a more encompassing clinic. Today we receive many people who do not have a psychiatric diagnosis as such but who present with, what are referred to as contemporary symptoms, which include stress, anxiety, depression, self-harm, eating disorders, addiction and border-line states to name just some of the presenting issues.

The counselling approach is based on the concept of subjectivity, that is, what is unique and particular to each person who engages at a therapeutic level. As each person's experience is a singular one, the approach the therapy takes, is to reflect the particularity of each client via the speech of the subject, which in turn guides the therapist in the direction of the treatment to enable each one to find his/her solution to the problematic of being in the world. It is a client led treatment.

The service in Shine is founded on practice based evidence - it's an approach that has been developed over many years in the organisation: it is a holistic one where the aim of the therapy is to create a space for the subject to emerge in his/her own singular way. Our priority is to respond to each client in a respectful and dignified manner.



Counselling Service Cork

The statistics for 2016 are as follows, 44 people availed of the counselling service. 575 sessions were attended. 24 females engaged with the service, while 20 males attended. The majority of clients were individuals with experience of mental ill health with 35 availing of the service. 9 relatives attended the counselling service. The therapeutic work continues to engage with individuals that have had challenging emotional states and diagnoses to contend with. The service also continues to be well utilised. Concentrating on interventions and support provided for clients that have experienced

suicidal ideation, psychosis, hearing voices and other symptoms such as depression and anxiety. Additionally, work on trauma and more entrenched difficulties continues to be a part of supporting people with more long and enduring symptoms of mental health challenges. The service is well established and continues to be a source of support for on-going challenges that presenting clients deal with on a daily basis. The counselling service continues attempts to reduce stigma surrounding issues around mental health difficulties.

Information Helpline

In 2016 Shine's Information Helpline was available from 9am to 4pm from Monday to Friday. Information and support was provided by trained staff. The amount of calls received to the Information Helpline in 2016 totalled: 1,000 day time calls and 218 evening and weekend calls..

PROJECTS 2016

In 2016 Shine allocated €7673 to fund various projects through our Alan Reid and Shine Arts funds to support people affected by mental ill health.

THE ALAN REID FUND

The purpose of the Alan Reid fund is to facilitate a person with a diagnosis of a mental illness to achieve some aim, which may be an educational, leisure or social activity and which may require a small amount of money to help him/her achieve this purpose.

Examples of projects, which might be supported by the fund include:

- part payment or full payment of educational or training course fees
- contribution towards the development of a creative or artistic project
- contribution towards participation in a recreational activity
- contribution towards the purchase of an item which may assist the person in a creative, educational or work activity
- contribution to a project which enhances the person's employment, self-esteem or presence in the community.



In 2016 Shine allocated funding dedicated to supporting artistic activities using the Shine Arts brand. The aim is to support individual members or groups of members to undertake an artistic activity as part of the ongoing recovery process. The term “arts” includes painting, sculpture, drama, creative writing, music or other forms of creativity.



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 was set up in 2006 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 continues to work under the most recent National Suicide Prevention Strategy, Connecting for Life. Headline is advised by a Steering Group made up of representatives from Aware, Bodywhys, Grow, Irish Advocacy Network, Mental Health Ireland, Samaritans, Shine, the HSE's National Office for Suicide Prevention and the HSE National Press Office, and is managed by Shine.

The work of Headline involves working collaboratively with media professionals and 3rd level students to develop ways to cover mental health and suicide issues in the media more responsibly and accurately. Headline provides a weekly aggregation of the top news coverage of mental health and suicide to a mailing list of 1,357 subscribers. Anyone can sign up to the news highlights by emailing info@headline.ie.

Headline engages in discussion on social media sites and has 2,190 followers on Twitter. Headline provides support and information on our website to empower people who

wish to voice their own opinions about media coverage of mental health and suicide. In this way, Headline serves as a vehicle for the public to become involved in monitoring the Irish media on issues relating to mental health and suicide and lobbying for change. Headline's website, www.headline.ie provides information and resources for media professionals to assist them in creating responsible and inclusive reporting of suicide and mental health issues. In 2016 www.headline.ie received 7,837 visits with 6,217 unique visitors and 17,811 page views. New visitors accounted for 21% while returning visitors accounted for 79%.

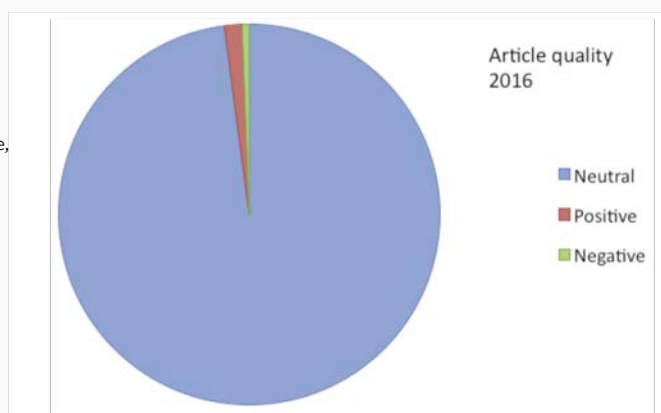
Media Monitoring

Headline monitors national and regional Irish print and online media for coverage of mental health and suicide using a list of key search terms. Each article is evaluated according to criteria including relevance to the issues concerned, and whether it constitutes positive, negative, or neutral coverage. Headline makes contact with journalists and editors responsible for particularly negative coverage, to draw attention to how the piece in question breaches the media guidelines. Conversely, Headline commends journalists responsible for positive and de-stigmatising work through emails and calls, but also through Headline's media awards. Headline monitored 52,945 print and online articles in 2016 representing an increase of 59.5% up from 33,192 in 2015 figures.

97.9% of all articles from all Irish titles were neutral in quality.

1.5% (816) of articles were very positive, up from 0.40% in 2015.

0.6% (343) of articles were deemed negative, up from 0.31% in 2015.





The Daily National Broadsheets, Daily National Tabloid and Local and Regional sources produced the most positive coverage and content related to mental health and suicide. Overall in 2016, there was a huge increase in quality reporting in Ireland demonstrating the effectiveness of Headline’s work, its media training awards, multi-media resource guidelines and website tools.

Media Training

Headline gave presentations to approximately 500 third level journalism and media students on reporting of mental health and suicide related issues in the media in the following colleges in 2016: Rathmines College, University of Limerick, Mary Immaculate College Limerick, Dublin Institute of Technology, Dun Laoghaire Further Education Institute, Ballyfermot College of Further Education, Griffith College Dublin, Griffith College Cork, Colaiste Dhulaigh College of Further Education, NUI Galway, NUI Maynooth, DCU, Independent College Dublin and Dublin Business School.

The presentations introduce students to the media guidelines for reporting on mental health and suicide, showing examples from Irish media coverage. The presentations deliver examples of positive and negative articles and analyse the pieces to highlight how to recognise breaches of the guidelines and what effect they have. Headline explains how to report more responsibly to avoid copycat behaviour and to promote help-seeking behaviour. Headline distributed its own multimedia media guidelines contained on a USB stick to students.



