

Supporting Positive Mental Health

2009



Annual Report



Mental Health Ireland
Supporting Positive Mental Health



Mental Health Ireland
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Board of Directors

Board of Directors *Officers*

Chairman:	Mr John McGetrick
Vice Chairman:	Mr Michael Hughes
Honorary Secretary:	Mr Brian Glanville
Honorary Treasurer:	Mr Brendan Madden

Members

Mr Joe Casey	Mr P.J. Murphy
Dr John Connolly	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 Timothy Lynch	Mrs Fidelma Ryan
Ms Maria Molloy	Mr James Walsh
Mr Paddy McGowan	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 JPA Brenson Lawlor,
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 2009. This is the second Annual Report to be introduced by me since the beginning of my tenure as Chairman of Mental Health Ireland two years ago.

In my inaugural address as Chairman of Mental Health Ireland in the introduction to the Annual Report for 2008, I referred to the alarming downturn to the economic prospects facing this country during the latter half of the year 2008. Regrettably, the magnitude facing this country in economic terms has steadily increased during the year 2009 with serious measures taken by Government in fiscal and economic policies in attempts to stabilise the situation. All areas of Government expenditure have been scrutinised, including the overall budget of the Health Service Executive. As the main funders of the activities of Mental Health Ireland, the Health Service Executive has battled during the past year to maintain levels of service against a background of decreasing expenditure limits. Mental Health Ireland has recognised that serious decisions have had to be faced up to by the Health Service Executive in all areas of expenditure including financial aid to national voluntary organisations such as Mental Health Ireland. Mental Health Ireland accepts that without the financial assistance and support of the Health Service Executive, the great work of our volunteers throughout the country cannot be maintained for very long. It is my firm belief that the efforts to improve areas of mental health service and assistance to people who need those services, along with major work in the promotion of mental health within the general population, needs to be approached in a spirit of real partnership, and mutual respect and commitment. As we face into the year 2010, significant budget decreases are being implemented in all areas of expenditure. Mental Health Ireland would seek to see at this time of extraordinary difficulty that our national organisation is treated in an equitable fashion relative to other areas of the voluntary sector and that the inevitable cuts in budgets be treated no less favourably than our colleagues in other voluntary organisations.

The environment in which the volunteers of our local Mental Health Associations and Mental Health Ireland operate in during the year 2009 has been extremely challenging. The dramatic increase in the rate of unemployment during 2009 has led to many families who never encountered such dramatic shifts in their lifestyles facing extreme financial difficulties. The effects felt by all sectors of society in the area of unemployment and the serious consequences arising from same, has led inevitably to greater psychological pressures on many families. I have asked myself the question many times during my tenure as Chairman and during my long years as a volunteer with Sligo Mental Health Association whether the services of volunteers are relevant or as relevant in the year 2009 as they were in 1966 when Mental Health Ireland was formed. I am absolutely certain that the various areas of work of our volunteers throughout the country is more important

and necessary than ever when so many people are facing times of great uncertainty with attendant levels of increasing stress and worry leading to a negative impact on the mental health of so many people.

Greater media attention is now centred on mental health issues and the mental fitness of the general population in facing these challenging times. My personal view is that the regular and open discussions of mental health outside the conventional confines of medicine is gradually leading to greater levels of understanding of the importance of maintaining good mental health and seeking ways and taking action to avoid a descent to serious mental health problems which could have long-term effects on the well being of individuals and families. I am greatly heartened by the eagerness of our volunteers to rise to the growing challenges faced in these extraordinary times. Our staff in our national headquarters in Mensana House, Dun Laoghaire, Co. Dublin are continuously looking at ways, in partnership, where necessary, with the Health Service Executive and other statutory and non-statutory agencies to face up to these challenges in a positive way. Some new developments which have commenced and are being developed during 2009 include participation in the Winning New Opportunities Programme initiated by the Health Service Executive along the western side of the country; rapid development of the mental health service for young persons at Jigsaw, Galway and the successful inauguration and development of the Young Mental Health Ireland movement that featured a National Conference for young people held in Dublin in October 2009. We will continue to seek ways to react in a timely and effective manner to changing circumstances, but we still must not lose sight of the well established traditional activities of volunteers on the ground in the areas of befriending, housing and more recently directly involved in the education of people in areas of prevention of suicide and suicidal behaviour.



Mr J. McGetrick, Chairman - MHI

As I plan to step down from my position as Chairman of Mental Health Ireland in May 2010, I can reflect that Mental Health Ireland and, in particular, the volunteers of local Mental Health Associations affiliated to our national body are in a unique position in the general area of mental health. The levels of goodwill shown to volunteers of local Mental Health Associations at local community level are as strong as ever. The unmatched ability to recognise and react in a speedy and effective way to local mental health needs at a time when these needs are more apparent and widespread than during the recent economic times of relative plenty is still firmly rooted.

My wish is that this message is worthy of the general recognition it deserves, both in the fields of statutory services and the general population which may, I hope, attract a new wave of committed and effective volunteers to lead work in this important area during the next decade.

