



Mental Health Ireland
Supporting Positive Mental Health



2008
annual report

Mental Health Ireland

Supporting Positive Mental Health

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CONTENTS

	<i>Page</i>
Chairman's Address	7 - 8
Funding and Fundraising	9
Work of Development Officers and Local Mental Health Associations 2008	10 - 11
Summary of their main activities and achievements	12 - 36
Information	37
Media Coverage	38
Annual Conference 2008	39
World Mental Health Day National Choral Singing Events	40
Partnerships	41 - 42
Mental Health Promotion in Schools and with Young People	43
Human Resources	44
Directors' Report and Financial Statements	45 - 57
Directors' Report	
Independent Auditors' Report	
Audited Accounts	
Appendix : Local Mental Health Associations	59

Board of Directors*Officers*

Chairman:	Mr John McGetrick
Vice Chairman:	Mr Michael Hughes
Honorary Secretary:	Mr Brian Glanville
Honorary Treasurer:	Dr John Connolly

Members

Mr Joe Casey	Ms Colette Nolan
Mr Liam Flynn	Mr Derry O'Dwyer
Mr Tom Giblin	Fr Dan Joe O'Mahony
Mr Liam Hassett	Mr Diarmaid Ring
Dr Tim Lynch	Mr Brendan Madden
Mr Paddy McGowan	Mrs Fidelma Ryan
Ms Maria Molloy	Mr Jim Walsh
Mr P.J. Murphy	Mr John Whelan

Registered Office

Mensana House,
6 Adelaide Street,
Dun Laoghaire, Co. Dublin.

Bankers

Bank of Ireland,
Smithfield, Dublin 7
and
AIB Investment Managers Ltd.,
Percy Place, Dublin 4.

Auditors

Brenson Lawlor,
Brenson Lawlor House, Argyle Square,
Morehampton Road, Dublin 4.

Date of Incorporation

As a company limited by guarantee,
22nd November, 1966

Place of Incorporation

Dublin, Republic of Ireland

CHAIRMAN'S ADDRESS

Dear Friends,

It is with great pleasure that I introduce to you the Mental Health Ireland Annual Report for 2008. This is the first Annual Report to be introduced by me since the beginning of my tenure as Chairman of Mental Health Ireland.

It seems such a short time ago since I was appointed Chairman of Mental Health Ireland in May 2008. During the interim there has been a dramatic change in the economic and social conditions of the country. In late spring 2008 the country was still basking in full or near full employment rates and, for the majority of the population, the feel good factor was still very much in evidence. As you are all well aware, mental health services even against such a bright economic backdrop were, as always, struggling to maintain an equitable share of resourcing to develop modern mental health services. However, with the dedication of our network of volunteers associated with local Mental Health Associations throughout the country, currently numbering 105, work continued apace in relation to traditional activities of local volunteers, with befriending, mental health promotion, provision of housing, advocacy activities on behalf of persons who suffer from mental health problems very much to the fore. Our long standing national activities - the National Public Speaking Project and our education programme for second-level schools, Mental Health Matters, proved as popular as ever and, I am confident this will continue.

With the alarming downturn in the economic prospects of this country which began in late Summer and through the Autumn of 2008, pressure inevitably built up and resulted in pressures on the budget of our national organisation and, indeed, Local Mental Health Associations throughout the country. The difficulties that increased for the average family in Ireland included threats to employment, reduced prospects for employment of young people and payment of mortgages. With these huge pressures it would be understandably easy for our local volunteers to lose heart in representing the less fortunate in our society. It has been a matter of great personal pleasure to me to witness the forbearance and commitment of our volunteers to redouble their efforts to maintain and indeed increase activities at local level. With the vision of both our staff at Mensana House and indeed volunteers throughout the country, a number of very important new initiatives began in 2008 which I hope will bring a fresh impetus to the role of the volunteer throughout the country. One of the more prominent new initiatives in 2008 was the establishment of a pioneering Youth Mental Health Service in Galway, the Jigsaw Project. Mental Health Ireland is delighted to be an active participant in this initiative which is in partnership with the Health Service Executive and Headstrong. Other new initiatives include the commencement of a National Choral Festival to mark World Mental Health Day throughout the country on 10th October 2008; a commitment to mark notable achievements by Local Mental Health Associations through the awarding of Merit Awards in 2009 and the planning of a unique initiative with the launch of a CD and St. Patrick's Day badge to mark St. Patrick's Day 2009. These important new initiatives indicate a willingness and an ability by Mental Health Ireland and Local Mental Health Associations to respond to very challenging circumstances and expand important voluntary work throughout the country. I want to express my deep gratitude to all associated with embarking on such imaginative initiatives in tandem with the development of our traditional activities.



Mr J. McGetrick, Chairman - MHI

CHAIRMAN'S ADDRESS

A memorable occasion in 2008 for me was when I, along with a number of volunteers, at the invitation of the President attended the "Disability/Access and Attitudes Forum" at Áras an Uachtaráin on the 19th June, 2008. Approximately 150 people from a diverse range of organisations attended this day. The President in her welcoming address said that she wanted the future to be a place where the oppressive and discouraging attitudes and obstacles of the past were left in the past.

It is worth recalling that the era of dramatic economic growth in Ireland was marked by a consensus by all social partners to work together towards improving the economic welfare of our citizens. This partnership approach worked extremely well during the years of expansion for our country during the Celtic Tiger years but I would argue that the concept of partnership is more relevant today in these difficult economic times than ever. Mental Health Ireland enjoys very good relations with the Health Service Executive in jointly driving to improve levels of standards of care for persons with mental health problems throughout the country. Mental Health Ireland readily admits that the level of funding towards expansion of services is not at as high a level as we would wish. However, we fully understand and appreciate the difficulties of the Health Service Executive

in increasing budgets in general during these challenging times but with great imagination and commitment by Mental Health Ireland it is possible that the common target to improve services for those who suffer mental health problems can be approached in a way that will benefit these people.

"We must remain confident and firmly focused on our core objectives more than ever before."

As we reflect on the activities of Mental Health Ireland during the year 2008 it is all too easy to look forward into 2009 and beyond with some degree of trepidation as economic doom and gloom takes hold in so many areas of Irish society. We must remain confident and firmly focused on our core objectives more than ever before. The vision of the Founding Fathers of Mental Health Ireland in 1966 and their objectives are more relevant than ever in the year 2009. With united effort and continued commitment by our local volunteers, the adversity we face today can be overcome and has been proven to be overcome in the latter half of 2008 with my previous reference to new initiatives which will be expanded in 2009.

I wish all our volunteers well in 2009 and I am confident that our volunteers' work will make a difference to those less fortunate in our society in the coming year.



Mr J McGetrick

Chairman - MHI

FUNDING AND FUNDRAISING

Mental Health Ireland is grateful to the Health Service Executive for their continued support and funding. 2008 was a very productive year for Mental Health Ireland and its 105 Mental Health Associations. This was due in no small part to the continued assistance from the HSE. Mental Health Ireland has seven Development Officers currently on secondment from the HSE in the areas: Dublin East, Dublin North, Dublin West, Limerick, North East, South East and Tipperary/Clare. The HSE also directly funds six of Mental Health Ireland's Development Officers in the areas of Donegal, Midlands, North East, Sligo/Leitrim and West. Mental Health Ireland is indebted to all the Local Health Office Managers of these areas. Mental Health Ireland is particularly grateful to the HSE offices in the Eastern region for their on-going support and funding.

Our many volunteers throughout the country are regularly involved in interesting fund-raising initiatives which generate crucial revenue for their mental health associations which enables some of their impressive activities to be such a success. It would be impossible in our Annual Report to list all volunteer fund-raising activities, however, some are laid out in the section Local Mental Health Association Achievements 2008 – page 10. Examples of fundraising initiatives during 2008 included race days, coffee mornings, table quizzes, golf outings, church gate collections and mini-marathon sponsorships.

The support of the National Lottery and the Health Service Executive has been particularly important in facilitating the continued development of local services. Both deserve recognition for the wonderful support they give to our organisation.

In 2008 we welcomed a highly valued new sponsor, Standard Life. Mental Health Ireland was delighted to be selected as a recipient of funding from staff and management. €50,303 was donated on behalf of Standard Life. Half of this money was raised by quirky and interesting events run by staff and management kindly doubled the €25,000 generated by employees. The primary use for this money will be a mental health education initiative in Primary Schools, however, Standard Life staff agreed we could use the monies for another project in the interim. Mental Health Ireland would like to extend their sincere gratitude to Standard Life for their generous donation.

Another interesting fund-raiser for MHI this year was a wonderful concert by the Enniskerry Gospel Choir in St Mary's Church, Enniskerry on 29th February. MHI staff was joined by many from the local community and surrounding areas to hear the choir perform a variety of uplifting soulful songs. The evening was in aid for Mental Health Ireland and Friends of Newcastle Hospital. Over €10,000 was raised through ticket and raffle sales. This successful evening was followed in October



Pictured above: The forty two members of the Enniskerry Gospel Choir

Core role and duties of the Development Officer

- To support current and to develop new local Mental Health Associations in the region which the officer serves, reflecting the mission statement of MHI and the Board and working to the policy of the Board of MHI.
- Promotion of the aims of MHI by energising the local MHAs in their area before embarking on liaisons with other agencies, either voluntary or statutory.
- A resource to the local MHAs with the emphasis on local volunteer involvement in work, as opposed to the Development Officer carrying out the work directly.
- Attend meetings of local MHAs – listen, advise, motivate, support, encourage and emphasize the valuable contributions volunteers can make in areas such as:
 - Mental Health Promotion
 - Befriending
 - Social Housing
 - Fund-raising
- Education, promotion of our Public Speaking Project, informative talks to students, public lectures, exhibitions, seminars, liaising with local press and encouraging the growth of a network of local mental health expertise.
- Support for local MHAs to encourage an exciting programme of activities. Sharing of information on national projects and new developments taking place in other MHAs in the region/country.
- Implementation of the remit of MHI at national level through local MHAs.
- Serving the needs of local MHAs. In this regard the Development Officer works with the volunteers of local MHAs to develop, facilitate and support them in their work and be a direct link to the national organisation. All Development Officers adopt a consistent approach, where possible, bearing in mind local or regional priorities or needs, ensuring that information disseminated by local MHAs is of the highest standard and reflects best practice. Development Officers will be aware of the aims of MHI to guide local MHAs in their activities.
- Foster the development of active mental health education programmes by facilitating the local MHAs in their involvement with schools and community groups and supporting national mental health promotion activities.
- Assisting and encouraging local MHAs to enhance their profile within local communities by fostering community involvement with the possibility of attracting new members.
- The Development Officer reports formally to the Deputy CEO, MHI. On an ongoing basis the Development Officer works in partnership with the local HSE Mental Health Services managers and staff in pursuing the aims of MHI and the local Mental Health Associations.

Core Role of Mental Health Associations

Currently 105 local Mental Health Associations (MHAs) and branches are affiliated to Mental Health Ireland (MHI). These share the same aims and objectives as the national body. Members of local MHAs work on a voluntary basis in their communities supported by a team of Development Officers (DOs). All MHA activities promote positive mental health and are involved in supporting individuals to develop coping and life skills. MHAs actively promote social supports and networks and also work to address structural barriers in areas like education, employment and income support for people with a mental illness. All local MHAs welcome opportunities to work in partnership and to develop projects with other voluntary and statutory agencies in their region. Our MHAs would like to acknowledge the support of the management and staff at local HSE Mental Health Services in the provision of their activities.

Social Housing

Many MHAs are actively involved in the development of social housing programmes. At present, local MHAs own, rent or manage nearly 100 housing developments, ranging from single unit apartments for independent living to high support residences with full-time staff on site. Upward of 550 people are currently living in MHA housing. Of these places in MHA housing over 200 places are high support, nearly 100 places are medium support, approx. 180 places are low support and the remaining places are independent living accommodation. Housing in different areas around the country is featured in our section on Summary of Events in 2008 by Region.

Befriending /Social Support

Befriending is an integral part of the work of all local MHAs. Social support through befriending is important in promoting and maintaining physical and mental well being. Through befriending volunteers play an important role in facilitating the establishment of social relationships in the community. Befriending also promotes community awareness of mental health issues and can provide a respite support for those caring for a family member with a mental illness.

Volunteers

Volunteers make an enormous contribution to the work of MHI around the country, actively supporting people with a mental illness and supporting positive mental health in their communities.



SUMMARY OF EVENTS IN 2008 BY REGION

SOUTH DUBLIN/EAST WICKLOW

Development Officer: Michael Noble

No. of Local MHAs: 7

Arklow MHA, Wicklow

Bray MHA, Wicklow

Dun Laoghaire MHA, South Dublin

Friends of Newcastle MHA, Wicklow

Ringsend MHA, South Dublin

Vergemount & District MHA, South Dublin

Wicklow MHA

DUN LAOGHAIRE MHA, supported by the VEC, established a painting group “**Active Minds Art Group**” with senior citizens. This was very successful and they held their own exhibition in October. They hope this work will continue throughout 2009. Other successful projects included:

- Continued support of the **Dalkey Social Club** which meets every Friday from 7 – 10 p.m. with over 40 members attending and enjoying recreational activities.
- Providing grants for the **Coiscéim Residential Centre** for patients with dementia to provide additional comforts. In addition, it renovated and maintained the garden in Coiscéim.
- Providing support for the **Help Line** and an **Employment initiative** operated by a charity, Dublin Clubhouse Alliance. However, these have been suspended due to lack of resources.
- Ongoing management of the housing unit in Dun Laoghaire.



Samples of the excellent work of the Active Minds Art Group.

RINGSEND MHA, provided a series of social activities to enhance the quality of life of local service day centre users. These included visits to the horse show, cinema, theatre, Christmas shopping and birthday outings.

- They also provided pottery classes and distributed a wide range of mental health literature.
- They held community coffee and information mornings.
- They maintained links with the Ringsend Action Group and took part in a ‘Good Neighbour’s Week’.

VERGEMOUNT & DISTRICT MHA – a core activity of Vergemount & District MHA is its financial assistance programme which provides modest financial support to individual clients and units or residences of the mental health service to deal with unusual events. The programme is funded from donations and fund-raising activities. Feedback from the clients and HSE staff shows that such support is effective and of great help.