WINNER JENNIFER PURCELL WITH CARL O'BRIEN

suicide related issues and to introduce the students to the media guidelines. Carl O'Brien, the Education Editor for The Irish Times, chose the winner, Jennifer Purcell a UL student from Rosbrien Co. Limerick. Her articles titled, “Our Suicide Scourge”, and “Everyone’s in the same Boat” won for a combination of excellent writing, compelling personal stories of grief and recovery, which includes expert advice and a focus on support services. Speaking about Jennifer’s entries, Carl said, “The story of Cormac Hayes’s recovery from mental health problems, in particular, is a moving piece of journalism, while the focus on support teams provides an insight into the work of psychiatric services and helps demystify many of the misconceptions that surround mental health problems”.

MEDIA AWARDS

Student Award 2016

Headline promoted and launched the 2016 Student Media Awards online. Headline runs the award in an effort to raise awareness among media students of the issues involved when reporting on mental health and

Regional Award 2016

The Evening Echo won the 2016 regional newspaper of the year. Receiving the award, Evening Echo editor Maurice Gubbins thanked Headline saying they were delighted to be recognised in this manner. "Reporting and writing about issues such as suicide, self-harm and mental health can be difficult but is something we take very seriously at the Evening Echo. I want to thank Headline for this award," he said.



MAURICE GUBBINS, THE EVENING ECHO NEWS TEAM
AND JANE ARIGHO HEADLINE



JANE ARIGHO AND
INM EDITOR-IN-CHIEF STEPHEN RAE.

Overall and Voice Media Award

Headline, awarded the Irish Independent both its 2016 Overall Award and also the Headline Voice Media Award for positive media coverage of mental health and suicide related issues.

Headline created both awards, won this year by the Irish Independent to recognise the excellent work by media professionals for their outstanding coverage of the difficult issues surrounding mental health and suicide in a responsible way and for giving voice to people with self-experience.

On receiving the award, INM editor-in-chief Stephen Rae said "Media has a duty to reflect the major mental health issues faced by Irish society. For too long Government, the health authorities and indeed the media were too willing to sweep health challenges under the carpet. We take promoting mental wellbeing and advocating for better services for those suffering with psychiatric illnesses very seriously. Our most recent campaign across INM titles advocated treating mental health issues just as seriously as physical illness. We are very grateful that our campaigns and journalism around these important issues have been acknowledged by Headline."



Promotional Tools

Headline distributed branded promotional tools: travel mugs, USB sticks, tote bags containing media guidelines and multi-media resources to media professionals and journalism students, to highlight the media guidelines and to raise awareness of the tools available to support media professionals for reporting on suicide and mental health issues.





The National Mental Health Stigma Reduction Partnership

2016 marked the sixth year of Ireland's stigma-reduction programme, working in partnership with almost 100 Irish organisations all sharing a passion to positively change attitudes and behaviour so that there is a reduction of stigma and discrimination associated with mental health difficulties.

The See Change vision is that every person in Ireland can be open and positive about mental health, understanding it as a normal part of the ups and downs of life.

As agreed with the Department of Health, Shine is the coordinating organisation for See Change and serves as the secretariat for the partnership.



SEE CHANGE'S

GREEN RIBBON CAMPAIGN 2016

The fourth annual Green Ribbon campaign took place in May 2016 to get Ireland talking about mental health. The Green Ribbon campaign has proven to be See Change's flagship campaign where one month in the Irish calendar is earmarked for helping to end the stigma of mental health difficulties with thousands of organisations, groups, workplaces and individuals helping to spread the message:

"You don't need to be an expert to talk about mental health or have all the answers. Let someone know you are there for them, ask them how they are doing and simply listen."

500,000 green ribbons were distributed nationwide and free of charge in conjunction with hundreds of local and national events. This social movement to encourage a national conversation about mental health was led by our See Change partner organisations, various workplaces and community groups, hundreds of supporters and volunteers and an unprecedented 60 campaign ambassadors with real-life experience of mental health difficulties ready to share their own stories to help others and end stigma.

In May, the ask is simple – wear the Green Ribbon and show your support for ending the silence around mental health difficulties.

Key Findings:

The Green Ribbon campaign has sparked an increasing number of conversations about mental health and an increasing number of Irish adults feel more comfortable in having a conversation about mental health. Among the key findings from a nationally representative omnibus survey to measure the effectiveness of Green Ribbon 2016 was that people are now equally as likely to have conversations about mental health with friends and family or colleagues alike.

The results from our post campaign study carried out in June 2016 found that:

- 91% of people in Ireland feel it is important to talk about mental health openly following the campaign;
- 71% of people have been encouraged to talk openly about mental health because of the 2016 Green Ribbon campaign compared to 66% after the 2015 campaign;
- 65% of people have been hearing conversations about mental health among family and friends since the campaign;
- 61% of people have been hearing mental health conversations in their workplaces since the campaign.



ONLINE AND MEDIA ACTIVITY

Open conversation online and in the media is a powerful way to challenge perceptions and share stories about the mental health difficulties that are common to us all. A cornerstone of our approach is social contact theory: sharing stories of real people's experiences of mental health difficulties and is a powerful way to challenge stigma.

- See Change was mentioned in 200 press and online articles in 2016 (excluding broadcast).
- See Change's focus on social media as a communication's outlet has greatly improved in the last year as has the penetration, reach and engagement people have with us through these channels.
- The See Change Twitter account has almost tripled its exposure since 2015. 732,300 people saw See Change's Twitter posts in 2016.
- 12,082 people engaged with See Change's Facebook posts in 2016 through sharing, liking, commenting and clicking on our page's posts.
- See Change started its first Instagram account in December 2016. This new account will allow us to interact with a number of supporters on the social media platform as well as providing a new channel for us to engage with the general public.
- During December 2016 See Change decorated our social media Christmas tree with our messages about mental health to combat stigma. We also invited people to share their messages and keep mental health a part of conversations at Christmas.



- See Change worked in partnership with Bodywhys and Headline to support Eating Disorders Awareness Week 2016 and place a spotlight on the seriousness of eating disorders and to improve public understanding.
- See Change worked with the National Office for Suicide Prevention again in 2016 on their 'Little Things' social marketing campaign. The campaign supported See Change during our busy Green Ribbon month.





GRASSROOTS ACTIVITY

See Change recognises that real change in terms of attitudes to mental health difficulties happens at local and community level. With this in mind, we work closely with our partners with grassroots networks to help spread the See Change message with local communities, networks of service users, campus communities, membership organisations and representative bodies.

SEE CHANGE AMBASSADORS PROGRAMME

See Change hosted a successful media training day for its ambassadors in 2016. This one day media training programme was designed to develop ambassadors' personal interviewing technique and ensure they can get their message across in an impactful and effective manner. The training was designed to help ambassadors to become more engaged with their local media and help to encourage them to confidently share their personal story to try to reduce the stigma associated with mental health difficulties and challenge discrimination.

DUBLIN PARKING DAY

See Change once again took conversation of mental health to the streets as part of "Dublin Park(ing) Day". See Change transformed a parking space on Camden Street, into a temporary public park featuring a Garden Tea Party scene. The space offered people a chance to take time out and spark open discussion of mental health. The See Change Garden Tea Party featured a Conversation Tree where people could hang a positive message about mental health in person or on social media.



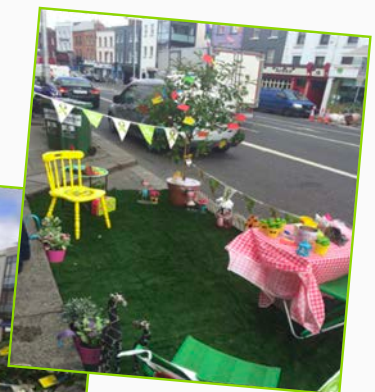
ARTS ACTIVITY

FIRST FORTNIGHT FESTIVAL 2016

See Change was delighted to once again be part of the First Fortnight Festival to bring conversations of mental health to the movies with screening of the brilliant film 'Love & Mercy'.