Funding and Fundraising

Mental Health Ireland is grateful to the Health Service Executive for their continued support and funding. 2009 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 fantastic activities. It would be impossible in our Annual Report to list all volunteer fundraising activities, however, some are laid out in the section Local Mental Health Association Achievements 2009. Examples of fundraising initiatives during 2009 included race days, coffee mornings, table quizzes, golf outings, church gate collections and mini-marathon sponsorship.

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.

Work of Development Officers and Local Mental Health Associations 2009

Core role and duties of the Development Officers (DOs)

- To support current and 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 DOs carrying out the work directly.
- Attending meetings of local MHAs – listen, advise, motivate, support, encourage and emphasise the valuable contributions volunteers can make in areas such as:
 - Mental Health Promotion
 - Befriending
 - Social Housing
 - Fundraising
- Mental Health 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.
- Providing support for local MHAs and encouraging 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 DOs should 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. DOs 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 on-going 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 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.

Befriending and 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 to 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. An increasing number of information queries come from individuals looking for information on volunteering with MHI and getting involved in local projects and activities. Our team of DOs work with volunteers around the country supporting them in their work and providing training to them.

Summary of Events in 2009 by Region

Region:	SOUTH DUBLIN / EAST WICKLOW
Development Officer :	Michael Noble
No. of Local MHAs:	7
Arklow MHA, Wicklow	Ringsend MHA, South Dublin
Bray MHA, Wicklow	Vergemount & District MHA, South Dublin
Dun Laoghaire MHA, South Dublin	Wicklow MHA
Friends of Newcastle MHA, Wicklow	

DUN LAOGHAIRE MHA is a member of Dublin Housing Mental Health Association and assisted with the management of a housing unit in the Dun Laoghaire area. The Association supported the weekly Dalkey Social Club which operates every Friday from 7-10 p.m. with approx. 35-40 members attending and enjoying social and recreational activities with light refreshments. It also continued to provide grants to the Coiscéim Residential Centre for patients with dementia to provide additional comforts and also renovated and maintained their garden.

RINGSEND MHA provided a series of social activities to enhance the quality of life of local service users and the day centre users, including visits to the Dublin Horse Show, cinema, theatre, Christmas shopping and birthday outings. Pottery classes were provided also. Mental Health promotion activities included the provision of mental health literature and general information to the local community at the day centre, a coffee and information morning and a "Good Neighbours Week". Links with the Ringsend Action Group were maintained in 2009.

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 and the Association continued to fund the maintenance of the Glenmalure Day Hospital Garden. A small leisure and organic vegetable garden for use by service users was supported at the new Day Hospital.
- Vergemount Social Club moved to a hotel in Stillorgan from the Ringsend Community Centre venue in 2009 due to lack of adequate public transport to the former. The new venue while more accessible is also more expensive and the Social Club faces a challenge to survive unless a new location is found.

- Information days were held, one for the public in a local shopping centre and a second for staff in St. Vincent's Hospital. Literature was distributed throughout the Vergemount campus, in the Elm Mount Unit at St. Vincent's Hospital and other public venues.
- Friends of Vergemount assisted with the National Public Speaking project.

Note: Discussions will take place between Ringsend MHA and Vergemount & District MHA about the creation of a greater South Dublin MHA to maximize the contribution of available volunteers.

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.

BRAY MHA - the social club in Bray is the core activity of Bray MHA. It meets weekly on Tuesday from 3.30 – 5.30 p.m. and its range of activities includes drama, musical art therapy and a variety of trips. There is an average attendance of 10 people per week. A respite trip was also organised for the group.

- 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.

FRIENDS OF NEWCASTLE MHA

- Parent Support Group - 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.

Summary of Events in 2009 by Region

- There was a continued support of the National Public Speaking Project.

WICKLOW MHA

- The social club met weekly and arranged various outings to cinemas, restaurants, shopping centres, theatres etc.
- A new social club for younger, more active members was set up.

- The educational group with the assistance of Wicklow VEC held a series of personal development activities throughout the year.
- 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.

Region:	NORTH DUBLIN
Development Officer :	Seán McKiernan
No. of Local MHAs :	6
Drumcondra & District MHA	Finglas MHA
Dublin 15 MHA	Friends of Kilrock House MHA
Fingal MHA	St. Brendan's MHA

In September 2007 Assistant Development Officer for the North Eastern counties of Cavan, Monaghan, Louth and Meath, Seán McKiernan was asked by CEO Brian Howard to spend one day a week in North Dublin on an interim basis as the Acting Development Officer. This continued throughout 2008 and 2009, coming to an end on Tuesday 6th April 2010 when Michael Cummins and Michael Noble integrated North Dublin into their other MHI Development Officer work in the Greater Dublin region.

Seán found the contrast between the mainly more rural North Eastern counties and urban North Dublin a very important learning process, but more especially he found it an opportunity in which he has enjoyed growing so familiar with the hard working and dedicated Mental Health Associations and their volunteers active in this area, as well as making many new friends.