- A bus purchased by the Friends of Vergemount was used for the transport of service users to various recreational activities.
- The Association continued to fund the maintenance of **Glenmalure Day Hospital garden** and a small organic vegetable garden for use by service users in **Vergemount Day Centre garden**.
- The **Vergemount Social Club** moved to a new venue in the Ringsend Community Centre this year. Unfortunately, the new location is not easily accessible and numbers attending have dropped.
- A respite trip of 2 days was organised to Kilkenny.

SUMMARY OF EVENTS IN 2008 BY REGION

ARKLOW MHA arranged a series of outings for service users. These included shopping, picnics and riverboat trips. In addition, a successful dance was held.

- Mental Health promotion literature was distributed to various locations.
- Members gave talks in the local schools.

BRAY MHA – the social club in Bray is the core activity of Bray MHA. It meets weekly and its range of activities includes drama, musical art therapy and a variety of trips. A respite trip of 2 days to Wexford was organised this year:

- The **public lecture series** continued throughout 2008
- **Visitation** is an integral part of Bray MHA's activities and members visited residents in day hospitals providing an informal befriending service to service-users on a regular basis.
- There was a continued support of the **National Public Speaking Project** and great participation in **World Mental Health Day** choral events.

FRIENDS OF NEWCASTLE MHA – the Association provided an information support and network service for parents and relatives of people who suffer from a mental illness and who are treated in Newcastle hospital.

- Considerable funds were raised through the annual **golf classic**. These funds are used to improve the environment of patients in Newcastle hospital and residents throughout the county.
- There was a continued support of the **National Public Speaking Project**.
- Professional speakers were organised to deliver **mental health lectures**.

WICKLOW MHA launched and maintained a successful website in 2008
www.wicklowmentalhealth.ie

- The **social club** met weekly and arranged various outings to cinemas, restaurants, shopping centres, theatres etc.
- The **educational group** with the assistance of Wicklow VEC held a series of personal development activities in 2008.
- The **public lecture series** continued this year with successful monthly lectures on mental health issues.
- A **newsletter** was issued on a regular basis and literature was distributed to various locations.

NORTH DUBLIN

Development Officer: Seán McKiernan

No. of Local MHAs: 6

Drumcondra & District MHA

Dublin 15 MHA

Fingal MHA

Finglas MHA

Friends of Kilrock House MHA

St. Brendan's MHA

In September 2007, Asst. Development Officer for the North Eastern counties of Cavan, Monaghan, Louth and Meath, Seán McKiernan was asked by CEO Brian Howard to cover North Dublin on an interim basis as the Acting Development Officer pending the appointment of a Development Officer through funding by the HSE. This continued throughout 2008.

Seán continues to find the contrast between the urban and rural setting very interesting, and enjoyed growing even more familiar with the hard working and dedicated Mental Health Associations and their volunteers active in the North Dublin area.

SUMMARY OF EVENTS IN 2008 BY REGION

DRUMCONDRA & DISTRICT MHA continues its activities with great assistance from Mary Whelan who flies the flag for positive mental health and is practical in her assistance to those who suffer mental illness, their families and carers. This is done with support from her team in Drumcondra and District MHA. Other events they undertook this year included:

- A fabulous choral evening in the stunning setting of All Hallows' College Church to mark World Mental Health Day 2008.
- Mention must be given to Mary's other half, Tony Whelan who is another stalwart adjudicator for Public Speaking in North Dublin and further afield.

DUBLIN 15 MHA has a strong ethos of the promotion of positive mental health, with regular information stands in the Blanchardstown Shopping Centre, and regular liaison with other local groups and services. MHI Board member and local volunteer Fr. Dan Joe O'Mahony is the driving force of this dynamic group of committed local volunteers which also includes Joan Kidd and Mary Bergin. Other activities of Dublin 15 MHA include:

- The Dochas Project (*Hope Project*) - Fr. Dan Joe O'Mahony is involved in this along with Ned and Eithne Cusack. The service provides support for those bereaved by suicide.
- Thanks must be given to George Brogan for his regular adjudication skills at Public Speaking.

FINGAL MHA had a busy year in the area of Balbriggan. They have started to build important links with the large New Irish community there through liaison with the new Irish community's social club, Fáilte.

- Charlie Rogan of Fingal MHA is to be commended for his continued support in adjudicating in the National Public Speaking Project.

FINGLAS MHA hosted a one day seminar entitled "A Meeting of Minds" to empower the voice of the service user in the 21st Century. This took place in the School of Nursing in DCU in May 2008. It was the first conference of its kind in Dublin City, and only the second in the country, building on the success of Dundalk MHA in 2007.

- Following on from the conference Finglas MHA have continued to link in with DCU, and hope to cooperate more with the Students' Union in future.
- Finglas MHA have also created an exciting new social club in their area.

FRIENDS OF KILROCK HOUSE MHA hosted the North Dublin Public Speaking Final and has built up strong relations with local Transition Year students, who hosted a film night recently for clients. Other activities include:

- Hosting a pre-Christmas evening party for clients of Kilrock House where local neighbours and friends were invited and became involved in the fun. Festive songs and music were performed by the Transition Year students.
- Marie Kearns who has been a great supporter of the MHA's activities has moved recently to a new position and we wish her well.

ST. BRENDAN'S MHA

Danny Connellan holds the fort for us in St. Brendan's MHA, and they sponsor many worthwhile events and activities.

The **NORTH DUBLIN BEFRIENDING PROJECT** continues to offer one to one companionship and support for those who have experienced mental health difficulties and may feel isolated in their community, and new volunteers are always very welcome! This project was officially launched by Minister of State for Mental Health John Moloney, T.D. at Goirtin on the North Circular Road in late 2008 and he paid tribute to all involved. The work of North Dublin Befriending has received international recognition with the visit of New South Wales M.P., Ms. Judy Hopwood from

SUMMARY OF EVENTS IN 2008 BY REGION

Hornsby, Sydney, Australia who came to observe the North Dublin Befriending activities on a fact finding mission in 2008.

In supporting and helping the work of the local Mental Health Associations in North Dublin, Seán has also liaised and networked with the statutory mental health and wider health services and other support organisations, as well as local schools. He has also handled a large number of information request phone calls from the general public. He extends his thanks to all, and apologises for any omissions!

KILDARE / WEST WICKLOW, WEST DUBLIN

Development Officer: Michael Cummins

No. of Local MHAs: 8

Athy MHA, Kildare	Friends of Larine House MHA, Kildare
Ballyfermot MHA, West Dublin	Naas, Newbridge & Kildare MHA, Kildare
Celbridge MHA/Celbridge Housing MHA, Kildare	St. Loman's MHA, West Dublin
Crumlin & District MHA, West Dublin	Tallaght MHA, West Dublin

ATHY MHA printed 1,000 Study & Exam Tips leaflets which were distributed in Co. Kildare.

- An Easter Egg and Christmas raffle were held which raised over €2,000.
- Donations from members of the public were received along with lottery grants. These were used for respite breaks, social activities and mental health promotion.

BALLYFERMOT MHA does not hold meetings at present. There are 5 volunteers in the group. Michael is in regular contact with the Chairperson.

- A mental health Information stand was erected in Ballyfermot library during October 2008. The stand has since remained in a prominent position within the library.

CELBRIDGE MHA will be 20 years old in 2009. The group is well known in the Celbridge area and is well supported at the annual church gate collection.

- The **Faite Isteach Drop In Club** was held weekly. Residents from Grove House were the main attendees. The main interest is Bingo, a chat and refreshments.
- The Association manages a grant from the HSE for the running of **ASIST training (suicide awareness/ intervention)**.
- Clients from the Hazel Cottage hostel and Larine House hostel went on a respite break in August. Celbridge MHA donated €1,000 to assist the holiday break.

CELBRIDGE HOUSING MHA - during 2008 the design team received approval from the Department of the Environment to proceed to tender on a proposal to develop 12 individual independent units on a site on Grove House, Celbridge. It is hoped to commence building in May or June 2009 on further approval from the Dept. and Kildare County Council. The Association is a limited company with charitable status. It has a board of 10 persons.

CRUMLIN & DISTRICT MHA had a very active year and met on 10 occasions during 2008. The Association's members work hard to promote their aims and are always keen to be involved with other activities locally.

- Cairde Le Chéile (Friends Together) social club meet bi-monthly. In addition, social outings are organised every second Sunday where possible. They held Halloween and Christmas parties and a weekend away to Carrick-on-Shannon was arranged for 10 members of the club.
- A fund-raising quiz was held which raised €470.

SUMMARY OF EVENTS IN 2008 BY REGION

- A befriending project was established on a small scale this year – 3 volunteers completed the training programme with North Dublin Befriending Project and are now engaged with service users.
- An essay project for 5th class primary schools was held throughout the Dublin 12 area. 180 entries from 9 schools were submitted. Prize and certificates were presented to the students in their schools. The title of the essay was 'The Happiness Detective'.

FRIENDS OF LARINE HOUSE MHA continued to manage their HSE national lottery grant for respite and social activities for the residents of Larine House.

NAAS, NEWBRIDGE & KILDARE MHA hosted a very successful talk by David Coleman, Clinical Psychologist, entitled **Children to Teenagers in the 21st Century**. The audience response was very positive. The talk was followed by a Questions and Answers session. Mr. Ned Cusack, Asst. Director of Nursing, HSE, acted as Chairperson for the evening.

HOPE (D) (Helping of People Enduring Depression) is a voluntary organisation based in Kildare. One of its volunteers is also involved with Naas, Newbridge/Kildare MHA. Both organisations take part in joint activities, where possible. For example, in a joint venture, an information stand for young people in secondary schools was hosted at the Whitewater Shopping Centre. Students calling to the stand were entered in a draw for an ipod. 190 entries were received. Mental health promotion material was available at the stand.

- The Association received two HSE/National Lottery grants. €10,000 to assist with social activities and €4,000 for mental health promotion.

ST. LOMAN'S MHA's activities include supporting the rehabilitation services based at St. Loman's Hospital and the hostel / group home network in providing funds for social activities, respite breaks and support activities of continuous education. Funds are provided through the HSE, National Lottery grants and small fund-raising events.

- Activities included management of the 2 people carrier vehicles based at St. Loman's Hospital and Teach Bán Hostel in Newcastle. The vehicles are used daily for social activities. No grant aid was received in 2008.
- Coffee mornings were held on St. Valentine's Day raising and over Christmas. Between them these raised €650.

TALLAGHT MHA lost a valuable volunteer suddenly during the summer: Anne Hoey, R.I.P., Secretary of Tallaght MHA, sadly passed away. An obituary and photo were included in the Autumn edition of Mensana News. The activities of the MHA this year included:

- A leaflet on mental health and mental illness was revised and distributed.
- An information stand and children's art competition was arranged in conjunction with the mental health department at the Adelaide and Meath Hospital.
- Funding was provided for a respite break to Wexford for 7 service users.
- Grants of €10,000 to assist with respite activities and €5,000 to assist with mental health promotion projects were received.
- A newsletter was printed and distributed and a laptop was purchased for the secretary.
- Donations were made to service users and services where appropriate.
- A donation of €1,000 from the MHA and the volunteer service at the Adelaide and Meath Hospital was arranged by Michael for the Aspen Unit (a high dependency unit and part of the Acute Mental Health Services at Tallaght Hospital).
- Computer equipment and interactive games console were purchased to support the leisure activities of the service users.

SUMMARY OF EVENTS IN 2008 BY REGION

Dublin Housing MHA – Village House, Crumlin

On December 18th, 2007, Dublin Housing MHA located a suitable house for a housing project in Crumlin Village through Mr. Brendan Madden. On December 18th, 2008, exactly a year to the day that the house was first purchased, the Lord Mayor of Dublin, Eibhlin Byrne, opened the house. Formerly the parochial house in Crumlin, locals were delighted to see it refurbished to such a high standard as in recent years it had fallen into a poor state of disrepair. Village House had been home in the past to P.P. Canon Sean Kitt. His family was present on the opening day. The newly beautifully redecorated house will now provide a safe, secure home for five people.



Pictured at the official opening of Village House are L-R Barbara Davis, Secretary to the Board MHI – Hon Secretary, Dublin Housing MHA, Mr Eric Byrne, Mr Brian Howard, CEO Mental Health Ireland, Eibhlin Byrne, Lord Mayor of Dublin, Mr Brendan Madden, Chairman, Crumlin MHA and Vice Chairman, Dublin Housing MHA and Mr John Whelan, Chairman, Dublin Housing MHA.

MIDLANDS

Counties: Laois, Longford, Offaly, Westmeath
Development Officer: Finola Colgan
No. of Local MHAs: 8

Athlone MHA, Westmeath	Portarlington MHA, Laois
Birr MHA, Offaly	Portlaoise MHA, Laois
Longford MHA, Longford	Rathdowney MHA, Laois
North Midland MHA, Westmeath	Tullamore MHA, Offaly

ATHLONE MHA organised an information and awareness day at Athlone Institute of Technology. This was in partnership with the support of the Institute's health promotion officer. A mental health awareness presentation was delivered by Finola through the students' union T.V. screen monitors spread throughout the canteen and student union areas. There was also an information exhibition area of MHI leaflets.

- **"Mental Health let's talk about it".** The Association jointly with Athlone MHA organised a series of monthly lectures on mental health topics. Dr. Lorcan Martin, Consultant Psychiatrist, was principal speaker at these events.
- Athlone Institute of Technology Students Union donated €1,000 to the MHA.

BIRR MHA along with the Irish Commission for Prisoners Overseas, and supported by Finola, welcomed a former local person who had served a prison sentence in Manchester. Lunch was provided for him and his immediate family. This was a very successful get-together which was aimed at supporting his re-integration with his family and community. Other activities included:

- A week long holiday in Kilkeel holiday cottage in Co. Clare for 16 service users.
- Organised parties including two 80th birthday parties for service users and their friends.
- Hosted sports and fun days for service users and staff at the Community Mental Health Centre.
- Outings, including Kilbeggan Races and purchase of an annual pass to Birr Castle & Grounds for use by service users (*this pass is available to other MHAs for day outings*).
- Birr received €3,000 from the People in Need Trust towards a computer project.

