Shine – 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.

Shine has continued to support many people individually with one to one support and has 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, the Hearing Voices Workshop, the Finding MY Way seven week programme, the Recovery and the Family Education eight week programme and the Exploring My Way programme.

In the first two months of 2019 we have delivered a Taking Control workshop in Offaly and are currently delivering a Finding My Way programme in Athlone, Co. Westmeath. Further programmes and workshops will be planned throughout the year.

Shine is also involved with local initiatives, such as MOJO Offaly and Offaly Minding Our Mental Health. Offaly Minding Our Mental Health 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.

Other Activities

Shine provides 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 the HSE, Mental Health Ireland, Offaly Local Development Company, Healthy Ireland at Your Library, Community Mental Health Teams, See Changes’ Green Ribbon Campaign and the Students Union in Athlone IT.
Shine will continue to strive to promote awareness of mental ill health and recovery within the community, which in turn increases knowledge and reduces stigma.

If you live in the midlands region and require support or information please email: midlands@shine.ie or you can telephone Ann Marie Flanagan on 087 7878222.