DRUMCONDRA & DISTRICT MHA have a fantastic team who continue to fly the flag for positive mental health and practically assisting those with a mental illness, their families and carers. Some of their activities included:

- Excellent fundraising - John Reynolds ran the Dublin Marathon for the MHA, raising €4,000 and still counting! This, combined with lotto funding will help the MHA finance many worthy projects including a library with CD and DVD resources, gardening projects, laptops, gym equipment and possibly even transport!
- Mary Whelan has been an invaluable liaison between the MHA and Mental Health Ireland, especially for the Development Officer. She has hosted a number of groups of students from Bonnybrook Youthreach at St. John's Day Centre, Lower Drumcondra Road.
- Tony Whelan continues to be a stalwart adjudicator for Public Speaking in North Dublin and further afield.

- Drumcondra MHA is very proud of Lauren Johnson, teacher at Dominican College, Griffith Avenue, for successfully tutoring a team to the North Dublin County Final for the second year running.

DUBLIN 15 MHA continues its 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. Recently retired MHI Board member and volunteer, Fr. Dan Joe O'Mahony, is the driving force of this dynamic group of committed local volunteers. Mental Health Ireland would like to salute his record of service to the organisation locally and nationally. Some other work undertaken by Dublin 15 MHA includes:

- Working alongside Ned and Eithne Cusack, in 'Dochas', which is the Irish word for 'Hope'. This group provides a support for those bereaved by suicide, as well as sponsoring ASIST courses in the Dublin 15 area in partnership with Crosscare and the HSE.
- Thanks also to George Brogan for his regular adjudication skills at Public Speaking. One of our new Public Speaking adjudicators is Gerry Bellew who lives in the Dublin 15 area, we welcome this enthusiastic new recruit, and many thanks to another adjudicator, John Delamere, his colleague from the HSE Employers Agency, for signing him up!

FINGAL MHA and North Dublin Befriending made important links with the large new Irish community in Balbriggan through the Fáilte club. Mental Health Ireland has also been to the forefront in contributing to a consultation on young peoples' mental health in the Balbriggan area. Thanks must be given to Charlie Rogan who continues to be a stalwart adjudicator in the National Public Speaking Project.

Summary of Events in 2009 by Region

FINGLAS MHA now have an exciting new social club in their area which was officially launched during 2009 World Mental Health Week with the help of Brian Howard CEO and the Forever Young Choir. This came about as a result of their ground breaking service user consultation conference in DCU called 'A Meeting of Minds'. Katy Hoban, Finglas MHA volunteer, is also co-ordinator of the North Dublin Befriending Project, and it is this partnership model that makes the social club such a success. Finglas MHA have continued to build on their links with DCU, and hope to co-operate more with the Students' Union in the next academic year. They also recently donated a table tennis table to the local mental health services.

FRIENDS OF KILROCK HOUSE MHA hosted the North Dublin Public Speaking Final in 2009, and has built up strong relations with local Transition Year students under the direction of Kilrock House neighbour and friend Lorcan Blake. Neighbours, friends and residents of Kilrock House also enjoyed a wonderful pre-Christmas evening of refreshments, as well as festive music provided by the local Transition Year students.

ST. BRENDAN'S MHA under the direction of Danny Connellan sponsor many worthwhile events and activities.

In supporting and helping the work of the local Mental Health Associations in North Dublin and promoting the aims and objectives of Mental Health Ireland, Seán has also liaised and networked with the statutory mental health and wider health services and other support organisations in the areas of mental health and disability, as well as many local schools, Colleges and Youthreach centres. He has given talks to the National Stammering Awareness Day Conference, and delivered courses, distributed literature and information, as well as offering advice and support. He has also handled a large number of information request phone calls from the general public.

Seán extends his thanks to all in North Dublin for the many new friendships forged and adventures shared over the last two and a half years. He apologises for any omissions – these are only because the volunteers are doing so much good work he says!

Region:	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	St. Loman's MHA, West Dublin
Celbridge Housing MHA, Kildare	Tallaght MHA, West Dublin
Crumlin & District MHA, West Dublin	

ATHY MHA met four times in 2009

- Distributed 1,000 Study & Exam Tips leaflets which were distributed in Co. Kildare.
- Athy library in association with the MHA held a talk on mental health for the general public on Tuesday, 21st April and a talk for students titled 'Your Mental Health Coming up to Exam Time' on 23rd April.
- An Easter egg and Christmas raffle were held – this helped fund social activities.
- 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 four volunteers in the group. Michael is in regular contact with the Chairman.

- A mental health Information stand was erected in Ballyfermot library during October 2009.
- Ballyfermot Carer's Day was held on June 26th in Cherry Orchard Hospital.

CELBRIDGE MHA will be 21 years old in 2010. The group is well known in the Celbridge area and is well supported at the annual church gate collection which was held in September this year and raised €950.

- The **Faite Isteach Drop in Club** was held weekly on Monday mornings from 10.30 a.m. to 12.00 p.m. Residents from Grove House were the main attendees. The main interest is Bingo, a chat and refreshments. A Christmas party was held in December.
- The Association manages a grant from the HSE for the running of **ASIST training (suicide awareness/ intervention)**.
- Mental Health Promotion projects – during World Mental Health Day an information stand was provided in the Kildare County Council's local public library. A talk on Mindfulness was delivered by Dr. Caroline O'Connor, Senior Clinical Psychologist, HSE. This was very well attended.