LONGFORD MHA hosted a public lecture on suicide awareness in Longford Arms Hotel. The guest speaker was from the HSE Suicide Resource Office.

- There is ongoing planning around developing a monthly **social club** for service users.

SUMMARY OF EVENTS IN 2008 BY REGION

- Presentations have been made to the community mental health team about the role of Longford MHA to explore possible opportunities to work together.
- A Christmas social and cabaret for service users was organised. The guest artist, Ray Lynam, kindly performed free of charge. In addition, local schools performed at the function.
- The Association also received €3,000 from the national lottery for a mental health book project and €2,000 sports grant from the VEC towards sports equipment and from the EBS €2,500 to be spent on reading materials for mental health.
- The book club in Kilbeggan library discussed mental health at their monthly session. A mental health information stand was displayed in the library. This included relevant information, such as, help lines and suggested reading materials. The information stand was also displayed in Castlepollard and Longford.

MULLINGAR MHA continued to support the homeless project – TEAM (Temporary Emergency Accommodation Mullingar). Other activities included:

- A social evening for volunteers and friends in the Community Parish Centre to thank them for their ongoing support throughout the year.
- Celebrated St. Loman's Day with service users, staff and family members. This was an ecumenical service. There is ongoing support for social and recreational activities for patients and service users in St. Loman's and the EALA Centre.
- Purchased annual pass for Belvedere House and Gardens for use by service users (this is available for use by other local MHAs).
- There was a monthly bus service for users to take part in Turas (National Learning Network training programme in Athlone).
- Received funding of €1,000 from Mullingar Credit Union and €1,000 from the National Lottery towards a mental health promotion project.

PORTARLINGTON MHA provided support to the local suicide initiative – TEENLINE with fund-raising and publicity.

- Attended and supported social functions supported by Portlaoise MHA.
- Organised social functions for patients in St. Fintan's and Shane Hospitals, Portlaoise.

PORTLAOISE MHA organised a Midlands Radio 3 Live broadcast with programme presenter Ricey Scully. The show primarily highlighted the work of local MHAs in Laois and Offaly and involved representatives of Portlaoise, Birr, Portarlington and Rathdowney being interviewed about their work and community focus. Some service users also performed during the broadcast.

- The cemetery project at St. Vincent's Hospital and Portlaoise Town Cemetery is an ongoing initiative developed to honour past patients of the hospital.
- There were Christmas socials for patients in the rehab wards in St. Vincent's Hospital and community residents.
- The friendly People's Club is held monthly on Saturdays for service users and is sponsored by the MHA. It is an activity based club with a number of trips throughout the year.

RATHDOWNEY MHA hosted a Primary Minds Art Project titled 'Recycle, Reduce and Re-use'. Over 350 pupils took part from the local schools. This project is now in its 10th year and got excellent local media coverage.

- There was great support for Rathdowney MHA at the Dublin City Marathon. €1,200 was raised. This was followed with a social evening in Erkina House.
- A holiday to Ballybunion and a variety of day trips were organised for service users.
- The garden project continues to be supported by the Association.

SUMMARY OF EVENTS IN 2008 BY REGION

TULLAMORE MHA received publicity and fund-raising from Catherine Bracken and her son, Kevin, who climbed Kilimanjaro mountain at the end of July. A specially designed certificate of thanks was presented to Catherine on World Mental Health Day. The project which was titled 'Aiming high for Tullamore MHA' raised €3,500.

- The monthly social club for service users continues with a variety of activities.
- A music centre, cds and craft materials were purchased for Bury Quay Community Health Centre.
- There is ongoing support for the sensory garden project at Birchwood House. This includes maintenance and upgrading of the garden project.



Pictured back row L to R: Ms Margaret Lowery, Secretary, Mr Michael Lowery, P.R.O., Ms Laura Geraghty, Chairperson, Mr Kevin Bracken, Ms Catherine Bracken. Front: Ms Betsie Byrne, Treasurer, Ms Finola Colgan, MHI Development Officer – Midlands.

MID-WESTERN

Counties: Clare, Tipperary North

Development Officer: Anne Buckley

No. of Local MHAs: 7

Ennis MHA, Clare

Nenagh & District MHA, Tipperary N.

North Clare MHA, Clare

Roscrea MHA, Tipperary N.

Shannon MHA, Clare

Thurles MHA, Tipperary N

West Clare MHA, Clare

ENNIS MHA serves an urban population of approx. 20,000. This year the D I Z Club which provides support to young people in recovery by running activities has been very active. There was an emphasis on outdoor activities such as 5-a-side soccer, squash and field trips. The club is actively involved in recruiting new members through associations such as the Sarah Finn Centre, Ennis Youth Service and the HSE.

- The Association provides ongoing support to service users in sheltered and long term accommodation.
- It also supports public awareness of positive mental health through the activities of mental health week. The Association had a media campaign running in the local press throughout the week to support its activities and World Mental Health Day.
- Plans to form a housing association to provide suitable housing for people with mental health difficulties were realised at the end of 2007. The Association has been established to support the housing needs of clients in Co. Clare.

NENAGH & DISTRICT MHA officially opened Áras Folláin peer support project in November 2008. The centre aims to empower persons in their physical, emotional and mental development through generating an open, non-judgmental environment. The centre aspires to facilitate both individuals and groups in the respective challenges to develop peer support, social skills, personal development, self-recovery and well-being in their daily lives. This reduces social isolation and promotes independence, reducing dependence on mental health services and allowing for increased control over their own lives. Further details on the wide range of activities in Áras

SUMMARY OF EVENTS IN 2008 BY REGION

Folláin, such as, family support, women's support, young mother's support, Cook-it programmes, 'Phrenz' groups and the W.R.A.P. group are available from Anne Buckley.

- Nenagh MHA social club provides support to young people in recovery continued with a wide range of activities and social events.
- They also provided ongoing support to service users in sheltered and long term accommodation.

NORTH CLARE MHA covers a large rural population where many clients are living alone and are at risk of social isolation. Many of the Association's activities are aimed at encouraging integration.

- The social club for people with mental health difficulties meets every weekend to go out and enjoy social events, such as, swimming, cinema, shopping etc.
- The garden project for people in medium support accommodation has been running successfully for over two years and continues to give people an opportunity to develop new skills and relaxation techniques. The essay project for primary schools continued to be very popular. The theme in 2008 was *Promoting Positive Mental Health*.



Aras Folláin members with family and friends.

ROSCREA MHA aims to improve and establish programmes which will enhance the emotional health of adults living in the community. Projects and activities include:

- **Time on Your Hands Programme** which continues to provide a variety of programmes including wood carving, photography and art. The availability of a participant tutor has encouraged the cohesion of the group in a very positive way.
- Other educational and personal development programmes are run in partnership with CDP in Roscrea 2000.

SHANNON MHA this year commenced its **befriending project** in partnership with the HSE through the Shannon Day Care Centre. The Association provided training for volunteers during the Summer and nine pairs have now been established.

- The **Shannon Social Club** supports people in recovery. It meets weekly and enjoys trips to the cinema, theatre, bowling and other social activities.
- The club also supports people in high and medium support care by arranging outings, christenings and birthday celebrations and by providing patient comforts as required.

THURLES MHA continued to promote positive mental health and assist participants in socialisation and integration through its various activities in the **Faite Club**. Activities included music, art and personal development classes. The club also takes part in local, social and cultural events.

- A **wood carving project** has been established in partnership with the day centre in St. Mary's Health Centre. The Association continues to provide assistance to patients in both the day hospital and day centre by providing essential and other patient comforts.
- The annual Christmas party and day trips are ongoing activities which the MHA continues to support.

SUMMARY OF EVENTS IN 2008 BY REGION

WEST CLARE MHA runs a social club called West Clare Young People's Club for people who experience mental health difficulties. It continues to support participants through social activities, self-care and personal development programmes.

- This year the MHA also ran a successful gardening project and restoration of a glass house in partnership with Kilrush Day Hospital.
- Organised a mental health awareness programme in partnership with the local GAA. The Association provides sports-wear with key messages and the Development Officer runs mental health awareness programmes.
- The Association continues to provide assistance to both the day hospital and day centre.

MID-WESTERN

Counties: Limerick City & County

Development Officer: Margaret O'Brien

No. of Local MHAs: 5

Kilmallock & District MHA

Raheen & District MHA

Limerick MHA

West Limerick MHA

North Liberties MHA

KILMALLOCK & DISTRICT MHA has much of its programme planned around Ivy Gate day centre in Kilmallock. Art classes are organised in conjunction with the VEC. Other activities include:

- Outings and social trips with Easter and Christmas parties.
- There is strong interest in health promotion, holding public lectures and organisation of the Public Speaking Project. There is also a back to education initiative taking place.
- The extension to Ivy Gate day centre began in March 2007 and is now completed.

LIMERICK MHA bases its work on the south side of the city. Its programmes attract people from all over the county and countrywide. The Association has varied projects. The Le Cheile social club drop-in centre has been in operation since May 2003. This year a new project manager, youth worker and co-coordinator were appointed. There also was an update in policies and procedures which were put in place. Le Cheile aims to provide friendship and opportunity to help people develop their talents and coping skills. Other projects Limerick MHA is involved in include:

- No. 3 Sexton Street is the dedicated building purchased for Le Cheile and also is headquarters of Limerick MHA.
- Mental Health Week – the theme this week was 'pay it forward'. It focused on experiential workshops and interactive seminars. There were many exciting events from the Haka to the Love Parade. These received extensive coverage by local media. Approximately 30,000 people participated in the Limerick events. All events were free of charge and speakers including George Hook gave their time for free.
- Support of social inclusion programmes in Unit 5B. The funding received from Section 39 grant aid continued to support activities and facilities for patients.

NORTH LIBERTIES MHA is located in the Northside of the city. The group's primary focus is to provide befriending and social activities to the residents of the high and medium support hostels and users of Belfield Day Centre, New Strand House and Inis Gile. Activities include:

- Providing dancing, music, singing for all service users and residents. These worthwhile occasions are hugely enjoyed by all involved.

SUMMARY OF EVENTS IN 2008 BY REGION

- An important element of their programme is the “birthday trail” where every birthday is acknowledged in some way. Regular outings are also organised for groups with volunteers using their own cars for transport.

RAHEEN & DISTRICT MHA is a small Association of 4 members who actively support and encourage the integration of the residents of the Ivernia high support hostel. Activities include:

- Running of an occupational activity centre for the clients to include attendance at monthly senior citizens dance, art classes and social integration activities.
- The MHA also supervises holidays to Ballybunion every year.
- A public seminar was held in October entitled the art of relating: using attachment and detachment to promote our mental health.
- There was also a stress management workshop held during the year.

WEST LIMERICK MHA's activities include organisation of flower arranging and cookery classes in Churchtown day hospital. This year they also provided:

- Day trips and parties for users of the service and organisation of annual holidays to Ballybunion for clients.
- The Association received lottery funding for the proposed development of an activity area in Churchtown day hospital. However, the Association awaits sanction for the development. This group is particularly interested in mental health promotion.
- They are also involved in back to education initiatives which allow people to return to education.

NORTH EASTERN

Counties:	Cavan, Louth, Meath, Monaghan
Development Officer:	Michael McGinn
Asst. Development Officer:	Sean McKiernan
No. of Local MHAs:	12

Bailieborough MHA, Cavan	Drogheda MHA, Louth
Ballybay MHA, Monaghan	Dundalk MHA, Louth
Carrickmacross MHA, Monaghan	Kells MHA, Meath
Castleblaney MHA, Monaghan	Monaghan MHA, Monaghan
Cavan MHA, Cavan	Navan, Meath
Cootehill MHA, Cavan	South Meath, Meath

BAILIEBOROUGH MHA ran an essay competition for Primary School students in East Cavan. This is to encourage more schools and students to participate in mental health awareness. Brian Howard, MHI CEO, local TD's, councillors and the wider community attended the large prize-giving event. Bailieborough MHA also:

- Organised one-week holiday for clients to ensure they got enjoyable Summer holiday.
- Engaged with young people and suicide prevention.
- The MHA is involved in setting up a drop-in centre and local supports for young people in conjunction with Cavan Drug Awareness. Clare O'Reilly, MHA volunteer is supporting the DO's in getting local community involved in SAFETALK and ASIST training.
- The local MHA is very supportive in all aspects of mental health work and also provides financial support where necessary.

SUMMARY OF EVENTS IN 2008 BY REGION

BALLYBAY MHA's social club continued to meet in St. Joseph's and there is hope to develop this further in 2009. Light refreshments, music and dancing are provided and the important listening ear will make everyone feel welcome and valued. Ballybay also:

- Provided financial aid to support the youth club in Ballybay. This is very important as it continues to engage young people in different activities and pursuits.
- They also funded a soccer competition and the MHA provided trophies and medals for all participants. This highlights the importance of recognising exercise and sport in maintaining good mental health.
- Ran a series of lectures to promote positive mental health in the community.
- Organised an essay and poetry competition aimed at Primary Schools.
- Provided befriending activities; volunteers visited clients in a local mental health unit now situated in Castleblaney, as well as the local unit for the elderly.

CARRICKMACROSS MHA became involved in and funded arts and craft classes for clients who were then presented with certificates at a social evening. They also continued their excellent befriending work in the local mental health unit in Castleblaney and the nursing home.

- Education formed a large part of the MHAs work this year with public information talks, a primary school essay project and public information presentations on positive mental health and mental issues.
- This year members of the MHA helped to organise activities in the youth club in the town centre, thus, actively promoting all aspects of positive health in young people's lives.
- The MHA also organised Christmas and Easter parties, engaged in fund-raising and held regular meetings throughout the year.

CASTLEBLANEY MHA donated a bus to Castleblaney mental health unit after nearly 4 years of major fund-raising. The bus is to be used for client support, day trips, social events and holidays. The MHA also:

- Continued its befriending work in the local Monaghan hostel and St. Mary's Hospital.
- Held monthly parties open to all clients, senior citizens and members of the community. In addition, they held coffee mornings on a weekly basis for hostel clients and members of the community.
- Made presentations to all Transition Year students in schools in Castleblaney, thus increasing awareness of positive mental health and mental health issues.
- Hosted a head-shave, a coffee morning and fun charity night in aid of World Mental Health Day.