Love & Mercy presents an unconventional portrait of Brian Wilson, the mercurial singer, songwriter and leader of The Beach Boys. Set against the era-defining catalogue of Wilson's music, the film intimately examines the personal voyage and ultimate salvation of the icon whose success came at extraordinary personal cost.

The movie was screened in seven venues across the country



STIGMA REDUCTION ACTIVITY WITH THE CAMPAIGN'S KEY TARGET AUDIENCES

IRISH WORKPLACES

See Change continued to work with various organisations on the 6-step “See Change in your Workplace” pledge programme, guiding employers and employees towards creating open workplace cultures, supporting each other and working to their full potential.



The aim of the programme is to help facilitate a cultural shift in workplaces so that employers and employees feel supported and secure in starting a discussion about how mental health can affect each one of us. It approaches all aspects of working life, recognising that everyone in the organisation has a role to play in challenging stigma.

By signing up to the pledge programme, organisations are showing that they are committed to creating an open culture around mental health for managers and employees.

See Change delivered 38 See Change in Your Workplace training programmes in 2016. In addition to this, lunchtime talks with See Change ambassadors have been delivered to numerous organisations.



Farming Community

See Change in partnership with the Irish Farmers' Association, Macra na Feirme, the Irish Cattle and Sheep Association, the Irish Creamery Milk Suppliers Association, the Irish Countrywomen's Association and Teagasc, distributed thousands of free wallet-sized “Talking Cards” to the attendees at the National Ploughing Championships in Offaly in September. The cards featured straight-talking advice aimed at taking the fear out of talking about mental health and encouraging open discussion.

See Change also distributed questionnaires at the Ploughing Championships to get an insight into farmer's experiences and views in relation to people who have mental health difficulties and provided us with new insights into this target audience. The results are as follows:

- Almost 50% of farmers said they are afraid of experiencing mental health difficulties themselves in the future
- 42% of farmers said that they would not want others to know if they had a mental health difficulty



YOUNG PEOPLE

See Change has been collaborating with the Please Talk campaign since 2010 to engage Ireland's student population on the subject of their own and other's mental health and began managing the programme in August 2014 as part of our youth strand. Please Talk is supported by the HSE through the National Office of Suicide Prevention.

SEND SILENCE PACKING PILOT

Send Silence Packing was a pilot programme in collaboration with the 3Ts and USI. It was launched in Trinity College Dublin and also went to AIT and NUIG. The initiative included a public display of



131 backpacks, representing the average number of young people under the age of 30 years who die by suicide in Ireland each year. Send Silence Packing was designed to raise awareness about mental

health and suicide in colleges and engage with the student population to ask them what they can do to challenge the stigma surrounding mental health. This initiative received great feedback both from the colleges and the media.



NATIONAL STUDENT SUPPORT CARDS

Please Talk and USI launched the Student Support card ahead of World Suicide Prevention Day in September. There were 20,000 student support cards distributed across Irish college campuses. Suicide and Self-harm is a significant issue among third level students that needs to be addressed.

ANNUAL CHATS FOR CHANGE CAMPUS CAMPAIGN 2016

Please Talk, in partnership with USI and St. Patrick's Mental Health Services launched their annual "Chats for Change" national mental health campaign in November to get Irish students talking about mental health. 20,000 "Chats for Change" tea packs were distributed across college campuses nationwide to encourage the conversation about mental health. The packs included tips on taking the fear out of talking about mental health and useful support service contact details aimed at encouraging students to make time and space to talk about their mental health while enjoying a cup of tea. The campaign aimed to remind students that having a cup of tea and asking someone if they are OK can have a positive impact on a person's mental health and well-being.



BEALACH NUA

Bealach Nua is a peer led service for people supporting an individual with a mental health diagnosis. It is run as a partnership between the Mayo HSE social work services and Shine. This innovative project aims to support family members/friends to look after their own wellbeing in order to ensure that they are in a good place to support their relative/friend's recovery.

Bealach Nua's trained Relative Peer Support Workers (RPSW) provide support for family members/supporters of individuals who have a diagnosis of a mental health difficulty. Families can self-refer or can be referred by the clinical teams and both RPSW and Social Work supports will be available to the family after discharge. Families are engaged with from a strengths based, solution focused perspective and supports include a focus on self-care, recovery, information provision and enhancing coping skills. Families of all first admissions are offered the RPSW service and are engaged at different levels ranging from once off support, signposting for community resources or supports to on-going support. Service provision is tailored to the needs of the family member/supporter.

Grounded in the Meridian 'Caring for Yourself' Clinical Framework, the relative peer support role implements practical strengths based skills and tools.

- a. Relatives' Needs Assessment
- b. Information/Signposting
- c. Self-Care and Recovery
- d. Communication Skills
- e. Goal Achieving/Problem Solving Techniques
- f. Staying Well Planning
- g. Planning for the Future

Trained family members also work alongside HSE MMHS staff to deliver Behavioural Family Therapy (BFT) as part of the roll out of the clinical programme in Early Intervention in Psychosis. Two family members have been trained to collaboratively deliver BFT on a sessional basis to families of the Mental Health Services. Families are referred to BFT trained staff by the treating team and relative collaboration is facilitated by the Bealach Nua project.

Project Status to Date

There are currently two part-time Relative Peer Supporters employed by the service, which equates to one whole time position. Since the commencement of the service in March 2015 Bealach Nua has made direct contact with a total of 88 families, 22 of which are currently availing of long-term support. 16 have completed intervention (3 of which are receiving on-going support); 30 cases are closed (mainly received crisis support, information provision or signposting service); 7 contacts could not or did not avail of the service; 9 contacts received information or support in the Adult Mental Health Unit and 3 families are availing of Behavioural Family Therapy (1 of which has completed the intervention).

Training has also been provided by the RPSWs to over 200 stakeholders to date in order to reach its objectives in organisational change and encouraging family friendly services.

In this capacity Bealach Nua RPSW's are also involved in the MMHS Policy Review Group, Adult Mental Health Therapeutic Working Group, Service Reform Fund Consortium, Smoking Cessation Working Group and are involved in a variety of decision making processes within the Mental Health Service.

In relation to building capacity within the community Bealach Nua has to date held two Connecting/Wellness Days for carers in the Community and a variety of information events.



COMMUNITY RESOURCES

BASIN CLUB



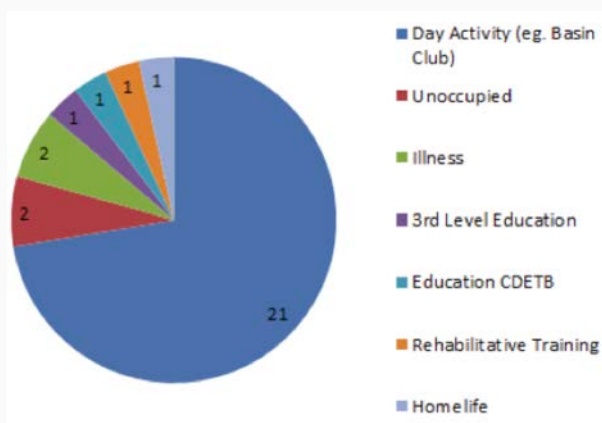
The Basin Club model is a community resource centre responding to the needs of adults affected by mental ill health. Members are the key stakeholders with peer support being of paramount importance. We work on the principles of cooperation, partnership and recovery, facilitating an ethos where men and women can choose a plan to improve their health by engaging and working with the many and varied activities.