Summary of Events in 2009 by Region

CELBRIDGE HOUSING MHA - during 2008 the design team received approval from the Dept. of the Environment to proceed to tender on a proposal to develop 12 individual independent units on a site at Grove House, Celbridge. It was hoped to commence building in 2009. The planning permission 5 year period expired in July 2009 and a new application was submitted. A number of requests for additional information were requested by Kildare County Council and the Association hopes to have a response to these requests in 2010. The Association is a limited company with charitable status. It has a board of 10 persons.

CRUMLIN & DISTRICT MHA met on 10 occasions during 2009. 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 is in contact with Ballinasloe MHA with a view to planning a number of social events.
- A fund-raising quiz was held which raised €500 and the church gate collection at St. Agnes' Church, Crumlin raised a further €1,300.
- A befriending project was established in 2009 and 3 trained volunteers are now engaged with service users.
- An essay project for 5th class primary schools was held throughout the Dublin 12 area. 180 entries from 8 schools were submitted. Prize and certificates were presented to the students in their schools. The title of the essay was 'Life without TV for a weekend'.
- A choral singing event was held to acknowledge World Mental Health Day. The venue was St. Agnes' Church and up to 200 people attended.
- A grant of €8,000 was received from National Lottery/HSE Grants. This was split between Cáirde Le Chéile social club, the St. Agnes Centre and the High Support Hostel.

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 – the Association received 2 HSE/National Lottery Grants in 2009; €20,000 to assist with social activities and €4,000 for mental health promotion.

- **HOPE (D), Helping People Endure 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, e.g. Naas/Newbridge/Kildare MHA with HOPE (D) held a seminar on Bullying in the Home, School and Workplace, in Killashee House Hotel on Wednesday October 7th. The seminar was presented by Rev. Dr Tony Byrne, Sr. Kathleen Maguire and John Lonergan from the Awareness Education Office. One

hundred and forty people attended. Event started at 7.30pm and finished at 11.30pm, including time for questions & answers and private consultations. The feedback was very positive. This event was advertised throughout County Kildare which generated a lot of media interest, a number of radio interviews were held by the presenters.

- Naas/Newbridge/Kildare MHA with HOPE (D): Young People and Mental Health Information Stand & Enter Draw for an iPod at Whitewater Shopping Centre, Newbridge, held on Saturday 10th October – World Mental Health Day. Over eighty young people entered the raffle, having approached the stand for material.
- Naas General Hospital: Information stand held during World Mental Health Week in main foyer. There was a lot of interest in MHI's leaflets.

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 a fundraising project called 'Recovery through Action Project'. This involved clients of the rehabilitation service designing and producing hand-made greeting cards. The cards were sold locally at a stand in the Tallaght County Market.
- 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. Grant aid through the HSE included €4,000 for respite and social activities and €2,000 for educational programmes.

TALLAGHT MHA met every 4-6 weeks, 11 meetings in total were held throughout the year. The Association is linked with Threshold Training and the Eureka information centre in Tallaght. The MHA's activities included:

- An Art Exhibition in December focusing on art from patients of the unit.
- Tallaght MHA and Tallaght Meath General Hospital held a fun information stand and young people's art competition. 55 entries were received. There is a permanent un-manned information booth at the entrance of the hospital with a section on mental health. The DO provides information for this stand.
- Tallaght MHA Newsletter was printed and distributed twice during the year.
- A presentation titled 'Taking Time Out – An Introduction to Mindfulness' was held in October. Presentation was given by Dr. Áine Murphy, Clinical Psychologist. The venue was South Dublin County Council library. There were 100 people in attendance and there was a request for a longer session at a future date.

Summary of Events in 2009 by Region

Region:	MIDLANDS
Counties:	Laois, Longford, Offaly, Westmeath
Development Officer :	Finola Colgan
No. of Local MHAs:	8
Athlone MHA, Westmeath	Portarlinton 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 during their health promotion week last March. 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.

- Athlone Institute of Technology Students Union donated €1,000 to the MHA.
- Participated in Mental Health Advocacy Project held in the Golden Island Shopping Centre.
- Hosted a student information day and presentation to students at Moate Business College in Social Care and Pre-Nursing Courses.
- Participated in Athlone Institute of Technology Mental Health Awareness Week.
- Raised €4,000 from the Dublin City Mini Marathon and €1,800 from a community sale of work.
- Provided on-going social supports for service users living in the community on a needs basis to the community mental health nurses.

BIRR MHA hosted a holiday project – this was a self-catering holiday in Youghal for 19 service users. As part of their social inclusion programme, BIRR MHA also:

- Held an annual sports day – this was fun day for service users, staff and volunteers. It was held in the community mental health centre.
- Hosted a 'Birr has got Talent' competition for service users.
- Had a sing-along social morning and a 'nourish your mental health through reading' mental health awareness/information and book display in Birr library.
- With a €3,000 grant from People in Need Trust Fund, Birr MHA purchased a number of laptops and a PowerPoint projector for use by the service users. Staff organised a series of computer classes.