CAVAN MHA has no formal committee structure. Volunteers prefer to liaise with the Development Officer and Assistant Development Officer on individual projects. This year County Cavan Health & Social Care Forum's 2008 project was an exciting activity-packed mental health week. This comprised of 10 days of events centred around World Mental Health Day. Cavan MHA also:

- Ran numerous talks for local ICA Guilds and liaised with other local groups.
- Distributed MHI literature locally on a regular basis in key locations.
- Provided strong input into Cavan County Health & Social Care Forum.

COOTEHILL MHA organised many social events and parties particularly the Christmas and Summer tea party. There was also a summer outing to Bettystown with a meal.

- Their befriending service continued with visits to clients in Cavan and Monaghan.
- Mental health literature was distributed throughout public places and surgeries.
- They held monthly meetings and fund-raising initiatives included lottery funding and coffee mornings.

SUMMARY OF EVENTS IN 2008 BY REGION

DROGHEDA MHA recently conducted research into the local travelling community regarding access to local mental health services. As a result of this, a Community Psychiatric Nurse is now helping with visits to the travelling community. Drogheda MHA also:

- Ran their monthly social club and held regular meetings with all members to discuss matters of concern.
- Undertook an essay project for primary schools.
- Held public information evenings for voluntary and statutory organisations. This dissemination of information proved very helpful in educating others on mental health.
- Volunteers worked very hard on the Public Speaking Project and there was an essay project run for primary school students.
- Befriending by volunteers to local community residences continued.

DUNDALK MHA ran their essay project in local primary schools throughout the area. Other work undertaken by Dundalk MHA included:

- Continuing their client service involvement group which meets bi-monthly to discuss issues of importance.
- Volunteers continue to participate in Dundalk community partnership programmes. There was a Summer tour to the seaside resort of Bettystown and befriending continued in the local mental health units.
- Bingo was held in local hostels fortnightly and there were monthly meetings for all members.
- A great contribution was made towards World Mental Health Day with the Setanta Choir and a fun day with face painting and balloons for youngsters.



Michael McGinn, Development Officer, receiving a cheque from the students in Dundalk Institute of Technology.

KELLS MHA is involved with the local Citizens Information Centre and has set up a youth club called the No Name Club. A member of Kells MHA is also actively involved in the committee of the new resource centre in Kells. The centre welcomes all in the community and it is hoped that Kells MHA will continue to play an active role in providing mental health awareness programmes through the resource centre to the community. There were also

- Yoga, swimming, tennis and pool table competitions funded by the MHA.
- A public lecture series was hosted with themes including positive mental health, addictions, depression and relaxation tips.
- Parties at Christmas and summer time were organised and coffee mornings were held in the mental health unit in Kells.

MONAGHAN MHA hosted an art project for second level students in the Cavan/Monaghan area, the theme of which is around mental health. Over 300 exhibits from the arts projects were shown in Monaghan credit union and local shopping centre for six weeks. This helped to educate the general public in greater understanding of mental health issues. Monaghan MHA also:

- Funded the drop-in centre, Solas. This centre enables clients to get assistance, if required, but also to relax and feel part of the larger community. Clients are part of the working and planning committee of Solas. This centre has received recognition by Mental Health Europe as a model in Best Practice in Social Inclusion.
- A Summer holiday to Bundoran was also funded along with party and social events for clients and the community with a large Christmas party.

SUMMARY OF EVENTS IN 2008 BY REGION

- Education is an important part of the MHA's work and there was regular distribution of mental health literature in a number of places.
- Financial assistance for clients was offered, particularly upon discharge from hospital.
- There were donations to the Albanian mental health services. Chairperson of Monaghan MHA, Ms. Margaret Fleming, Director of Nursing, is a regular visitor to Albania offering advice and expertise.

NAVAN MHA was awarded a national Pride of Place Award in 2008. This award will inspire Navan MHA volunteers to continue their work of social inclusion in Navan and the surrounding areas. Navan MHA is worthy of this fantastic award and we congratulate them on receiving it. This year Navan MHA:

- Continued its twice weekly social club which is open to all of the community. Its range of activities and facilities are constantly being added to. Numbers regularly are 65 on a Tuesday night and 2 buses are available to transport clients.
- The MHA owns and runs small housing developments for 6 clients. These clients are well supported by volunteers.
- There was a variety concert for World Mental health Day with over 150 in attendance. 4 choirs, dancers, singers and comedians contributed to a great night. Fundraising is always creative in Navan MHA. An example of some endeavours this year include race day at Navan Race Course, a High Nelly cycle rally, golf classic, mini marathon, fashion show and social nights.

SOUTH MEATH MHA ran a mental health awareness programme in local schools in conjunction with Mental Health Matters, the MHI education programme on mental health for second level schools. There were up to six sessions hosted teaching second level students about the importance of positive mental health. There was also an essay project run for 5th & 6th classes. The MHA also

- Presented a series of lectures on important mental health topics, such as, stress and anxiety, etc.
- Produced their own information leaflet about South Meath MHA to inform the public of the MHA and encourage new volunteers.
- Continued its fortnightly befriending service and took clients on shopping trips, etc.
- Fundraised included a cake sale, mini-marathon and sponsored walk with Dunsany Walkers. Monies raised go to help client comforts in Tara Suite.

NORTH WESTERN

Counties: Donegal
Development Officer: Susanna Friel
No. of Local MHAs: 10

Ballyshannon & District MHA	Donegal Town MHA
Buncrana & District MHA	Dungloe MHA
Carrick MHA	Killybegs MHA
Clonmany MHA	Letterkenny MHA
Cloughaneely MHA	Moville MHA

BALLYSHANNON & DISTRICT MHA is a new Association which has grown to 11 members this year. A committee was set up in early 2008 and the Development Officer worked with the group to obtain funding from the Community Foundation of Ireland for a programme of activities.

SUMMARY OF EVENTS IN 2008 BY REGION

- A programme of outings took place over the Summer months. Volunteers helped with outings and where possible services of a guide were used so that visits would be as educational and as fun as possible.
- A Christmas tea party was held for members.

BUNCRANA MHA (Gti Club) – The Get Together Club continued to support the staff of the local work link programme. The group have organised a series of meetings, outings and events for members.

- They also organised social events to facilitate inclusion of members. Club meetings take place once a month and every second meeting is a social night out.
- A highlight of the year is the annual shopping trip to Dublin before Christmas. This year the group flew to Dublin. For some of the members it was their first time in an aeroplane.
- As a result of the regular get-togethers the group have become very close and good friendships have been formed. With the nights out being held in a relaxed environment, members get a chance to chat with each other about everyday things and take part in social events that are commonly taken for granted by anyone who has never experienced mental health difficulties.

CARRICK MHA run sheltered accommodation for 10 older people. They also run a day centre for older people, mental health care users and wheelchair users Monday – Friday. Carrick MHA is currently reviewing their staff responsibilities and restructuring the management of the centre.

CLONMANY MHA runs a day centre and accommodation for mental health service users and older people. This is managed by a voluntary committee, 4 staff and 2 activity therapists. The MHA also provides sheltered accommodation for 20 older people and high care level housing with support for 10 older people.

- Members have particularly supported the new Buncrana & District MHA in its funding via church gate collections.
- Members have attended regional and national seminars and conferences.

CLOUGHANEELY MHA made contact with the local mental health project, SOLAS, which has been set up in Falcarragh. Members of both organisations held meetings to introduce themselves and explain their aims and purpose in the hope of working together for mutual benefit. This resulted in a very successful World Mental Health Day held jointly to celebrate working towards better mental health and to heighten awareness of issues. Events included a coffee morning at the day centre in Falcarragh, radio interviews, attendance of local politicians and a celebratory lunch with a music session by local traditional musicians.

- The MHA also supports clients using the psychiatric day centre at Falcarragh, visiting the centre and providing entertainment. There are regular Tuesday visits.
- The group provides regular social events in local hotels with music and food etc. and it helps the day centre organise days out for clients.

DONEGAL TOWN MHA formed a new committee in 2008. Progress has been slow but plans are underway to increase membership in 2009.

- A church gate collection was made and funds donated towards activities for Rowanfield House, Donegal Town and a Christmas party.

DUNGLOE MHA increased its membership to 12 this year; many of whom have been participants in the Dungloe Worklink Programme. This link has been vital to the group's regular outings. A committee structure was set up and efforts made to attract more involvement by volunteers. This is a constant challenge and new volunteers will be needed to maintain motivation and continue the group's success. Other work of the MHA included:

SUMMARY OF EVENTS IN 2008 BY REGION

- Involvement in many social activities, outings and parties.
- Support for clients from Dungloe Psychiatric Day Centre.
- Involvement in local school projects.

KILLYBEGS MHA continued to expand in 2008 and is supported by the staff of the National Learning Network - Túrás. The Development Officer helped acquire funding this year for a gardening group known as 'The Garden Gnomes'. Training was received from the organic centre in Leitrim and the group grew vegetables and received cookery training in how to use the produce that was grown. The project was a huge success.

- The MHA held a day of events in Donegal Town for World Mental Health Day which included the launch of a booklet of recipes from The Garden Gnomes group.
- Coffee mornings have been held to attract new members and supporters.

LETTERKENNY MHA (Cara House) this has been an exceptionally busy year for Cara House having been accepted on the Family Resource Centre programme and becoming a Limited Company in the process. It has been of major importance for the group to see that the prioritisation of mental health issues does not get lost in the new structures. A Board of Directors was set up to include a number of those already working voluntarily within Cara House MHA. Amongst their activities were:

- Members undertook regular training in their roles and responsibilities, staff recruitment, employment and volunteering opportunities etc. and put together a 3 year strategic plan for the centre.
- The co-ordinator's position was secured by the MHA Chairperson who continues to manage excellently devoting much of her own time in excess of her post duties. Services continued to be available, e.g. transport, launderette, office services, computer access and book exchange.
- The group has been involved in the Family Action Letterkenny Partnership, a HSE initiative looking at the wellbeing of families in Letterkenny.
- Services for mental health service users continue to be provided at Cara House including a drop-in centre and a wide range of other activities.

MOVILLE MHA (Serenity House) was involved in the opening of the new sheltered accommodation in the old Convent Housing Association development in Moville and ensuring that recommended clients were settling in. Other activities included:

- Running a public information session on eating disorders
- Breakfast at Serenity House on Thursdays followed by Arts and Crafts tuition for clients.
- Running socials at Christmas and in early summer
- Continuing support to the drop-in centre at Serenity House where ceramic classes and basic computer classes were provided for Carndonagh SRU clients.



Participants in the Serenity House arts and crafts classes, Front L- R Mary B McGonigle, Eileen Doherty, Honour King, Terry Wallace and Siobhan Mc Laughlin. Standing from Left Mary Doherty, Tutor, Sarah McDaid, staff nurse, Kathleen Mc Laughlin, Kathleen Grant, Bill McClure, Eamon Sweeney, Asst Director of Nursing for Mental Health Services in Inishowen and Louise McMEnamin, student nurse.

SUMMARY OF EVENTS IN 2008 BY REGION

NORTH WESTERN

Counties:	Leitrim, Sligo
Development Officer:	Geraldine Jolley
No. of Local MHAs:	6
Ballinamore MHA, Leitrim	Easkey MHA, Sligo
Ballymote MHA, Sligo	Sligo MHA, Sligo
Breffi MHA, Leitrim	Tubbercurry MHA, Sligo

BALLINAMORE MHA's housing project has been a considerable time in the planning phase and has had a number of setbacks but is now firmly on the agenda. Adjustments have been made to the original plan. Supporting letters have been forwarded to the planners to confirm the development is necessary to help people who are vulnerable to live independently in the community with regular practical and emotional support from carers and volunteers. The Association's activities also included:

- Providing information to schools on mental health issues throughout the year.
- Providing financial assistance to clients for social events and Christmas gifts etc. from church gate collections.

BALLYMOTE MHA is a well established Association with good connections with HSE mental health service staff and with service users in the area. Volunteers continue to provide ongoing support to people with enduring mental health problems who moved from St. Columbus Hospital many years ago. Some of their work included:

- Financial assistance for people with mental health problems living locally in group homes.
- Support of service users on art programmes
- Social support to service users in the Ballymote area. This includes visits to group homes and day care services and providing practical help with the organisation of social events and significant occasions.

BREFFNI MHA recruited 3 new volunteers this year. It continued its health promotion activity to people living in the local area informing them of the role of Mental Health Ireland and other organisations and self-help groups. Some of its other work included:

- Support to the Saol Núa social group for service users.
- Continued information and training in local secondary schools throughout County Leitrim.
- Providing social care for older people in the Drums region and social activities for service users throughout County Leitrim.

EASKEY MHA funded the construction of a multi-purpose activity room adjacent to their housing project. This provides improved scope for activities during the day and evening and enhances the current provision on site. There is a close working relationship between the HSE mental health service staff and volunteers from the MHA. Some of the services they provide include:

- The social housing project for people with mental health problems.
- Volunteers plus 2 social scheme workers continued to support the gardening project for residents.
- Financial assistance for people with mental health problems in the Easkey area.
- Activities with HSE day care clients are supported by volunteers daily.

SLIGO MHA's social housing project, Ard Na Greine in Sligo Town, supported by volunteers, provides assistance to 12 people with mental health problems, as required, depending on the individual need of the clients. The MHA's other activities included:

SUMMARY OF EVENTS IN 2008 BY REGION

- Involvement in Sligo Person of the Year. This initiative is a celebration of community voluntary activity and was a huge success.
- Provision of financial assistance to specific projects and individuals with mental health problems.
- Support for the provision of a holiday for the residents of the housing project, Ard Na Greine and other service users in the area.
- **Beo Befriending Project**, this project became more focused and funding from MHA was allocated to support transport costs for service users and volunteers. The activities are co-ordinated by the volunteers and service users and the project is regarded very highly.
- **Young People-Foroige Crib Project, Sligo Town** – In 2007, Sligo MHA supported the Crib to set up a computer café by providing funding of €8,000 to install the desks and wiring needed for the project. This has proved a very popular setting for young people and is highly valued and well attended.
- Hosting information days to mark particular events, e.g. World Mental Health Day and worked in partnership with groups from the Better Mental Health for All Working Partnership, e.g. Samaritans and Living Links. Mr. John McGetrick who is Treasurer of Sligo MHA is the current Chair of MHI.