Membership Profile and Outcomes for 2016

- 129 members used the resource centre.
- 51 (40%) of those attended are women.
- 78 (60%) of those attended are men.
- 12 to 53 people used the Basin Club per day, with an average of 36.
- 5 new members joined the club.
- 51 members availed of the personal planning process with a support worker.

Formal HSE outcomes upon exit from Basin Club's RTGS Programme:

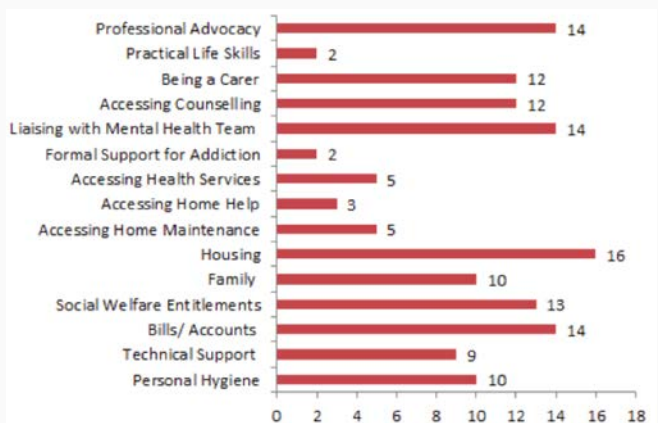
It should be noted that when members are formally exited from the time-limited registered mentoring programme, they continue to avail of the services and groups of the Basin Club.



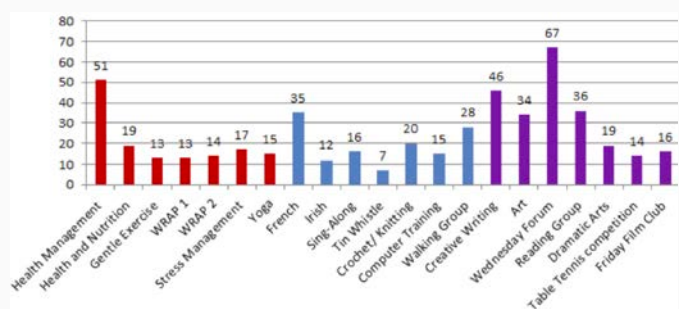
29 members were exited throughout the year:
Below are outcomes and achievements members attained through their involvement in the Basin Club in 2016. Recorded outcomes detail some of the

Basin Club supports availed of by members. These stated outcomes are not exhaustive. As a successful community service it is difficult to record the subtle, yet profound outcomes stated by our members such as:

- Having a structure to get out of bed for
- Being able to leave their place of residence to engage socially
- Increase in confidence
- Being able to speak, connecting with others



Support within the Basin Club



Groups within the Basin Club

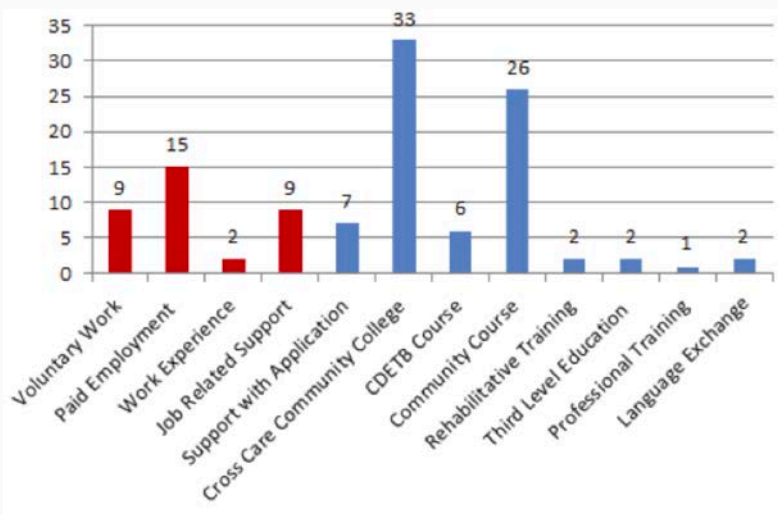
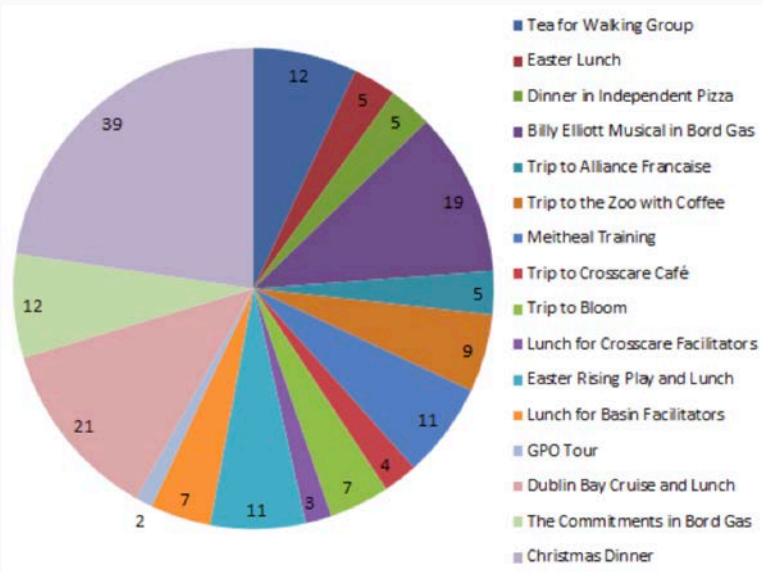
Legend for above graph

RED: Recovery related activities

BLUE: Members' Facilitated Groups

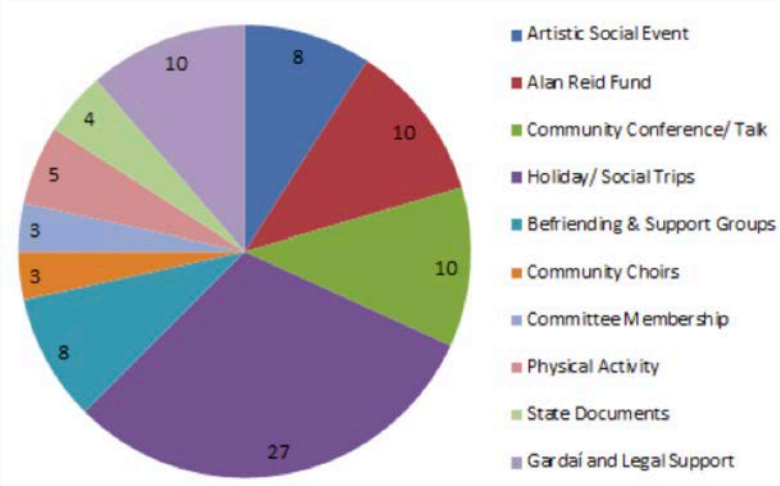
PURPLE: Other Groups

Social Outings - Funded by the National Lottery €5000 grant

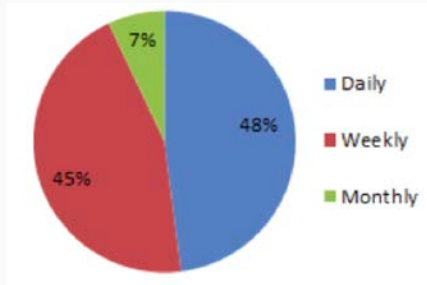


Support in the Community
Support with Employment (RED) and Education (BLUE)