LONGFORD MHA has launched a monthly birthday project called the 'Monthly Birthday Bash' for persons in the community who may not have anyone to share their birthday with. Students from Longford VEC PLC performed a carol service in aid of Longford MHA. On-going support for service users living in the community in terms of personal needs as identified by mental health service staff was provided by Longford MHA.

- A Christmas social and cabaret for service users was organised.
- Longford MHA with the support of FÁS Employment Schemes continued their befriending and personal support of service users. This is a very valuable support to local service delivery.
- In Longford the DO along with the ACORN Project co-developed and facilitated a Coping with Bereavement and Loss Project with Midlands Living Links.

MULLINGAR MHA continued to support the service users on a needs basis for the residents in the Mullingar Sector community based services.

- Celebrated St. Loman's Day with service users, staff and family members. This was an ecumenical service in the hospital church.
- Sponsored tickets for service users to attend a Liam Lalor concert in Mullingar.
- There was a monthly bus service for users to take part in Turas (National Learning Network training programme in Athlone).

Summary of Events in 2009 by Region

- The garden project at the community mental health service continued to be supported and the MHA provided plants etc. and supported service users in its maintenance.
- Continued supporting facilities and activities in EALA, Education Art Learning Activities, in Athlone.
- Received funding of €1,200 from the Mullingar Lions Club towards developing a Healthy Reading Project in partnership with Westmeath Library and the HSE.

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

- Provided regular support to patients and organised social functions in St. Fintan's and Shane Hospitals, Portlaoise.
- Hosted an information stand and fundraising event in SuperValu, Portarlinton.
- Liaised with Portarlinton Primary Healthcare Team in providing mental health promotion.
- Raised money through its church gate collection and flag days.

PORTLAOISE MHA was supportive of Portlaoise Parish Suicide Awareness Weekend. They also:

- Held their friendly People's Club monthly on Saturdays for service users. It is sponsored by the MHA. It is an activity based club with a number of trips throughout the year.
- The cemetery project at St. Vincent's Hospital and Portlaoise Town Cemetery is an on-going initiative developed to honour past patients of the hospital. A special monument has been commissioned to mark the burial grounds.
- There were Christmas socials, holiday and day trips for patients in the rehab wards in St. Vincent's Hospital and community residences.



RATHDOWNEY MHA hosted a Primary Minds Art Project titled 'Caring is sharing'. Over 300 entries were received and all were awarded certificates and various prizes and medallions. This project is now in its 11th year, got excellent local media coverage and has been submitted for an A.I.B. Better Ireland Community Award.

- Social evenings and a holiday to Ballybunion were organised for Erkina House.
- The garden project continues to be supported by the Association.
- The MHA was presented with voluntary donations from the Laois Foxhounds and the Rathdowney Mothers Union. They also got a national lottery award of €3,000.

TULLAMORE MHA held monthly social evenings for service users. Many activities were planned including ten pin bowling and day trips to the national stud, Guinness Brewery, Liffey Valley Shopping Centre and meals out.

- The monthly social club for service users continues with a variety of activities.
- Participated in a 10km Canal Walk titled 'Stepping Out for Mental Health'.
- There is on-going support for the sensory garden project at Birchwood House. The People in Need Trust Fund donated €4,000 for this project. This was used towards upgrading the sensory garden, new landscaping, garden furniture and plants. The residents of Birchwood House were visited by Minister John Moloney, T.D. on World Mental Health Day.
- The MHA also received €1,500 from the National Lottery.

Summary of Events in 2009 by Region

Region:	MID-WESTERN
Counties:	Clare, Tipperary North
Development Officer :	Anne Buckley
No. of Local MHAs:	7
Ennis MHA, Clare	Shannon MHA, Clare
Nenagh & District MHA, Tipperary N.	Thurles MHA, Tipperary N
North Clare MHA, Clare	West Clare MHA, Clare
Roscrea MHA, Tipperary N.	

ENNIS MHA serves an urban population of approx. 20,000. This year the D I Z Club continue to provide support to young people in recovery by running activities. Activities this year included arts and music projects with visits to cinema, theatre and sports events. 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 on-going liaison with Clare Mental Health staff and the HSE.

- In 2009 the Association supported the development and training of services users through the W.R.A.P. education programme. Three service users along with the Development Officer trained as WRAP Educators with the IMHREC national training programme. A WRAP Peer Support group has been established in Ennis to support people in recovery.
- The Association has also supported the development of a Young Mothers Support Group in partnership with the HSE. The aim of the group is to target mothers who have a mental health difficulty such as Post Natal Depression or who are at risk to their mental health and well being. A Personal Development Programme was facilitated for the group.
- Provided on-going support to service users in sheltered and long-term accommodation such as physical activity programmes for older people and Christmas and birthday celebrations throughout the year.
- Supported public awareness of positive mental health mainly through the activities of Mental Health Week. In it's fourth year the week is a focal point of the Association's activities. It continues to grow and is well established as a community event in the calendar year. The Association also runs a media campaign.
- Ennis MHA continues to support schools in the area through its activities including Mental Health Ireland's Public Speaking Project, the Young Social Innovator Project and through the Development Officer's work with students and teachers.
- Ennis MHA plays a leading role in the Clare Mental Health Social Housing Assoc. 'Failte Isteach' and is active in its bid to secure Capital Assistance Funding to meet the demand for suitable accommodation in the Ennis area for people with mental health difficulties.