TUBBERCURRY MHA has a support group called “All Ears” which hopes to expand the work of the group and assist the Development Officer in setting up a consumer group for Sligo. One of the founder members is now regularly employed by the Family Resource Centre and is available to work on this initiative. “All Ears” also provided:

- A support service in the Tubbercurry Family Resource Centre on a weekly basis throughout the year for service users with enduring mental health problems.

SOUTH EASTERN

Counties:

Carlow, Kilkenny, South Tipperary, Waterford, West Waterford, Wexford

Development Officer:

Joan Power

No. of Local MHAs:

6

Kilkenny MHA, Kilkenny

Waterford MHA, Waterford

South Tipperary MHA, Tipperary

West Waterford, Waterford

West Tipperary MHA/Tipperary Town MHA

Wexford MHA, Wexford

KILKENNY MHA support the purpose-built unit for people who are intellectually disabled on the grounds of Kilcreene Hospital, called Caoimh Núa.

- Kilkenny MHA also ran fund-raising events for the support of service users.
- They supported the Public Speaking Project and ran the preliminary rounds and county final.
- Supported World Mental Health Day by making information available throughout the new communications service based in St. Candice’s Hospital.

SOUTH TIPPERARY MHA runs a one-to-one befriending service with 10 volunteers. Volunteer training is upgraded on a regular basis with programmes, such as, ASIST, self-harm, assertiveness training, stress management and self-care. Other work of South Tipperary MHA includes:

- Cluain Training & Enterprise Centre, Clonmel. This is a training centre for young people with mental health difficulties, currently catering for 62 students.
- Training programmes include I.T., pottery, literacy, advocacy, interview skills and social befriending.
- Students spend at least 2 years in Cluain, following which they seek employment.

SUMMARY OF EVENTS IN 2008 BY REGION

WEST TIPPERARY MHA/TIPPERARY TOWN is a new MHA which is still in planning phase but thankfully has the involvement of a group of very motivated people. Currently they are organising fund-raisers to assist with their planned activities. They have secured a FÁS place for a co-ordinator for their befriending service. This will guarantee wages for a worker for 3 years. The co-ordinator is presently recruiting and training volunteers.

WATERFORD MHA has been really active over the last year. Their social befriending activities have grown in 2 years from 5 to 32 people. Due to the increase in numbers the service has moved to City Library as they outgrew the Citizens Information Centre. The main objectives of the service is to promote social inclusion of service users, independence and opportunities to develop in terms of self-esteem, confidence, new social skills, friendships and peer support. All members of Waterford Befriending have registered as members of the National Service Users Executive with the Mental Health Commission. Other projects Waterford MHA has been engaged in include:

- Creative fund-raising, e.g. a “wax-off” and an event titled “80 Days around The World” in the gym in the Tower Hotel.
- They were very involved in World Mental Health Day and the Waterford Male Voice Choir sang in the city square.
- Comfort Project WMHA – this supports people with long term mental health difficulties in the mental health system. This year the Comfort Project received €4,200 from funds raised by the MHA. The funds were put towards ensuring service users had a happy Christmas, parties, outings and presents.

WEST WATERFORD MHA provides a Christmas dinner for clients of the day care centre in Dungarvan. The Lions Club provides financial support for this worthy cause.

The Gay & Lesbian Rights Movement has developed in the South East a health promotion initiative which includes mental health promotion. This is held in Garter Lane Theatre in Waterford. The Development Officer represents Mental Health Ireland on these occasions and hosts workshops and talks that are both informative and interactive. Management of The Gay & Lesbian Rights Movement have requested that they become associate members of the Mental Health Alliance in the South East and this request has been accepted. As part of the health promotion project an information leaflet is being designed which will be delivered in the South East area. Both Waterford and Wexford MHAs have been very supportive in this new initiative.

WEXFORD MHA had many choral groups involved in World Mental Health Day as well as other events. These included information and radio broadcasts about mental health, putting up posters, hosting coffee mornings and talks. Wexford MHA also:

- Promoted the Public Speaking project in the county and were actively involved in running the initial rounds and the county final.
- Raised funds for the support of service users
- Were involved in social housing for people with mental health difficulties.



L to r: Mr Martin Quinn, Mr John Lonergan, Governor of Mountjoy Prison, Ms Joan Power, Development Officer South Eastern Region, Dr Allen Moore, Mental Health Services, Kathleen Dalton, project coordinator and Ms Anne Costigan, Coordinator South Tipperary befriending service.

SUMMARY OF EVENTS IN 2008 BY REGION

SOUTHERN

Counties: Kerry
Development Officer: Dan O'Connor
No. of Local MHAs: Kerry MHA + 9 branches

Kerry MHA	Killarney MHA
Castleisland MHA	Killorglin MHA
East Kerry MHA	Listowel MHA
Iveragh MHA	Tralee MHA
Kenmare MHA	West Kerry MHA

KERRY MHA in the past 12 months has been very active in pursuing its aims and objectives throughout the county. This is done with the assistance of local branches and the development officer in response to various needs that are identified at local level. The activities of Kerry MHA are covered under the headings of two key objectives: (a) supporting people with mental health disability, their families and carers, by identifying their needs and advocating for their rights and (b) promoting positive mental health.

Support - KMHA provides support in a variety of ways through a broad range of activities. Some of these activities are ongoing from year to year and others are in response to new needs identified or requests submitted.

- This year Kerry MHA's **social housing** support progressed with the commencement of a 15 unit housing facility in Killarney. When completed in 2009 KMHA will have 61 units of accommodation in 7 facilities throughout Kerry.
- **Transport** – Rathmore & District Branch purchased a new people carrier for the Teach Mhúire Day Centre, Rathmore. This is being used for social, recreational and rehabilitative activities at the centre.
- Over the last 40 years the Association has provided **sheltered activity** at Ross Products sheltered workshop where there are currently 26 clients attending. The past 12 months have been particularly challenging for management because of the downturn in business due to economic influences. However, due to the excellent management, both at Board level and on site, Ross Products continues to provide meaningful and productive activity for those attending.
- Teentext – the support line for young people in Kerry has continued to be assisted by Kerry MHA. The service now in its fourth year has recorded almost 28,500 texts to date and costs approx. €19,000 p.a. to provide. During the past year the Association made a renewed effort in promoting the service by distributing laminated posters advertising the service in all nightclubs throughout Kerry. Mental Health Ireland have been continuing to look at the possibility of taking over the service and extending it nationally but to date have not been successful in negotiating a reasonable cost with the ISPC.
- Other supportive activities funded by the KMHA included weekend breaks, holidays for carers and service users, social activities such as day trips, shopping trips, football matches, days out etc. and befriending activities. There was also a trip to Lourdes and clients participated in the St. Patrick's Day parade. Through the 9 local branches, funding was provided for a wide range of occupation, rehabilitation and recreational activities as well as health and wellbeing programmes at the various day facilities throughout Kerry. The nine branches have continued to advocate on behalf of service users and their families in relation to various issues.

Promoting Positive Mental Health

Positive mental health is promoted by KMHA in a variety of ways. These include the KMHA website and newsletter, talks to students throughout the county as well as to lone parent groups,

SUMMARY OF EVENTS IN 2008 BY REGION

parent associations, various support groups, care groups, VTOS and PLC groups, members of ACCORD and attendees at the National Learning Network. Other positive mental health activities include:

- National Public Speaking Project – 10 schools from the Kerry region participated this year.
- Kerry Jigsaw Project
- Kerry Community Mental Health Alliance
- North and East Kerry Development Company
- Developing a stress management programme for Mental Health Ireland
- KMHA is also in the process of developing a mental health promotion hoarding for display at GAA matches at county level. This is being done with the support from students at the Christian Bros. Secondary School in Tralee.
- Plans are underway to develop a rural befriending project in conjunction with other organisations. This project will build on research carried out and work already done by the South Kerry Development Partnership among rural isolated men.
- For the second year in succession, KMHA hosted the MHI annual conference in Killarney in 2008. Congratulations to all in KMHA who were involved in the organising of the conference at local level.



Members of Kenmare MHA enjoying the Choral Events on World Mental Health Day

WESTERN

Counties:

Development Officer:

No. of Local MHAs:

Galway City & County

Nicola Morley

8

Ballinasloe MHA

Clifden MHA

Galway MHA

Gort MHA

Loughrea MHA

Mountbellew MHA

Portumna & District MHA

Tuam & District MHA

BALLINASLOE MHA had a very busy year which got off to a good start with Chairperson, Valerie Swanwick, being awarded a Galway Rehab Person of the Year Award. Valerie was nominated by the MHA for the award for her dedication to the mental health services in Ballinasloe which spans over 40 years. Also this year;

- The MHA took part in the Volunteer Fair in Ballinasloe to raise awareness and network with other groups in the area.
- The Twinning Project with the Chalonnes-Sur-Loire group continues to be successful and this year our group from Ballinasloe attended the 49th Annual Wine Testing festival.
- The MHA organised a public meeting titled 'Mental Health & Wellbeing'. Speakers included John Fitzmaurice from Jigsaw, Galway; Tony Bates from Headstrong and members of the youth panel from Jigsaw. Money was raised on the night in aid of Jigsaw, Galway. Aoife Colohan, a student from Ard Scoil Mhúire, Ballinasloe, who took part in the Public Speaking Project in 2007 delivered her speech to the audience.
- 20 service users from Ballinasloe and Mountbellew areas attended the Puck Fair by invitation from Killorglin MHA in Kerry.
- The MHA held an art exhibition and coffee morning. The art on display was by service users of the East Galway Mental Health Services and a number of pieces were .

SUMMARY OF EVENTS IN 2008 BY REGION

- Ballinasloe MHA teamed with Mountbellew MHA and the HSE to provide a joint Christmas party for service users in both areas. Approx. 70 service users attended the party. It was a very successful event.

CLIFDEN MHA continued to work in close partnership with the HSE and the Connemara Sheltered Housing Association which greatly benefits the welfare of all service users. The Association worked relentlessly through the year in the areas of fund-raising, mental health promotion and outings and events for service users. Some of its 2008 events included:

- Sponsored walks, street collections, coffee mornings, sponsored cycles and a parachute jump by Hugh Musgrave who is a volunteer of the MHA.
- 30 service users went on a trip to Knock Shrine.
- An outing to Castlebar was organised and a visit to the Kylemore Gardens.
- The MHA with the staff in the social housing project encourages family visits and interaction of service users with the local community. They are also involved in community education in schools as a way of breaking down barriers and stigma attached with mental health.

GALWAY MHA had a number of hurdles to overcome this year. 2008 started off on a low ebb with the passing of a long-standing member of the Association, Ms. Pat Ryan. During her years in Galway MHA she held the position of Chairperson, Secretary and Treasurer. Her commitment and dedication to the Association was tremendous and she will be sorely missed.

The Association now employs a full-time dedicated person to look after the administration of the social housing. Galway MHA continues to invest time and resources on the ongoing management and maintenance of these properties for service users.

- The Association decided that due to the rising cost of oil, they would provide a fill of oil for each of their houses.
- The volunteers continued monthly outings with service users to the cinema and McDonalds.
- They organised and funded a trip to Lourdes for 6 service users from Céim Eile.
- The Summer outings for service users went ahead again this year. These included day outings to Athlone and Craggenowen with funding donated from the MHA.
- The MHA got involved in creative fund-raising e.g. one of the volunteers opened her gardens to the public and had a plant sale.
- There were a number of applications to the MHA's comfort fund for financial assistance in provision of such items as clothing and footwear. A new comfort fund application form has been devised by the Development Officer and approved.

GORT and LOUGHREA MHA were dormant throughout 2008. However, with the assistance of the new Development Officer, Nicola, they have agreed to make efforts to become active in 2009 with the emphasis on recruiting new volunteers.

MOUNTBELLEW MHA organised clinical psychologist, Donna Donaghue, to deliver talks to schools in the Mountbellew area around the topics of positive mental health, bullying, alcohol and drugs to coincide with World Mental Health Day. In addition, Mountbellew MHA:

- Have a number of social houses and have been involved in renovations throughout the year.
- Provided financial assistance for hardship cases in the area.
- Provided funding for 4 service users to travel to Lourdes and for service users to attend the Puck Fair in Killorglin.
- Organised and funded 6 service users from the Mountbellew area to attend the leisure centre in Tuam and lunch afterwards throughout the year.
- Organised tutorials in the day care centre for service users which included art, music, literacy, beauty therapy, horticulture and flower arranging. A service user entered work in the local agricultural show and received a prize.

SUMMARY OF EVENTS IN 2008 BY REGION

PORTUMNA AND DISTRICT MHA activity in 2008 centred on the Public Speaking Project. The secretary of the Association contacted local schools and encouraged participation in the Project. They had considered disbanding, however, they met with the Development Officer and have decided to reform as a sub-group of the local health forum. This was decided as the best approach in order to maintain the Association and to continue the excellent work that had taken place by the volunteers in the area of mental health.

TUAM AND DISTRICT MHA sponsor a FÁS community employment scheme and in the past three years this merged with St. Vincent De Paul in Tuam. There are 32 participants on the scheme at present. A management team which meets monthly and manages the scheme must authorise any projects. Due to the recession there is a huge increase in the numbers applying to the CE scheme. During the year:

- Tuam and District Association also maintained its relationship with local psychiatric facilities. These included Toghamore House and the Tuam and Headford day care centres.
- Provided funding for trips to Knock, Dublin and the National Ploughing Championships.
- Gave practical support to those needing assistance in providing basic necessities, such as, clothing, food and fuel.
- Hospital visits were carried out and a craft course in the day care centre in Tuam was resourced to provide materials for activities.