Social, Cultural and Personal Support

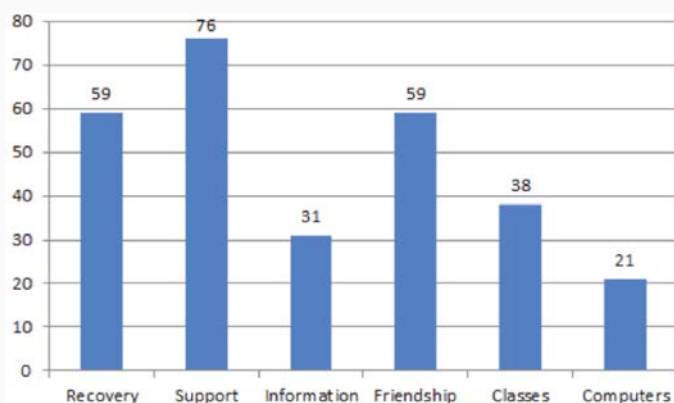


In November and December, we carried out part one of our annual evaluations, which is a 3 page anonymous questionnaire. 29 questionnaires were



returned. Below are some sample answers.

How often do you come to the Basin Club?



"The Basin Club is a lifeline for me. Without it I would be lost. It does wonders for my overall wellbeing and mental health."

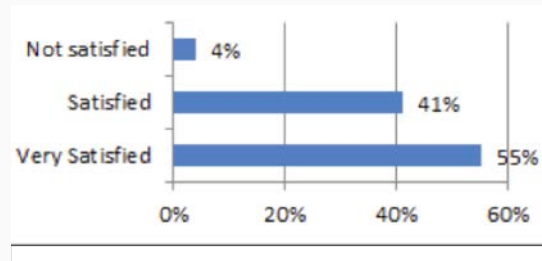
"I believe it's best to take part in the running of my centre. Yes! My centre! It's no point me just sitting there saying this has nothing to do with me, the club is me and I am the club."

What are the main reasons you come to the Basin Club?

"We all have our heavy load to carry, so we support one another."

"Setting out a plan gave me a focus and a plan of

action - that keeps me busy and useful."



"I was supported to apply for a college course, and given support and encouragement to continue with it."

"The Basin Club engenders hope and recovery, especially health management, art and humour!"

"Having the Basin Club to come to and knowing that it is there. Socialising with my peers in the Common Room and sharing my life, and vice versa."

"I am very happy to be mixing with people with similar "problems". I believe it really helps me when I am outside the club. I wouldn't have believed it but I



am much more relaxed now in other areas of my life."

How satisfied are you with the running of the club?

"It is nice to be able to come to a place that I feel has non-judgmental interaction and chats and learning



from one another."

"I find the Wednesday Forum is good for information and to hear people's opinions; and for them to hear my opinion!"



Basin Club Open Day and Launch of our latest booklet *Speaking of a New Rising* -
 Patricia Phelan, Kim Eastwood - member, art graduate and facilitator of Basin Club art sessions



Above: Dublin Bay Cruise - Basin Club Members and Staff about to embark on a cruise of Dublin Bay



Joining the Vision for Change outside Dáil Éireann
 - Cecilia Ryan, John McPartlan, Lisa Martin.

Below: Christmas 2016 meal in the Gresham Hotel -

Paul Kennedy, Fergal Fitzgerald, William Sheekey, Andrew Gray and pictured at the table: Kevin Parker, Patricia Earley, Patrick Guerín, Mariae Murray, William Sheekey, Claire Kinnane, Brendan McElligott.



THE BASEMENT RESOURCE CENTRE



The Basement Resource Centre is a community in the South area. In 2016 we achieved community projects working in partnership with agencies and communities in Cork City. The Resource centre is an important part of grass roots community in Cork City. Through our work in Kyle Street Green Ribbon Garden Community we have

brought the conversation about our mental health to our community.

We continued working in partnership with local mental health teams providing a community model along with the local medical teams that provide a supportive and inclusive approach to a person's



recovery whereby they become involved and gain information on their own mental health. The centre's work with South Lee, North Lee and Homeless Mental Health

Teams remains strong, working with members on their individual recovery through a Community Recovery Space. Our Open Day on Friday mornings provides to the public, including relatives, professionals and people interested in becoming a member a place to see recovery in a supportive space.

The overall intention of the Basement Resource Centre is to support each individual member, build the insights, understanding and capacity associated with recovery and mental illness. In 2016 we saw the importance of a community that is constantly evolving and growing, where peer support is considered to be of paramount importance.

OUR VALUES WE WORKED TO AND RECOGNISED IN 2016:

- Individuals and communities have the potential to change and improve their own lives.
- Members are entitled to live as healthy a life as possible, free from prejudice, discrimination, isolation and distress.
- Members are of equal importance but have different needs, and resources should be allocated accordingly.

KEY ACTIVITIES OF THE BASEMENT RESOURCE CENTRE:

- Drop in Monday to Friday for members.
- Open on Friday mornings which provides access to the public.
- Provision of impartial information and advocacy (e.g. training, employment, housing, rights and entitlements, services and supports).
- Day to day running of the resource centre by both members and staff.
- Skills development through participation (administration upskilling, co-facilitation).
- Access to resources (e.g. training and meeting rooms, computers, email and internet).
- Support, both one to one (mentoring and groups).
- Learning and education groups.
- Creative groups, art and crafts.
- Social groups, social events.
- Networking with the local community services and supports.
- Student placements from CIT and WIT (3 students on placement in 2016).
- Launch of the Green Ribbon garden in April.
- Taking part in Quarter Block festival, Life Long learning festival and many more.
- Partnership with local networks, HSE South, Cork City Council and See Change.

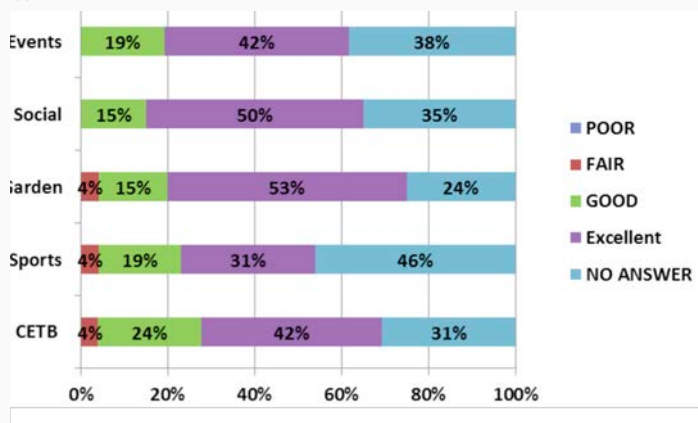
MEMBERSHIP PROFILE IN 2016

- 19 individuals became new members of the Basement Resource Centre in 2016.
- 386 joined the Resource Centre since we kept statistics in 2007.
- On average 24 individuals per day used the Resource Centre in 2016.
- A total of 125 individuals used the Basement Resource Centre in 2016.
- 56 members availed of the Mentoring programme.
- 170 visitors availed of our open mornings on Fridays from 9.30am -12.30pm over a 10 month period in 2016.
- 4425 people dropped in to the centre in 2016.
- 6 web texts on average are sent monthly, 110 members are on the web text service in 2016.
- 601 one to one supports were provided in Mentoring secessions and crisis support. [this does not include drop in support]
- Cork Education Training Board Groups -50 hours of community learning, 6 groups, 51 members attended.
- Green Ribbon Garden 2016 - 20 members and community referrals took part in 110 hours gardening and organic vegetable growing from February to November 2016. 74 hours gardening facilitated by Volunteers.
- Cork Sports Partnership Activities. 3 Events held, 10 hours of Activities and 14 members took part.