NENAGH & DISTRICT MHA had another very busy year. Some activities included the further development of The Áras Folláin Peer Support Centre.

- The Centre, located in Nenagh, aims to empower persons in their physical, emotional, and mental development through generating an open, non-judgemental environment. The Centre aspires to facilitate both individuals and groups in their respective challenges to develop, through peer support, social skills, personal development, self-recovery and well being in their daily lives. It aims to reach as many of the population as possible living in the North Tipperary community who are experiencing mental health difficulties or who are at risk through social isolation, disability or unemployment. Peer support groups who are presently accessing the Centre are the groups specifically targeted for the purposes of this project and there are plans to develop future groups as the need arises. Some groups are listed below:
 - **Family Support Group** – This group represents parents and relatives of people experiencing mental health illness. The purpose of the group (approx 15 people) is to promote their own wellness and to inform themselves and seek relevant information that will be of assistance to both themselves and their relatives.
 - **Nenagh Social Circle** – The purpose of this group is to enable people with mental health difficulties reconnect with their peer group, promote wellness and reduce social isolation. Their aim is to increase their skills through socialisation and self advocacy as well as improve their abilities to lead a better quality of life.
 - **GROW** – A support group for people who have suffered or are suffering from depression. Consisting of about 12 people the aim is to assist each other to recover from all forms of breakdown or prevent such happening.
 - **Women's Support Group** – A support group for women who are experiencing mental health difficulties as a result of domestic violence.
 - **Young Mothers Support Group** – Young mothers who are at risk of or experiencing mental health issues in relation to pregnancy or childbirth or isolation, relationship or family problems.

Summary of Events in 2009 by Region

- **'Phrenz' Group (Shine Ireland)** - 'Phrenz' groups are mutual support and social groups which provide a safe place for people with schizophrenia and related illnesses to speak openly and in confidence about their feelings and about the ups and downs that they may be experiencing in their day to day lives. There is a strong emphasis in the support groups on a positive outlook and approach in dealing with schizophrenia. All Phrenz groups are facilitated. The aim of this group is to provide support for sufferers, reduce social isolation and explore new ways of assisting each other.
- **Autism Spectrum Parents Support Group:** The aim of this group is to provide an opportunity for parents to meet and share their experiences and provide mutual support to each other and to learn new techniques to support and educate their children.
- **W.R.A.P. Group** (Wellness Recovery Action Plan). Following the national training programme run by IMHREC, in partnership with the HSE Mental Health Team WRAP is available to members of all peer support groups.
- **Self Advocacy** - the goal to enable participants to make their own decisions, express their interests, represent their needs and assert their rights is central to the ethos of Arás Folláin. The programme continues to provide information and training to individuals. Its main activity in 2009 was an open day at the Centre for the public and other statutory and community organisations to highlight issues around mental health. The guest speaker was the education officer with Amnesty International.
- **Cook-it programme** - the aim of this programme is to promote healthy eating on a budget. In 2009 the programme was delivered to young mothers and included healthy eating for children.
- **Other Nenagh MHA activities** include the Nenagh MHA Social Club, which provides support to young people in recovery, run internal and external activities including art projects, visits to the cinema, theatre and sporting events.
- The Association provides on-going support to service users in Glenroyd Day Centre by providing financial support for various activities including art and yoga classes.
- Nenagh MHA also runs an annual fashion show to raise funds for its activities.
- The social club for people with mental health difficulties meet every weekend to go out and enjoy social events, such as, swimming, cinema, shopping etc.
- The Embrace the Arts Project and the Garden Project are supported by the Association and continue to give people an opportunity to develop new skills and relaxation techniques.
- This year the MHA ran several events during Mental Health Week to raise public awareness of mental health and to promote positive mental health in the community. Among their annual popular events are the Burren Walk and the World Mental Health Day choral event.

ROSCREA MHA has established a very successful project titled '*Time on your Hands*'. The project which was founded in 2002 improves the emotional health of adults living in the community. Its activities include wood carving and the creative arts of painting, drawing, pottery and sculpture.

The programme realises that each of us has mental health as well as physical health and that attention to both is necessary to achieve the best possible state of wellness. The programme does not label participants as having mental health problems. Throughout 2008/ 2009 the programme worked with individuals to assess where the 'Time on Your Hands' programme can add value to their well being. It is intended that the effectiveness of any interventions could be audited after a twelve month period.

Audit of Clients Needs

This was started during the year with a core group from the 'Time on Your Hands' Programme with one to one interviews with the Social Support Worker and follow up. The aim was to explore what the Programme could offer individuals and follow up how effective any intervention was. From those who participated in the process, the indication was that the Programme, whether from one to one support, referrals to other agencies or participation in group activities, did add value to the mental well being of the individual even though their personal situation (dealing with recurrent mental health difficulties, employment status, relationships, housing etc) might not have substantially changed.