L to R: Mr. John McGetrick, Chairman of the Board, MHI; Mr. John Fitzmaurice, Programme Manager, Jigsaw Galway; Dr. Tony Bates, CEO, Headstrong; Mr. Ted Tierney, Deputy CEO, MHI; Dr. Priya Prendergast, Local Health Manager, HSE West

WESTERN

Counties: Mayo, Roscommon
Development Officer: Mayo, Roscommon
No. of Local MHAs: 9

Ballaghaderreen MHA, Roscommon	Mayo MHA
Boyle MHA, Roscommon	Ballina MHA, Ballinrobe MHA,
Castlerea MHA, Roscommon	Ballintubber MHA, Westport MHA
Roscommon MHA, Roscommon	

BALLAGHADERREEN MHA is a new Association just founded in June 2007. The committee has a number of 12 consisting of community leaders, politicians and HSE workers and is set up within the Community Development Project of which the Development Officer is an active member. This year the MHA:

- Provided a **Living Links training programme** for the county and is in the process of setting up the **Living Links Support Project**.

BOYLE MHA worked with the Alliance Club, Roscommon in developing the ASIST suicide programme in the Boyle area. The MHA has a core group of 4 and the Development Officer recruited some employees of the HSE to support the sustainability of the local Association.

- Boyle MHA is currently working on a needs assessment survey targeting carers in partnership with the Carrick-on-Shannon MHA. The Development Officers have been meeting regarding the planning process and linking with a lecturer in Sligo IT regarding the possibility of a student supporting the survey as part of his/her thesis.

SUMMARY OF EVENTS IN 2008 BY REGION

CASTLEREA MHA is a vibrant Association that has a special interest in the promotion of mental health in young people. The Association has a strong interest in the Public Speaking Project and has worked alongside the Development Officer in sustaining the Project in the local secondary schools. Other work this year included

- A 10K sponsored walk in association with the Peacock Ramblers to highlight World Mental Health Day. Funds raised were spent on a public lecture and mental health initiative for young people attending the local community school.
- The MHA sponsored local students in 'boxercise' in the local gym and sponsored 50 students for a day in the local Willowbrook Activity Centre.
- This was a two-day event and the team undertook many team-building challenges. Photos of the event were featured in local papers and in Mensana News.

MAYO MHA has 5 active Associations, collectively known as Mayo MHA; Castlebar, Ballinrobe, Ballintubber, Ballina and Westport. The county MHA meets monthly and all local Associations are invited to attend. This year the Association, supported by the D.O, has been very busy with the development of a new headquarters centrally located in New Antrim St., Castlebar. The MHA moved its business interests there on World Mental Health Day 2008. This central house has been refurbished to a very high standard with up-to-date meeting rooms and technological equipment. The initiative is an outstanding achievement by the local volunteers. The building will also serve as the central location for information on mental health issues. Over the past number of months Mayo MHA has been very busy planning activities for the Headquarters. An administration person has been appointed on a part-time basis and will support the D.O. in planning activities. Other initiatives by MHA include:

- Owning 5 houses in Castlebar and is in the process of purchasing a single unit accommodation.
- The 5 group homes provide accommodation for 20 people with mental health difficulties.
- Houses have recently been purchased in Ballina, Westport and Ballinrobe
- Befriending schemes throughout the county and this year it organised and funded social events, trips to cinema in various local towns, provided financial support for holiday programmes and social outings
- Visited clients in day centres and in their own homes.
- Had a very busy year with fund-raising. Once again, this year's proceeds for the Hollybrook Tractor and Vintage rally went directly to Mayo MHA.

ROSCOMMON MHA developed its social housing project in partnership with HSE Western Region. There are 4 residents currently housed. The MHA and D.O. have consulted with the HSE regarding development of a housing project for Roscommon Town. It is expected the MHA will buy apartments in the town which will accommodate 6-8 homeless people with mental health difficulties. Other activities of Roscommon MHA this year include:

- Continued support and funding of Roscommon Befriending. Volunteers are involved in a peer support initiative which has been set up in collaboration with the Roscommon Partnership Company, mental health support groups and Roscommon Mental Health Association. The peer support initiative has three central aims,
 - (1) Peer Befriending - social and recreational based programmes at making and developing contact with individuals undergoing treatment in the local mental health facilities
 - (2) Recovery Groups - structured peer support groups which focus on a 'stepped' recovery programme for individuals who take part in the group.
 - (3) A drop-in centre with activities and recreational projects that will cater for many different groups which already have projects, such as, a charity shop, restaurant, internet access and performance venue.Roscommon MHA is part of the management team.

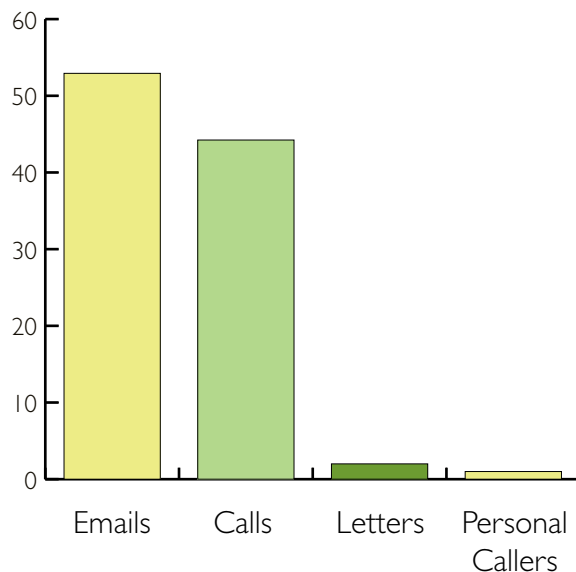
SUMMARY OF EVENTS IN 2008 BY REGION

- Roscommon MHA received donations from various organisations, such as, the Oran Football Club. This year 2 local ladies donated the proceeds from a black tie dinner dance which was attended by over 200 people.
- This year a 3 week course on Drugs and Alcohol Misuse in Teens was organised for parents and carers. Participants found the information invaluable.



Pictured L to R are: Marie O'Keefe (Roscommon MHA), Ann Hynes (Charity Ball Organiser), Myra & Thady Walshe (Roscommon MHA), Julie O'Riordan-Glennon (Charity Ball Organiser), Karyn O'Riordan (Charity Ball Organiser) and Michael Dick (Roscommon MHA).

Mental Health Ireland provides an information service to the public on issues relating to mental health. Information requests are received by telephone, email, letter and personal callers and in 2008 the total number of queries recorded was 1,198. Email queries are the most common source of information queries. Up until 2006, telephone queries were the most popular: Email queries now count for 53 per cent of information queries with telephone queries at 46 per cent and letters at less than 1 per cent. Queries relate to sourcing information on mental health / mental illness, information on where to seek help and information on support services available for specific mental illnesses. Queries came from concerned family members, friends and also from individuals themselves. Mental Health Ireland also received a number of requests for its own information and promotional material from a number of organisations, businesses, schools and colleges. Information queries are also made by individuals interested in volunteering for the organisation. In addition to the information service, other means of communication include information leaflets, press releases and the MHI website. In 2008 two editions of *Mensana News* were published and widely circulated. These summarized some of the work undertaken by local MHAs and Development Officers at a national, regional and local level within the organisation. Demand for MHI's leaflets remain significant and during the year approx. 250,000 leaflets were distributed.



This year Mental Health Ireland produced a new resource pack as a master reference guide for all documentation relating to Mental Health Associations' and Mental Health Ireland activities. This pack was distributed to each local MHA in the country and will enable each Association to have a common source of information. It will also enable a straightforward transition should a new secretary or chairperson take over a role within an MHA. We expect this folder to also be a good source of information for new volunteers. The pack includes 12 sections relating to a variety of issues and activities that concern Mental Health Associations. It also contains a number of handbooks produced by Mental Health Ireland advising on guidelines for specific activities, such as, befriending and housing. Other items of interest in the pack include sections on mental health promotion, fundraising and legislation. Packs are available from Mensana House.

On December 1st, 2008 Minister Mary Hanafin, T.D., launched a leaflet on "Entitlements/Benefits for People with Enduring Mental Health Problems". The leaflet produced by Mental Health Ireland is aimed at providing an accessible and general overview of benefits and entitlements provided by the Department of Social and Family Affairs to meet the information needs of those with mental health problems. Speaking at the launch in Dun Laoghaire, Minister Hanafin said that is important for the public to have clear and accurate information readily available. The production of the leaflet is another good example of the valuable work done by Mental Health Ireland. The leaflet is currently available from Mensana House.

During 2008, Mental Health Ireland continued to avail of the assistance of Media Market in an attempt to consistently monitor media coverage both at national and regional level. Media Market scans all print media on a daily basis and sends email alerts to MHI when relevant. Staff at Head Office as well as Development Officers receive these email alerts enabling full awareness by all staff on any media coverage of relevant health issues.

Media coverage of Mental Health Ireland in 2008 has been regarded as an area of strategic importance to the organisation. Mental Health Ireland health promotion projects, the Annual Conference, World Mental Health Day and National Choral Singing have led to a rise in the amount of coverage received.

In 2008, there were 295 articles published in the print media specifically relating to Mental Health Ireland (an increase of 45% in comparison to 2007 – 165 articles). In total there were over 1,300 articles that appeared in the print media over 2008 relating to mental health. Thus Mental Health Ireland received 22% of the total coverage on Mental Health.

- Early months of 2008 saw extensive coverage across local regional papers of the 'Public Speaking Project'. Coverage reached a peak in April 2008 with national and local papers covering the national final. (127 articles)
- Design a Cover Project' received extensive media coverage in May 2008. Altogether there were 23 articles relating to this subject.
- World Mental Health Day together with National Choral Singing Project also received a widespread coverage at both local and national level. A number of radio, printed press and television interviews were also held with CEO, Brian Howard and Deputy CEO, Ted Tierney as well as with Development Officers at local level. (130 articles)
- A number of other articles/features in the print media also included reactions/comments from MHI on Mental Health Policy and topics.
- Events and Seminars hosted by MHAs around the country were also highlighted in many regional and local papers.

Making Mental Health A National Priority

Our Annual Conference took place at the Brehon Hotel, Killarney, Co Kerry, from Friday May 23rd to Sunday May 25th. The theme for 2008 was 'Making Mental Health a National Priority'. The Kerry Mental Health Association, once again hosted this year's conference and, not surprisingly, did a fantastic job. The keynote speaker was Chris Glennon, former Political Editor of The Irish Independent and Chairman of the Citizens Information Board.

On Saturday, Mike Ciesla, Development Co-ordinator, Auchterderran Centre, Scotland made a presentation on a programme currently being run in Scotland called 'Being Cool in School'. This programme focuses on Mental Health in a child-friendly way. It commences at infants and is a progressive model which is taught all the way to secondary school. Its aim is to equip young people to manage themselves positively. 'Being Cool in School' puts emphasis on respect for other people and on social skills, with even the youngest children learning lessons in empathy. Children learn how to manage their anger and to think about how their actions affect others. It is a programme that MHI believes could work very well in primary schools in Ireland.

Also on Saturday morning Dr. Rachel Perkins, (Director of Quality Assurance and User/Carer Experience at South West London and St. George Mental Health NHS Trust) gave a very interesting presentation on 'The Recovery Model' for Mental Health Services. Dr. Perkins' organisation adopts a 'recovery approach'. This is where users of the services are able to grow beyond what has happened to them and build a sense of self, meaning and purpose in life that will provide the best outcomes for themselves. Dr. Perkins and her colleagues have provided introductory training to more than 2100 staff and in-depth five day training to more than 200 staff. The training enables trainees to become experts in helping users of mental health services to take back control over their lives.

On Sunday morning, Ian Howley from Spunout.ie (a web-based information source for young people) gave us further insight into the area of mental health and young people. Ian showed the audience a short film which helped explain how, through the internet, mobile phones and other media, spunout.ie reach out to young people. Ian shared his story of how he came from the brink of suicide to where he is today. He also posed a few questions to MHI and its members challenging us to find new innovative ways to emotionally connect with our 'Celtic Cubs'.

The Twinning project that Ballinasloe Mental Health Association and Mental Health Services in Chalonnes-sur-Loire have formed was the final presentation of the weekend. Dr Margaret O'Grady, Consultant Psychiatrist, East Galway Mental Health Services and Dr Francois Bonnal, Psychiatrist, Mental Health Services, Chalonnes-sur-Loire provided the audience with a video overview of the project to date. Regular readers of Mensana News will know that there have been exchange visits between the Association and the French Service. Both presenters said the model they are using is a solid example of 'deep seated community inclusion'. They hoped that through their presentation MHA's would learn the process of twinning and that it might inspire other local MHA's to engage in similar twinning projects.

During the weekend we also ran a series of practical workshops. The workshops covered the following areas and notes are available from Mensana House.

During the weekend a series of workshops was scheduled as part of the conference programme. P.J. Murphy, Joe Casey, John Whelan and Diarmaid Ring facilitated greatly at these.

- **The workshop focussed on Disability and Employment**
- **The role of Supported Employment for People with Mental Health Issues**
- **Social Welfare Entitlements and Benefits**

WORLD MENTAL HEALTH DAY 2008 / NATIONAL CHORAL SINGING EVENTS

World Mental Health Day which was held on 10th October 2008 was a resounding success for Mental Health Ireland and all the affiliated Mental Health Associations. Nearly every Mental Health Association participated in our inaugural National Choral Singing Day this year to celebrate the event. We had over ninety choirs performing in every corner of Ireland during the week. The feedback that we received was very positive and everyone seemed to really enjoy the event/s that they organised.

Participating choirs and groups were provided with a range of supports, including assistance with organising events, publicity flyers, posters and details for local media. Together with MHI Development Officers, MHAs worked to expand the group singing experience in workplaces, day care centres, schools, shopping centres and local community halls.

The size of the choir, the venues or the repertoire were not important on this National Choral Singing Day – what was important was that as many people as possible joined in, enjoyed themselves and felt for themselves the positive benefits of choral singing. This certainly seems to have been the experience of all participants.

Due to its success and popularity MHI is in active discussion with our project partners to run the events again in 2009. In November 2008 certificates of thanks were posted to all MHAs and choirs in recognition of the super work that was done to highlight positive mental health.

Other valuable work was also undertaken by our MHAs and volunteers for World Mental Health Day 2008. Fundraising, information stands, interviews with local press, talks in schools and local community halls, meetings, art projects and a variety of other projects were enthusiastically engaged in. Clare and Limerick Mental Health week which has become a major event in the local calendar put on a wide range of interesting and valuable seminars, fun activities and events.