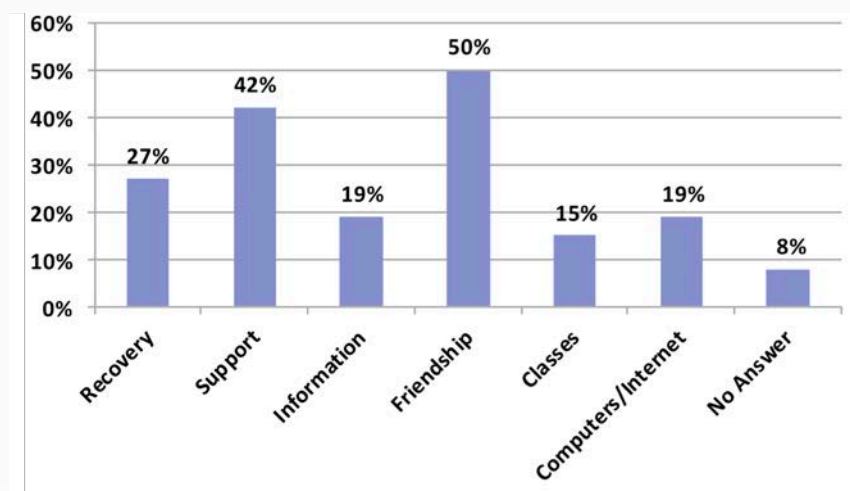
28 MEMBERS FILLED IN AN EVALUATION FORM OVER 10 DAYS IN DEC 2016

Q13. Please rate the following developments

- Our Cork Sports Partnership funded activities: Safer Cycling, Activities at the Glen Resource Centre (Archery, The Cube).
- Our Green Ribbon Garden Project activities: Gardening Group, Organic veg growing
- Our Social Activities: Killarney Trip, Easter Meal, Donkey Sanctuary.
- Our involvement in the community: Quarter Block Party (Feb), Cobh Vitality (Jun), Urban October on World Mental Health Day (Oct).



Q1. What are the main reasons you come along here?



SNAP SHOT OF THE BASEMENT RESOURCE CENTRE SHINE OUTCOME LOG STATS FOR 12 WEEKS IN 2016 [April, May, June]

1 Gender	No.
Male	215
Female	145
Grand Total	360

2 Who	No.
Member	270
Professional	40
Non-member	38
(blank)	5
Relative	4
Voluntary Group	2
Grand Total	360

3 Catchment Area	No.
North Lee	170
South Lee	125
Other areas in Cork	51
Outside Cork	8
Homeless Mental Health	6
Grand Total	360

4 Support Requested	No.
Shine services	62
Mental Health services	62
Housing	41
Learning (Education/Hobbies)	24
Training/Education	19
Forms	19
Relationships/Sexuality	18
Access to Social Welfare	15
Socialising	14
Support Groups	14
Physical Health	12
Other	12
Event	10
Legal Issues	8
Employment	8
Counselling	8
Advocacy	6
(blank)	4
Primary Care (GP, Nurse, Dentist, etc.)	2
Addiction	2
Grand Total	360

5 Outcome	No.
Access to Support	51
Crisis Support	31
Drop-in Support	46
Dual Support	31
Forms/Letters	27
Information	131
Life Skills	13
Other	12
Referral	10
Access to Social Welfare	2
Access to Training	6
Grand Total	360

GREEN RIBBON GARDEN KYLE STREET

Project profile

The participants were made up of members of the Basement and we were joined by people referred through local community agencies. The only criteria were that all participants have their own self experience of mental ill health.

Some members with construction skills built the raised beds for the vegetables. Others painted the walls and regularly weeded and watered the garden. There was an emphasis placed on team work and skills swap among the participants.

There were 20 participants in 2016 who took part in the gardening group - from that 10 went regularly. There were 74 voluntary hours from two Volunteer Garden Facilitators. During an 11 month period there were 100 hours of work completed by those who participated in the group. The group developed over time and worked on the development of raised beds for vegetable growing. In September we harvested broccoli, beetroot, onions, carrots, lettuces and turnip. Members also built an area for an herb garden and have set a strawberry patch for next year.

- 2 volunteer gardening facilitators generating 74 hours
- Participants totalling just over 100 hours
- 1 Project Lead
- 2 events held in the garden
- 4 art and crafts classes held in the garden

- 82 hours of the gardening group
- 7 types of vegetables grown
- New skills development in organic composting
- Development of team work, leadership and cooperation skills



Above: Green Ribbon Garden
Below: Green Ribbon Garden Launch April 2016





SPORTS ACTIVITIES PROJECT

Aim

Increasing members' likelihood to participate in activities which have the potential to benefit both their mental and physical well-being.

Project profile

Cork Sports Partnership Activities. 3 Events held, 10 hours of physical activities supported by staff and 14 members took part.



Above: Life Long Learning Festival, Cork City Library, April 2016

CORK EDUCATION TRAINING BOARD NETWORK

CETB [Cork Education Training Board Network]

To provide Basement Resource Centre members with opportunities to participate in classes, group work and training which they identify as being beneficial to their recovery journey.

Outcome

In 2016, the Basement Resource Centre participated on the Cork Education Network and organised 7 CETB registered and funded tutors to facilitate 6 classes/groups. Combined, the group hours totalled 53 hours. 51 members of the Basement Resource Centre participated in the groups/classes. The Centre also took part in the Life Long Learning Festival held in April in Cork City Library, which promotes community education and learning.

GROUPS IN 2016

These groups were held in 2016 in agreement with members at the twice monthly members meeting. These groups were facilitated either by staff, members or outside facilitators.

- Art group
- Mindfulness group
- Healthy lifestyle group
- Stress management, 2 workshops
- Craft workshops
- Walking/social group
- Peer support meetings
- Gardening
- Growing organic vegetables group
- Gardening workshops
- Garden committee meetings
- French classes
- 2 day WRAP workshops, held twice
- Personal Development, 8 week course
- Administration training and work experience
- Women's group [meet every third week]
- Mosaic workshops
- Knitting circle group
- Creative writing group

SUMMARY OF BASEMENT RESOURCE CENTRE IN 2016

Recovery demands that a person has choices. The key to any person's recovery depends on choices that cater for the individual's journey in living with a mental health illness in their own community. In Shine's Basement Resource Centre in 2016, through our partnership with the HSE South, local networks, Cork City Council and many more we created a community that kept to our values and brought new ideas and challenges [Green Ribbon Garden] to our membership. In order for the members within the Basement Resource Centre to begin to effect change, both staff and members came together in a community space in our own community and larger community in Cork City. We increased the involvement of members in the planning and development of new ideas e.g. the Green Garden Project Committee, the Life Long Learning festival, in setting up a women's group, facilitated by staff and members, training for members in administration/information work, which is carried out by members on a weekly basis and is supported by staff. Our mentoring programme offered support, choices and advocacy, which gave members a safe space to work on their recovery plan. Members engaged in peer support on a daily basis whereby contact was available daily through groups, chat, and sharing experiences.