In 2009 funding from HSE Mid Western Area [Section 39- Mental Health Services] allowed the Roscrea Mental Health Association to employ a part time Social Support Worker to act as advocate/facilitator, to be a point of contact for individuals, to offer one to one support for participants on the Time on Your Hands programme and individuals who currently feel unable to participate in a group environment.

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.

Summary of Events in 2009 by Region

SHANNON MHA continued its befriending project which is run in partnership with the HSE through the Shannon Day Care Centre. Shannon MHA provided training for volunteers and on-going support.

- The **Shannon Social Club** supports people in recovery. 15-18 members attend weekly and enjoy trips to the cinema, theatre, bowling and other social activities.
- Members of the club identify topics they are interested in learning more about, such as, health promotion and budgeting. These are then facilitated by the MHA.

THURLES & DISTRICT MHA continued to promote positive mental health and assist participants in socialisation and integration through its various activities in the **Failte Club**. The Failte Club is a social club for people who experience mental health difficulties. During 2009 the club continued to meet twice weekly supported by its dedicated facilitators. Activities included music, art and personal development classes, outings and workshops. The club also takes part in local, social and cultural events.

"Going to the Failte Club gives me courage and inner strength. It opens the casket of knowledge and abilities". "I have experienced acceptance, co-operation, reward, praise and support" (quotes from club members).

- This year Thurles & District MHA established the Young People's Social Club in partnership with Thurles Action for Community Development. The social club provides activities to young people to enable them to integrate into the community.
- The annual Christmas party and day trips are on-going activities which the MHA continues to support.

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. Other activities for 2009 included:

- A successful gardening project and restoration of a glass house in partnership with Kilrush Day Hospital.
- Providing social and recreational opportunities to people with mental health problems attending services through music and drama and outings throughout the year. The MHA also continues to provide assistance to both the day hospital and day centre.
- During World Mental Health Week, the Association hosted events to promote well being and highlight mental health in the community. This included community forums and choral events.

Region:	MID-WESTERN
Counties:	Limerick City & County
Development Officer	Margaret O'Brien
No. of Local MHAs:	5
Kilmallock & District MHA	Raheen & District MHA
Limerick MHA North Liberties MHA	West Limerick 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.

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. Le Chéile 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.
- Support for World Mental Health Week
- 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 2009 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 four 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.

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 is waiting on the HSE to sanction 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 at their level.

Region:	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 helped to sponsor Co. Cavan Public Speaking. Bailieborough Community School were National Semi Finalists, so congratulations to all. Bailieborough MHA also developed a productive working relationship with staff and clients of the Bailieborough Mental Health Day Centre. The MHA organised and sponsored day trips to Blanchardstown Shopping Centre, a Christmas Party and an ecumenical service of remembrance. Other activities included:

- Training given to 20 local Council staff in the town on Mental Health awareness.
- SafeTalk programme delivered to the local community. This was organised through the MHA and Cavan Living Links.
- The East Cavan Primary School Essay Project is going from strength to strength. In 2009 over 300 entries and 15 local schools got involved.
- Volunteer numbers continued to grow. The MHA currently has over 20 active volunteers and holds regular meetings.

- The main source of funding is the Annual Round Table Quiz and the National Lottery grant

BALLYBAY MHA provided support and advice to the Ballybay College Parents Association in November when they held a presentation titled Adolescence. Other activities included:

- Continuing their Befriending activities with St Josephs Nursing Home and organising the Christmas party for St. Josephs.
- Fundraising – Church gate collections form the major part of the MHA's fundraising. This year the public were very generous and Church gate collections were held in Ballybay, Latton, Tullycorbet, Doohamlet & Ballintra.
- The former Mental Health Ireland Development Officer, Mr. Michael McGinn, will be devoting his time as a volunteer to Ballybay MHA from January 2010.

Summary of Events in 2009 by Region

CARRICKMACROSS MHA continued their Befriending activities with Castleross Nursing Home, St Mary's, Castleblayney, and Clones Nursing Home. They also:

- Are involved in supervising the local Youth Club's weekly activities. Some of these include Basketball, Soccer, Pool, Table Tennis, Air Hockey, X-box/Playstation etc. Well done to all involved especially Marion Marron, local MHA Secretary, for her great work with the youth of the area.
- Continued to run the long established Carrickmacross/South Monaghan Primary School Essay Project.
- Hosted and sponsored the Christmas party.

CASTLEBLAYNEY MHA delivered a positive mental health education programme to all Transition Year students in Castleblayney College. Fifty students participated in this valuable learning. They also continued:

- Their befriending activities with St Mary's Hospital.
- Involvement in World Mental Health Day. This year they hosted a coffee morning and a walk to Black Island.