Feedback on WMHD this year has been very positive. We hope to grow and expand the event even more in 2009 - a year that may be challenging for those engaged in the area of mental health, when the wonderful work done by our volunteers and MHAs may be more important than ever.



Waterford's male voice choir who sang in City Centre in Waterford for World Mental Health Day. The choir drew a huge audience of shoppers who joined in the singing creating a wonderful atmosphere and mental health awareness.



Mental Health Ireland
Supporting Positive Mental Health

NATIONAL

Health Service Executive

Mental Health Ireland continues to meet on a regular basis with local Mental Health Associations and the Health Service Executive around the country in order to facilitate effective communication and dialogue.

National Office for Suicide Prevention

Mr. Brian Howard, CEO, is a member of the National Advisory Group of the National Office for Suicide Prevention. The role of the National Advisory Group is to provide expertise in the following areas:

- Bring national and international research to the attention of the National Office.
- Consider implications of national/international research and its appropriateness to Ireland.
- Advise on the trends in suicide/deliberate self-harm and implications for services.

Applied Suicide Intervention Skills Training (A.S.I.S.T)

Mental Health Ireland Development Officers deliver training under the A.S.I.S.T Training Programme to help individuals recognise and intervene to assist people at risk of suicide within their work, social, community or family group.

Irish Advocacy Network

The Irish Advocacy Network (IAN) is a uniquely peer driven advocacy organisation. Its operating structure is based on the Management/Directors Board, Regional Co-coordinating Line Management and Regional Advocates. One of its main objectives is to advocate for persons/service users in HSE settings nationwide - both North and South. IAN is involved in many innovative mental health programs such as the E-step project, Mental Health Leadership Training and other related mental health training and educational activities. Currently MHI Board of Directors member Diarmaid Ring holds Chair of the National Organisation, Colette Nolan is Acting Deputy CEO and Paddy McGowan and Jim Walsh both hold Directorships on the Board.

Amnesty International

Amnesty International (AI) is a membership-based campaigning organisation whose mission is to uphold and defend human rights. Framing the debate on mental health, AI invited service-users/experts by experience to advise them on a three-year campaign-to hopefully make a decisive impact on mental health services. With this in mind AI have now formed an Expert by Experience Advisory Board (EEAG) to inform them on Strategy and Objectives centering on the best way forward. The EEAG comprises of Mental Health Campaigners and Research Experts and Service-Users countrywide. Diarmaid Ring, Paddy McGowan, Colette Nolan and Jim Walsh are currently members of this Expert Advisory Group.

Disability Consultative Forum

Mental Health Ireland is also represented on the Disability Consultative Forum which alternates meetings between the Department of Social and Family Affairs in Longford and Dublin. Work undertaken by this group is, inter alia, the monitoring of the implementation of the Department's Sectoral Plan.

Meitheal Project

Mental Health Ireland recently partnered with the Meitheal Programme in County Wexford. The Meitheal Programme is a training programme for students at senior level in secondary schools. In the programme students are trained to become mentors for incoming students at junior level. It is a programme based on pro-respect between students and one that enables students to take responsibility for the happiness of others and for the safety and wellbeing of all who share a school environment. Wexford MHA has been supporting the Meitheal project this year and hopes to expand this partnership nationally in the future.

Jigsaw Galway

Jigsaw Galway is a partnership between Mental Health Ireland, Headstrong and the HSE. Developed by Headstrong - the Jigsaw model is an innovative, evidence-based approach for organising services and supports to enhance the mental health and well-being of young people. It is designed to promote systems of care that are more accessible, youth-friendly, integrated, and engaging for young people.

The basic premise of jigsaw is that whatever their level of need, young people should be able to access quality support, when they need it, in settings where they feel safe, comfortable and respected. It is about meeting young people where they are.

Spunout.ie

In 2008, Mr. Brian Howard, CEO, joined the National Advisory Committee of Spunout.ie. Spunout.ie is an independent, youth-led national charity working to empower young people to create personal and social change. Spunout.ie combines an interactive online community providing health and lifestyle information, signposting to support services, a youth media space, moderated discussion forums, and a platform for youth engagement, civic engagement, participation and advocacy. The website is endorsed and supported by all major youth agencies in Ireland.

INTERNATIONAL

World Federation for Mental Health (WFMH)

Mr. Brian Howard, CEO, is a member of the Board of the World Federation for Mental Health and was appointed Corporate Secretary of the WFMH in 2007. The WFMH was founded in 1948 to advance, among all peoples and nations, the prevention of mental and emotional disorders, accessible treatment and care of those with such disorders, and the promotion of mental health.

Mental Health Europe (MHE)

Mr. Brian Howard, CEO, is a member of the Board of Mental Health Europe. MHE is a representative organisation of Associations and organisations in the field of mental health in Europe, including consumers, volunteers and professionals of many disciplines. MHE has members in 28 European countries. All the member states of the European Union are represented in the membership. Its primary aims and objectives are to:

- Support its member organisations with their developments
- Develop and formulate policies and strategies on mental health issues.
- Initiate co-operation and communication between the stakeholders in mental health.
- Lobby the European institutions in order to raise the profile of mental health.
- Act as a forum for exchange and information on health and social policies in the mental health field.

MENTAL HEALTH PROMOTION IN SCHOOLS AND WITH YOUNG PEOPLE

National Public Speaking Project

The Project owes its on-going success to the support received locally and regionally and Mental Health Ireland acknowledges with sincere thanks the significant contribution made by students, teachers, school managements, parents, local MHAs, Development Officers and Central Office staff. We are particularly indebted to the members of the National Steering Committee for their on-going commitment to the Project. In 2008, 180 schools participated in the National Public Speaking Project.

Design a Cover Project

This National Art Project for students in Post Primary Schools and Colleges was once again well supported. Out of 1,082 entries received from students around the country, nine entries were selected for exhibition at the National Public Speaking Final. Once again the quality of the artwork submitted was of an exceptionally high standard. Ling Ling Lam, Loreto Secondary School, Fermoy, Co. Cork was announced as the National Winner. Her artwork was used on the front of the 2009 Calendar and on the cover of Mensana News. The Project complements the Public Speaking Project in schools and affords students the opportunity to express their vision of mental health through the medium of art.

Mental Health Matters

Mental Health Matters is an education pack designed for use with 14-18 year olds. It aims to present mental health as a distinct concept integral to our daily lives and address the issue of mental health in a realistic and relevant manner. Mental Health Matters is available in second level schools nationwide. It encourages young people to challenge their attitudes regarding mental health and look critically at society's attitudes to mental illness and the factors which influence such attitudes. Mental Health Matters is 9 years in existence and education specialists would advise that all education programmes be reviewed at this stage. This process has begun and will continue into 2009.

Young Mental Health Ireland

Young Mental Health Ireland (YMHI) is a new initiative by Mental Health Ireland to open dialogue with young people and encourage them to influence the thinking of our national organisation on how best to respond to the concerns and issues that young people have regarding positive mental health. MHI regards as important liaising directly with young people and finding out how best to assist them and how they can help in our organisation's goal of positive mental health for all. This year when students participated in the National Public Speaking Project they were invited to join YMHI.

A Youth Forum for our new members will be held on 10th October 2009. This is planned to coincide with World Mental Health Day. At this forum our young members will have the opportunity to air their views and identify areas for potential development of new initiatives. In the inaugural year of its establishment Young MHI has 135 members.

Staff

The work of MHI during the year was supported by a committed team of staff working under the direction of the CEO. In March we welcomed our new Deputy CEO, Mr. Ted Tierney and in the autumn of this year, Nicola Morley started working as our Development Officer in Galway, Margaret O'Brien took over a part-time position as Development Officer in Limerick from Patsy O'Brien who went on a career break.

Mental Health Ireland Staff at December 2008

Brian Howard	Chief Executive Officer
Ted Tierney	Deputy Chief Executive Officer
Barbara Davis	Secretary to the Board
Thérèse Coveney	Executive Officer
Camille Afchain	Administrative Officer
Elaine Corcoran	Administrative Officer
Lisa Manley	Administrative Officer
Ania Ogarek	Administrative Officer
Paula Moore	Accounts Officer
Jing Guo	Housekeeping

Development Officer Team

Anne Buckley	Mid West (Clare & Tipperary North)
Finola Colgan	Midlands (Laois, Longford, Offaly, Westmeath)
Michael Cummins	East (Kildare/West Dublin/West Wicklow)
Michael Noble	East (Dublin South / Wicklow)
Vacant	East (Dublin North)
Susanna Friel	North West (Donegal)
Geraldine Jolley	North West (Sligo & Leitrim)
Nicola Morley	West (Galway)
Michael McGinn	North East (Cavan, Louth, Meath, Monaghan)
Sean McKiernan	North East (Cavan, Louth, Meath, Monaghan)
Margaret O'Brien	Mid West (Limerick)
Joan Power	South East (Carlow, Kilkenny, Tipperary South, Waterford, Wexford)
Myra Walshe	West (Mayo, Roscommon)

Also supporting Mental Health Ireland is Development Manager

Dan O'Connor	Kerry Mental Health Association
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Board of Directors

The Board of Directors continue to lead the organisation in their activities.

In 2008 Mr. John McGetrick was appointed Chairman, Mental Health Ireland and Mr. Michael Hughes was appointed Vice-Chairman.; Mr. Brian Glanville, Honorary Secretary and Dr. John Connolly replaces Mr. John Whelan as Honorary Secretary.

Public Speaking Steering Group – the Public Speaking Steering Committee appointed Mr. Eamonn O'Sullivan appointed as the new Honorary Chairman.

DIRECTORS' REPORT

The directors present their report and financial statements for the year ended 31 December 2008.

Principal activities and review

The principal activities of the company consist of the promotion of the general welfare and support for people with mental illness and their families and carers and also promoting mental health by advocating on behalf of people with mental illness and their families and carers and providing education and training programmes that promote mental health and supports those with mental illness.

The results for the year and the financial position at the year end are set out in the following financial statements.

Directors

The following Directors have held office since 1 January 2008:

John McGetrick, Chairman
Michael Hughes, Vice Chairman
Brian Glanville, Hon. Secretary
Dr. John Connolly, Hon. Treasurer

Joe Casey
Tom Giblin
Aidan Fahy (Resigned 1 January 2008)
Maria Molloy
John Whelan
Dr. Geraldine Lyster (Resigned 1 January 2008)
Paddy McGowan
P.J. Murphy
Denis O'Dwyer

Fr. Dan Joe O'Mahony
Fidelma Ryan
Brendan Madden
Liam Flynn
Dr. Timothy Lynch
Liam Hassett
Colette Nolan
Diarmaid Ring
James Walsh

Directors' interests

The Directors do not hold a beneficial interest in the company and in accordance with the Articles of Association the Directors are not entitled to and do not receive any remuneration.

The company is a charity registered with the Revenue Commissioners.

In accordance with the Articles of Association, Dr. John Connolly, Mr. Liam Flynn, Mr. Tom Giblin, Mr. Liam Hassett, Dr. Timothy Lynch, Mr. Paddy McGowan and Mr. John Whelan retire by rotation and, being eligible, offer themselves for re-election. Dr. Geraldine Lyster and Aidan Fahy resigned as Directors during the year.

Safety, health and welfare of employees

The well being of the company's employees is safeguarded through strict adherence to health and safety standards. The Safety, Health and Welfare at Work Act, 2005 imposes certain requirements on employers and the company has taken the necessary action to ensure compliance with the Act, including the adoption of a safety statement.

Books of account

The company's Directors are aware of their responsibilities, under section 202 of the Companies Act 1990 to maintain proper books of account and are discharging their responsibility by employing qualified and experienced staff and ensuring that sufficient company resources are available for the task.

The books of account are held at the company's premises, Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin.

Auditors

In accordance with the Companies Act 1963, section 160(2), JPA Brenson Lawlor continue in office as auditors of the company.

Statement of directors' responsibilities

The Directors are responsible for preparing the financial statements in accordance with applicable law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Accounting Standards Board and promulgated by the Institute of Chartered Accountants in Ireland.

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statement on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Acts 1963 to 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By Order of the Board

John McGetrick, Chairman
Director

Dr. John Connolly, Hon. Treasurer
Director

6 March 2009

INDEPENDENT AUDITORS' REPORT

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2008 set out on pages 6 to 12. These financial statements have been prepared under the accounting policies set out therein.

Respective responsibilities of the Directors and Auditors

As described in the Statement of Directors' Responsibilities on page 3 the company's Directors are responsible for the preparation of the financial statements in accordance with applicable law and the accounting standards issued by the Accounting Standards Board and published by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland).

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

This report is made solely to the company's members, as a body, in accordance with Section 193 of the Companies Act, 1990. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Acts, 1963 to 2006. We also report to you whether in our opinion: proper books of account have been kept by the company; whether, at the balance sheet date, there exists a financial situation requiring the convening of an extraordinary general meeting of the company; and whether the information given in the Directors' report is consistent with the financial statements. In addition, we state whether we have obtained all the information and explanations necessary for the purposes of our audit, and whether the company's balance sheet and its profit and loss account are in agreement with the books of account.

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

We read the Directors' report and consider the implications for our report if we become aware of any apparent misstatements within it.

Basis of audit opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the Directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

INDEPENDENT AUDITORS' REPORT

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of the company's affairs as at 31 December 2008 and of its loss for the year then ended; and
- have been properly prepared in accordance with the requirements of the Companies Acts, 1963 to 2006.

We have obtained all the information and explanations we consider necessary for the purposes of our audit. In our opinion, proper books of account have been kept by the company. The financial statements are in agreement with the books of account.

In our opinion, the information given in the Directors' report is consistent with the financial statements.

JPA Benson Lawlor
Chartered Accountants
Registered Auditors

6 March 2009

Argyle Square,
Morehampton Road,
Donnybrook,
Dublin 4.