WELCOME TO SHINE DISCOVERY!



Mission

The Shine Discovery Building in Waterford provides the organisation with a centre of excellence and a Recovery Hub, the purpose of which is to provide time and space for each

individual to build on their strengths and develop the understanding and skills they need to navigate life issues. The Hub links with people in all areas of the South East region.

We are delighted to be in year two of Shine Discovery since we launched in 2015. Since then we have gained a new staff member and a community support worker, both very valuable assets to the Shine Discovery Service in the South East. We have not only grown the services we offer in the Shine Discovery Building but also within the South East region. Not only are the Shine Discovery team working in the Shine Discovery Building in Waterford but we are also as usual fulfilling our commitment to offering high levels of support to the other counties in the region.

Indeed our TED talk series has been delivered in the Involvement centre in Kilkenny as well as in the Shine Discovery Building. This has been a hugely successful initiative for the groups who have attended. By watching TED talks as a group and then discussing the content, neither to agree or disagree, but just to talk and come to some consensus in the end.

Involvement Centres are in Kilkenny, Carlow and Clonmel and our Support and Informations Officer supports groups throughout the region, provides support and information and one to one meetings on the phone and in person.

One to One meetings throughout the region in 2016	36
Individuals who have attended the Shine Discovery Building in 2016	1380 approximately

Numbers Attending

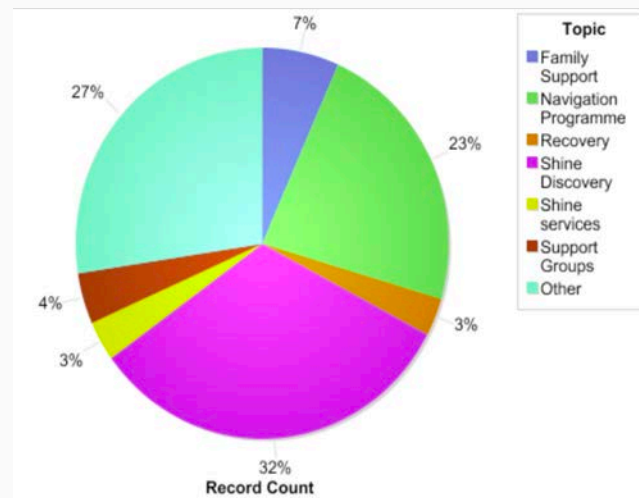
73 people self-referred to the Shine Discovery Building services in 2016. Not all attended all the activities within Shine Discovery but they engage for an initial one to one meeting and went from there. It is also important to note that alongside this group we have our ongoing attendees who are accessing services in an á la carte manner.

Shine Discovery Activities within the Building Shine Discovery seeks to collaborate with local community and statutory services as much as possible.

Below are some of the groups which occur within the Shine Discovery Building service.

Community Groups	Mental Health Education
Advance Recovery Ireland	Recovery Collaboration and space for Recovery College sessions
Assist Training	Responding to Suicide
Safe talk	Suicide Alert Training
Link up	A Collaborative Mental Health Group

RDO SOUTH EAST CONTACTS BY TOPIC



Below are Discovery statements as expressed by ten Shine Discovery attendees during a year-end review of their time attending the service (programs including one to ones, my Personal Discovery Map, various group activities and/or informal support). The review group was facilitated by a staff member and attended by other Shine Discovery staff. The aim of the review group was to check in at year's end, where the attendees were asked to express one thing which they deemed to be the most supportive about their Shine Discovery experience.

Shine Discovery Statements

I wasn't afraid to ask for support

I have discovered that it is a positive space/support

I discovered that I am not as crazy as I thought I was

I can sculpt

I'm able to be myself here

It's confidence building for me

I've learned to get to talk to people

I have a bit more confidence

I am happy to be involved

Innovative and humane and means a lot. Welcoming

POLICY PROMOTION



During 2016 Shine was involved with the following organisations:

Mental Health Reform

Shine was actively involved in progressing the work of Mental Health Reform to ensure that mental health and mental health care services became central to the political and public policy agenda in Ireland.

For further information please visit <http://mentalhealthreform.ie>

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>

OFFICERS AND PROFESSIONAL ADVISERS

Schizophrenia Association of Ireland

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

BOARD MEMBERS

(at 31 December 2016)

Kevin Jones (Chairperson)
Catherine Bourke (Treasurer)
Karen Cobbe (Secretary)
Tony Francis
Shirley Healy
Regina O'Flynn
Patrick Guerin (resigned 12 November 2016)
Brendan Cooney (resigned 1 March 2016)
Brian Miles (appointed 10 August 2016)
Kevin Roantree (appointed 2 September 2016)
Martin Melvin (appointed 20 October 2016)
Bridget Birmingham (appointed 9 July 2016
and resigned 23 September 2016)
Sinead Glennon (appointed 9 July 2016
and resigned 19 August 2016)

CHIEF EXECUTIVE OFFICER

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 2016 there were seven Board meetings with the following attendance:

Kevin Jones	5/5
Karen Cobbe	5/5
Tony Francis	2/5
Catherine Bourke	5/5
Regina O'Flynn	4/5
Patrick Guerin	2/4
Shirley Healy	1/5
Brendan Cooney	1/2
Bridget Birmingham	1/1
Sinead Glennon	1/1
Brian Miles	2/2
Kevin Roantree	2/2
Martin Melvin	0/1

A NOTE FROM THE TREASURER



CATHERINE BOURKE
TREASURER

Shine is a Company Limited by Guarantee, not having share capital and has charitable status with the Revenue Commissioners. As a national organisation we take pride in ensuring we have appropriate

governance and internal control procedures. We are bound to comply with all of the regulations required of a Limited Company including but not exclusively: the holding of an Annual General Meeting; the production of an Annual Report and the completion of externally Audited Annual Accounts.

Governance

During 2016 Shine undertook a review of its Memorandum and Articles of Association and I am pleased to report that we have now adopted a revised Company Constitution in line with the new Companies legislation 2014.

Shine is governed by a Board of eight people elected from our membership at the Annual General Meeting and a further four people can be co-opted by the Board for a period of up to 24 months.

The role of the Board is one of governance, which involves the development of strategic policy, oversight of policy implementation and the oversight of financial and fiduciary responsibilities. During 2016 we commenced an external Governance review in compliance with the Code of Good Governance of Community, Voluntary and Charitable Organisations in Ireland.

I am happy to report that our auditors, Deloitte have audited the 2016 financial statements and have concluded that they give a true and fair view of the state of affairs of the organisation and that the accounts are properly kept.

I am also pleased to report that we are able to present our 2016 accounts using the Statement of Recommended Accounting Practice (SORP). This allows a more transparent and understandable analysis of our audited accounts and is in line with best practice.