AUDITED ACCOUNTS

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2008

	Notes	2008 €	2007 €
Income		1,755,682	1,852,919
Expenses		(1,782,106)	(1,842,186)
Surplus/(deficit)		(26,424)	10,733
Income and expenditure account at beginning of the year		277,494	266,760
Income and expenditure end of the year account at	7	251,070	277,493

Approved by the Board on 6 March 2009

John McGetrick, Chairma
Director

Dr. John Connolly, Hon. Treasurer
Director

BALANCE SHEET AS AT 31 DECEMBER 2008

	Notes	2008		2007	
		€	€	€	€
Fixed assets					
Tangible assets	3		207,660		223,637
Current assets					
Debtors and prepayments	4	63,850		90,426	
Cash at bank and in hand		826,483		508,199	
		<u>890,333</u>		<u>598,625</u>	
Creditors: amounts falling due within one year					
	5	(653,976)		(351,822)	
Net current assets					
			<u>236,357</u>		<u>246,803</u>
Total assets less current liabilities					
			<u>444,017</u>		<u>470,440</u>
Reserves and accumulated surplus					
Other reserves	7		192,947		192,947
Income and expenditure account	7		251,070		277,493
	8		<u>444,017</u>		<u>470,440</u>

Approved by the Board on 6 March 2009

John McGetrick, Chairman
Director

Dr. John Connolly, Hon. Treasurer
Director

CASH FLOW STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2008

	2008 €	2007 €
Operating (deficit)/surplus	(26,424)	10,733
Depreciation of tangible assets	19,186	18,544
Decrease in debtors	26,576	12,461
Increase in creditors within one year	298,896	253,868
Cash generated from operations	<u>318,234</u>	<u>295,606</u>
	-	-
Application of cash		
Payments to acquire tangible assets	3,208	6,973
	<u>(3,208)</u>	<u>(6,973)</u>
Net increase in cash	315,026	288,633
Cash at bank and in hand less overdrafts at beginning of year	<u>506,083</u>	<u>217,450</u>
Cash at bank and in hand less overdrafts at end of year	<u><u>821,109</u></u>	<u><u>506,083</u></u>
Consisting of:		
Cash at bank and in hand	826,483	508,199
Bank overdrafts	(5,374)	(2,116)
	<u><u>821,109</u></u>	<u><u>506,083</u></u>

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2008

	2008 €	2007 €
I Reconciliation of operating surplus to net cash inflow from operating activities		
Operating (deficit)/surplus	(26,424)	10,733
Depreciation of tangible assets I	9,186	18,544
Decrease in debtors	26,576	12,461
Increase in creditors within one year	298,896	253,868
	<hr/>	<hr/>
Net cash inflow from operating activities	318,234	295,606
	<hr/> <hr/>	<hr/> <hr/>

2 Analysis of net funds I January 2008	Cash Flow	Other non-cash changes	31 December 2008
€	€	€	€
Net cash:			
Cash at bank and in hand	508,199	318,284	-
Bank overdrafts	(2,116)	(3,258)	-
	<hr/>	<hr/>	<hr/>
	506,083	315,026	-
	<hr/>	<hr/>	<hr/>
Bank Deposits	-	-	-
	<hr/>	<hr/>	<hr/>
Net funds	506,083	315,026	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

3 Reconciliation of net cash flow to movement in net fund	2008 €	2007 €
Increase in cash in the year	315,026	288,633
	<hr/>	<hr/>
Movement in net funds in the year	315,026	288,633
Opening net funds	506,083	217,450
	<hr/>	<hr/>
Closing net funds	821,109	506,083
	<hr/> <hr/>	<hr/> <hr/>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2008

I Accounting policies

I.1 Accounting convention

The financial statements are prepared under the historical cost convention.

I.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable law and the accounting standards issued by the Accounting Standards Board and promulgated by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland), which have been applied consistently (except as otherwise stated).

I.3 Tangible fixed assets and depreciation

Tangible fixed assets other than freehold land and buildings are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings Freehold	0%
Office furniture and equipment	20% straight line

I.4 Pensions

The pension costs charged in the financial statements represent the contributions accrued and payable by the company during the year in accordance with FRS 17.

2 Operating surplus	2008	2007
	€	€
Operating surplus is stated after charging:		
Depreciation of tangible assets	19,186	18,544
Auditors' remuneration	6,933	6,890

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2008

	Land and buildings Freehold	Office furniture & equipment	Total
	€	€	€
Cost			
At 1 January 2008	184,706	182,703	367,409
Additions	-	3,208	3,208
	<hr/>	<hr/>	<hr/>
At 31 December 2007	184,706	185,911	370,617
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 January 2008	-	143,771	143,771
Charge for the year	-	19,186	19,186
	<hr/>	<hr/>	<hr/>
At 31 December 2008	-	162,957	162,957
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 December 2008	184,706	22,954	207,660
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 December 2007	184,706	38,931	223,637
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

4 Debtors

	2008	2007
	€	€
Trade debtors	264	
Debtors and prepayments	63,586	90,426
	<hr/>	<hr/>
	63,850	90,426
	<hr/> <hr/>	<hr/> <hr/>

5 Creditors: amounts falling due within one year

	2008	2007
	€	€
Bank loans and overdrafts	5,374	2,116
Creditors and provisions	648,602	349,706
	<hr/>	<hr/>
	648,602	349,706
	<hr/> <hr/>	<hr/> <hr/>

6 Pension costs

The company operates a defined contribution pension scheme. The assets of the schemes are held separately from those of the company in independently administered funds. The pension cost charge represents contributions payable by the company to the fund.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2008

7 Statement of movements on reserves

	Capital Reserve	Income and expenditure account
	€	€
Balance at 1 January 2008	192,947	277,494
Retained deficit for the year	-	(26,424)
	<hr/>	<hr/>
Balance at 31 December 2008	<u>192,947</u>	<u>251,070</u>

8 Reconciliation of movements in reserves

	2008	2007
	€	€
(Deficit)/Surplus for the financial year	(26,424)	10,733
Opening reserves	470,440	459,707
	<hr/>	<hr/>
Closing reserves	<u>444,017</u>	<u>470,440</u>

9 Employees

Number of Employees

The average monthly number of employees (including Directors) during the year was:

	2008	2007
	Number	Number
	21	21
	<hr/>	<hr/>

Employment costs

	2008	2007
	€	€
Wages and salaries	815,060	832,269
Social security costs	65,750	73,583
Other pension costs	481,901	384,328
	<hr/>	<hr/>
	<u>1,362,711</u>	<u>1,290,180</u>

10 Approval of financial statements

The Directors approved and authorised the financial statements for issue on the 6 March 2009.

AUDITED ACCOUNTS

DETAILED INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2008

	2008	2007
	€	€
Income		
Grants - Dept. of Health & Children		
HSE East	1,034,720	1,034,720
Health Promotion Unit	30,000	30,000
Department of Community, Rural and Gaeltacht Affairs	-	26,250
National Lottery – thru' Dept. Health & HSE East	80,000	170,000
HSE Sligo/Leitrim 7	6,000	77,000
HSE North East	39,040	40,000
HSE West	221,271	204,757
HSE Donegal	76,000	78,000
HSE Midland	89,450	94,000
HSE Midwest	35,000	-
HSE – Conference	-	8,000
Jigsaw Project	21,788	-
Dormant Accounts Fund	-	22,120
	<hr/>	<hr/>
	1,703,269	1,784,847
Other Income		
Subscriptions	15,457	22,439
Other donations, bequests	18,697	35,168
Charicash & deposit interest	18,259	10,465
	<hr/>	<hr/>
	1,755,682	1,852,919
Expenses		
Salaries & employment expenses	815,060	832,269
Social Insurance ER	65,750	73,583
Staff pension costs defined contribution	481,901	384,328
Recruitment & training	1,375	22,921
Insurance	11,046	11,475
Light and heat	5,588	4,683
Office sundries, cleaning & maintenance	5,636	95,487
Postage	29,151	26,349
Stationery & office supplies	7,888	16,611
Promotional & organising expenses	151,790	148,104
Telephone	27,325	35,846
Professional fees	20,023	5,079
Accountancy & Audit	6,933	6,890
Bank charges	471	475
National education programme	128,624	156,205
Website service & development	4,359	3,337
Depreciation on fixed assets	19,186	18,544
	<hr/>	<hr/>
	1,782,106	1,842,186
(Deficit)/surplus	<hr/> <hr/>	<hr/> <hr/>
	(26,424)	10,733

APPENDIX:
LOCAL MENTAL
HEALTH ASSOCIATIONS

APPENDIX: LOCAL MENTAL HEALTH ASSOCIATIONS

CAVAN

Bailieborough MHA

Ms. Audrey Rogers,
Duneena,
Bailieborough
Co. Cavan.
Tel: 042-9665239

Cavan MHA

Mr. Sean McKiernan, Acting Sec.,
C/o St. Davnet's Hospital,
Monaghan,
Co. Monaghan.
Tel: 086-3837391

Cootehill MHA

Ms. Peggy Langan,
46 Church Street,
Cootehill,
Co. Cavan.
Tel: 049-5552803

CLARE

East Clare MHA

Mr. Michael Daly,
C/o Scarriff Day Centre,
Health Service Executive
Scarriff,
Co. Clare.
Tel: 061-921286

Ennis MHA

Mr. Tom McGrath,
'Coole Lodge',
Francis Street,
Ennis,
Co. Clare.
Tel: 065-6846922

North Clare MHA

Ms. Maureen McCarthy,
Stella Maris Facility,
Lisdoonvarna,
Co. Clare.
Tel: 065-7075100

Shannon MHA

Ms. Rita McMahon,
Mount Allen,
O'Callaghans Mills,
Co. Clare.
Tel: 065-6835417

West Clare MHA

Mr. Gearoid Williams,
McMahon & Williams Solicitors,
Frances Street,
Kilrush,
Co. Clare.
Tel: 065-9051009

DONEGAL

Ballyshannon MHA

Joe Hamilton, Chairman,
Mullinbuoys,
Mountcharles
Co. Donegal.
Tel: 071-9852908

Buncrana MHA

Ms. Pauline Sarsfield,
GTI Club, Worklink Northwest,
Ard Cloghar,
Camdonagh,
Co. Donegal.
Tel: 074-9329557

Carrick MHA

Ms. Mary P. Cunningham,
Carrick Upper,
Carrick,
Co. Donegal.
Tel: 074-9739270

Clonmany MHA

Ms. Marie Davenport,
10, Gaddyduff,
Clonmany,
Co. Donegal.
Tel: 074-9376582

Cloughaneely MHA

Ms. Mary Gallagher,
'St. Joseph's',
Rocktown,
Falcarragh,
Co. Donegal.
Tel: 074-9135561

Donegal Town MHA

Ms. Julie Connaghan,
Rowanfield House,
Donegal Town,
Co. Donegal.
Tel: 074-9721910

Dungloe MHA

Ms. Deborah O'Donnell,
Main Street,
Dungloe,
Co. Donegal.
Tel: 074-9521386

Killybegs MHA

Mrs. M. Connaghan,
Five Points,
Killybegs,
Co. Donegal.
Tel: 074-9731202

Letterkenny MHA

Ms. Susan McCauley,
27, Fairgreen Park,
Letterkenny,
Co. Donegal.
Tel: 074-9127273

Moville MHA

Ms. Mary McKinney,
Bredaglen,
Moville,
Co. Donegal.
Tel: 074-9382342

DUBLIN

Ballyfermot MHA

Mr. Donagh O'Brien,
Unit 4,
Cherry Orchard Hospital,
Ballyfermot Road,
Dublin 10.
Tel: 01-6234040

Crumlin & District MHA

Ms. Judy Somers,
C/o St. Columba's Day Hospital,
Armagh Road,
Crumlin,
Dublin 12.
Tel: 01-4559547/087-9473190

Drumcondra & District MHA

Ms. Denise Kelly,
C/o Tus Nua Day Centre,
Unit G – Shopping Centre,
Ballymun,
Dublin 11.

APPENDIX: LOCAL MENTAL HEALTH ASSOCIATIONS

Dublin 15 MHA

Ms. Joan Kidd,
18 Limelawn Wood,
Clonsilla,
Dublin 15.
Tel: 01-8205558 (w)

Dublin Housing MHA

Ms. Barbara Davis,
6 Adelaide Street,
Dun Laoghaire,
Co. Dublin.
Tel : 01-2841 166

Dun Laoghaire MHA

Ms. Janice Huet,
32 Rowanbyrn,
Blackrock,
Co. Dublin.
Tel: 01-2892413

Fingal MHA

Mr. Charlie Rogan, Acting Sec.,
164 Broadmeadows,
Swords,
Co. Dublin.
Tel: 01-8436337

Finglas MHA

Ms. Iris Rusk,
29 Huntstown Court,
Mulhuddart,
Dublin 15.
Tel: 01-8217494

Friends of Kilrock House MHA

Ms. Marie Kearns,
Kilrock House,
Howth,
Co. Dublin.
Tel: 01-8399932

Ringsend MHA

Ms. June Clonan,
Ringsend Community Centre,
Thorncastle Street,
Ringsend,
Dublin 4.
Tel: 01-6608284

St. Brendan's MHA

Mr. Danny Connellan, Chairman,
Connolly Norman House,
224 North Circular Road,
Dublin 7.
Tel: 01-8102935

St. Loman's MHA

Ms. Susan Kehoe,
Occupational Therapy Dept.,
St. Loman's Hospital,
Palmerstown,
Dublin 20.
Tel: 01-6207414

Tallaght MHA

Ms. Claire O'Regan,
Sheaf House, Exchange Hall,
Belgard Square North,
Tallaght,
Dublin 24.
Tel: 01-4635200

Vergemount & District MHA

Mr. Brian Miles,
C/o Glenmalure Day Hospital,
Milltown Road,
Milltown,
Dublin 6.
Tel: 01-2830382

GALWAY

Ballinasloe MHA

Ms. Jackie Eastwood,
"Roselands",
Portnick,
Ballinasloe,
Co. Galway.
Tel: 090-9644920

Clifden MHA

Ms. Niamh O'Flaherty,
Sycamore House,
Hospital Road,
Clifden,
Co. Galway.
Tel: 095-30813

Galway MHA

Ms. Fidelma Ryan,
73 Manor Court,
Knocknacarra,
Galway.
Tel: 091-592197

Gort MHA

Mr. Thomas Baker,
Blackwater,
Gort,
Co. Galway.

Loughrea MHA

Ms. Ann Cuddy,
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Mental Health Ireland would like to take this opportunity to acknowledge the support of the Health Service Executive both nationally and locally in supporting local Mental Health Associations and Mental Health Ireland.