Internal Control Mechanisms

The Board of Shine appoints the finance committee. The functions of the sub group are as follows:

- To review on a quarterly basis the operating accounts for Shine to include income and expenditure accounts, provisional balance sheet and cash flow analysis.
- To review and advise on all operating accounts for the previous year prior to preparation for external audit.
- To advise the executive management on internal financial control and accounting practice.
- To advise on the prepared external audited accounts prior to submission to the Board for final sign off.
- To advise on the prepared accounts for publication in the Annual Report for Shine.
- To provide as requested reports to the Board of Shine.
- To liaise with External Auditors following completion of their annual audit.

The finance committee meets quarterly to consider the prepared accounts for the previous quarter. Additionally in the first quarter of the year the group will consider proposed annual accounts pre external audit and post audit. The finance group will also consider any other matters of financial significance.

Membership of the finance committee includes the Honorary Treasurer, one other Board member, the Chairperson of Shine (ex officio) and an external invited member. The finance committee meetings are attended by the CEO and Finance Manager of Shine.

Catherine Bourke
Treasurer

SHINE'S FINANCIAL STATEMENTS

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

BALANCE SHEET AS AT 31 DECEMBER 2016

	Notes	2016 €	2015 €
Tangible Fixed Assets	13	667,220	684,809
Current Assets			
Debtors	14	131,095	58,557
Cash at bank and in hand		1,540,955	1,286,288
		1,672,050	1,344,845
Creditors Amounts falling due within one year	15	(66,911)	(75,544)
Net Current Assets		1,605,139	1,269,301
NET ASSETS		2,272,359	1,954,110
FUNDS OF THE CHARITY			
Restricted funds	16	773,914	479,502
Designated funds	16	605,746	609,078
General funds	16	892,699	865,530
		2,272,359	1,954,110

The financial statements were approved and authorised for issue by the Board of Directors on 25 March 2017 and signed on its behalf by:

KEVIN JONES
Director

CATHERINE BOURKE
Director

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

**DETAILED OPERATING STATEMENTS
FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2016**

	2016 €	2015 €
INCOME:		
HSE:		
- Northern Area	623,374	619,662
- Southern	302,409	305,408
- Western	92,922	89,922
- Midland	66,630	66,600
- South Eastern	274,839	74,274
- Mid Western	69,405	73,163
- North Eastern	71,154	72,425
- North Dublin Resource Centre	280,039	283,413
	1,780,772	1,584,867
Genio funding project	24,238	28,958
See Change project	235,269	273,215
NOSP - Headline	151,500	138,462
NOSP - Taking Control	24,997	27,590
NOSP - Seconded staff	36,009	72,018
NOSP - Please Talk	47,500	40,645
NOSP - Workplace Training	43,000	28,300
Pobal project	40,000	-
Bequests	40,250	2,000
Grants and co-funding	24,434	24,434
Donations and membership fees	19,074	29,098
Alan Reid Funding	-	3,322
Interest received	5,662	9,995
Management fees	3,626	-
Contribution from The Schizophrenia Ireland Lucia Foundation Development Company Limited	-	3,925
Other incomes	16,895	11,533
	712,454	693,495
	2,493,226	2,278,362
EXPENDITURE		
Staff costs	1,472,181	1,529,762
Direct Provision of Self Help Groups	106,329	129,364
Specific Information Training and Education	67,832	86,585
General Awareness Raising	185,958	268,334
Governance - Non day to day activities	38,877	28,261
Support Costs	303,800	246,891
TOTAL	2,174,977	2,289,197
NET INCOME/(EXPENDITURE) FOR THE FINANCIAL YEAR	318,249	(10,835)

GOVERNANCE & OPERATIONS

Governance Code

During 2016 the council and management worked to ensure that Shine fully complied with the Governance Code for the community, voluntary and charitable sector in Ireland.

The following are the five principles of good governance:

1. Leading our organisation
2. Exercising control over our organisation
3. Being transparent and accountable
4. Working effectively
5. Behaving with integrity

The following operational policies are currently implemented by Shine:

- Finance and computer procedures
- Dignity in the workplace policy for management and staff
- Employee handbook
- Recruitment handbook for managers
- Employee performance and development review
- Policy on Garda vetting
- Health and safety
- Complaints procedure
- Volunteer policy
- Policy on suicide
- The Basin Club Model of Practice
- Vulnerable persons policy
- Procurements policy
- Data protection policy
- Serious incident policy
- Risk managements policy
- Apportionment policy
- Confidentiality policy
- Rules and guidelines for organising and storing electronic data



The Governance Code: Principles of Good Governance

We, The Council Members
of Shine commit to:

Principle 1. Leading our organisation. We do this by:

- 1.1 Agreeing our vision, purpose and values and making sure that they remain relevant;
- 1.2 Developing, resourcing, monitoring and evaluating a plan to make sure that our organisation achieves its stated purpose.
- 1.3 Managing, supporting and holding to account staff, volunteers and all who act on behalf of the organisation.

Principle 2. Exercising control over our organisation. We do this by:

- 2.1 Identifying and complying with all relevant legal and regulatory requirements;
- 2.2 Making sure that there are appropriate internal financial and management controls;
- 2.3 Identifying major risks for our organisation and deciding ways of managing the risks.

Principle 3. Being transparent and accountable. We do this by:

- 3.1 Identifying those who have a legitimate interest in the work of our organisation (stakeholders) and making sure that there is regular and effective communication with them about our organisation;
- 3.2 Responding to stakeholders' questions or views about the work of our organisation and how we run it;
- 3.3 Encouraging and enabling the engagement of those who benefit from our organisation in the planning and decision-making of the organisation.

Principle 4. Working effectively. We do this by:

- 4.1 Making sure that our governing body, individual board members, committees, staff and volunteers understand their: role, legal duties, and delegated responsibility for decision-making.
- 4.2 Making sure that as a board we exercise our collective responsibility through board meetings that are efficient and effective.
- 4.3 Making sure that there is suitable board recruitment, development and retirement processes in place.

Principle 5. Behaving with integrity. We do this by:

- 5.1 Being honest, fair and independent;
- 5.2 Understanding, declaring and managing conflicts of interest and conflicts of loyalties;
- 5.3 Protecting and promoting our organisation's reputation.

We confirm that our organisation is committed to the standards outlined in these principles. We commit to reviewing our organisational practice against the recommended actions for each principle every year

Kevin Jones
Chairperson of Board

Karen Cobbe
Secretary of the Board

NOTES

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NOTES

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NOTES

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AWARENESS

EDUCATION

Counselling

Resource Centres

Information

RECOVERY FOCUS

SUPPORT

LISTENING...



EASTERN REGION

13 Belvedere Court, Dublin 1
T: 01 8601620 • F: 01 8601602

NORTH EASTERN REGION

T: 086 852 54 22

BASIN CLUB

13 Belvedere Court, Dublin 1
T: 01 8601610 • F: 01 8601548

MIDLAND REGION

11 O'Connor Square, Tullamore,
Co. Offaly.
T: 057 9351931 • F: 057 9326488

SOUTHERN REGION

14a Washington Street West, Cork
T: 021 4949833 • F: 021 4949834

BASEMENT RESOURCE CENTRE

14a Washington Street West, Cork
T: 021 4226064 • F: 021 4949834

WESTERN REGION

Unit 31, Terryland House,
Terryland Retail Park,
Headford Rd., Galway
T: 091 576150/1 • F: 091 576152

MID-WESTERN REGION

T: 087 7878222

SOUTH EASTERN REGION

1 Barronstrand Street, The Quays
Co. Waterford
T: 086 8525562

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