CAVAN MHA consists of a network of volunteers around Cavan Town and District. Some of their work includes on-going liaison with Disabled GO, CRAIC Advisory Group, Cavan Community and Voluntary Forum, Cavan Wheelchair Association, Comhairle na Óg Youth Forum. They also:

- Delivered a talk to Cavan VEC for World Mental Health Day.
- Presented a series of talks to County Cavan youth groups in the Cavan Institute. Delivered 10 half day sessions to approx. 200 staff in Cavan County Council.
- Presented a talk to 'Club Alternative' a 32 county young Protestant group. The group donated €500 to Mental Health Ireland.
- The Cavan Singers celebrated their 25th Anniversary during Mental Health Week with two concerts in Cavan Town Hall. The proceeds of their raffle on Saturday, 10th October went to MHI.
- The Cavan Community and Voluntary Forum organised a Mental Health Week around World Mental Health Day on October 10th, encouraging member groups to organise events, talks, walks and relaxation exercises, participating groups included local ICA guilds and South West Cavan Partnership.

COOTEHILL MHA organised many social events and parties particularly the Christmas and summer tea party.

- Their befriending service continued with visits to clients in Cavan General & St Davnet's Hospital, Monaghan.
- The MHA co-sponsored the Co. Cavan Public Speaking Final.

- They hosted a Public lecture for World Mental Health Week and a walk also took place over that weekend.
- A talk was delivered to 20 staff of Cootehill Town Council and to the local Fire Service.

DROGHEDA MHA volunteers continue working with the Travelling Community. This year it also was involved in:

- Befriending to residents of a hostel on the Dublin Road.
- World Mental Health Day events included distribution of literature, a public lecture and a choral event.
- Promotion of the National Public Speaking Project.

DUNDALK MHA hosted a very successful essay project in which 21 primary schools participated. 200 people attended the prize giving ceremony.

- Organised day trips for clients and meals out and a New Year party for one hundred clients in Oriel Park.
- Members of Dundalk MHA, Mental Health Services and North Louth Mental Health Partnership produced an information booklet on medication and side effects.
- Continued befriending activities to An Solasan and other mental health units/hostels in the Dundalk and Ardee areas.
- Hosted Bingo every two weeks for clients.
- Sponsored the Co. Louth finals of the Public Speaking project.

KELLS MHA had a busy year. They continued their befriending activities with Climber Hall Day Centre. They made regular donations towards swimming and cookery classes for service users.

One of their big projects this year has been acquiring a polytunnel at Climber Hall Day Centre and sponsoring classes in horticulture for service users. Volunteers have also helped with making greeting cards.

- World Mental Health Week involved distribution of literature and a healthy walk around Kells – the monastic capital of Ireland.
- Eureka College from Kells participated in the National Public Speaking Project.
- National Lottery grants and the an Annual Church Gate Collection are the MHA's main source of funding.

MONAGHAN MHA sponsored an Essay/Poetry project. The Theme was 'Friendship' and it was open to primary school students in 4th, 5th & 6th classes in the Monaghan area. Presentation night was 3rd December in Westenra

Summary of Events in 2009 by Region

Hotel. 300 participants and prize winners on the night enjoyed a wonderful evening with their proud parents.

Other activities included:

- Continuing the Cavan/Monaghan Art Project. This is open to all 2nd level schools in Cavan and Monaghan and is sponsored by Monaghan MHA. The theme was 'Communication is the Key'. Seven schools took part and, not surprisingly, the standard was very high. Eight winners were selected overall and there was a prize giving night in the Westenra Hotel. Winning entries will be on display in Monaghan Credit Union in the near future.
- As usual, Monaghan MHA sponsored the Co. Monaghan Public Speaking round.
- A church gate collection was organised in October. There was a generous response from the local community.
- During World Mental Health Week an information stand was erected in Monaghan Shopping Centre. St. McCartan's School Choir joined MHA volunteers on the day to promote the link between singing and using your talents and good mental health.
- Monaghan MHA Secretary, Emer Brennan, is developing a website for the organisation.
- Monaghan County Development Board organised a week of Mental Health Week events around World Mental Health Day on 10th October.

NAVAN MHA continued its sterling work with its social club every Tuesday and Thursday evening. The club is going from strength to strength and has recently acquired new pool tables.

- The Social Housing project provides for 6 people – this makes a huge difference to their lives
- World Mental Health Day celebrated with a variety concert and a choral event
- In November, Chairman of the MHA, Margot Davis, launched her book 'All in a Lifetime'.
- Meeting with FAS personnel has taken place with a view to providing FETAC courses for people who attend the social club.
- Sadly three families of the main Committee have suffered recent bereavements.

SOUTH MEATH MHA sponsored the Co. Meath Public Speaking final. Finalists, Scoil Mhuire from Trim got through to the National Semi Finals, much to the delight of local volunteers. South Meath MHA also:

- Continued their befriending activities every fortnight in Tara Suite, Dunshaughlin.
- Have made donations towards maths, computer and literacy classes.
- On World Mental Health Day, they provided an Information Stand in the local shopping centre and organised a healthy walk around town.

Region:	NORTH WESTERN
Counties:	Donegal
Development Officer:	Kate Byrne
No. of Local MHA's:	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 was established in 2008. In early 2009 the group secured funding from the Dept. of Social & Family Affairs. The group meet on a regular basis.

BUNCRANA MHA "GTi, Getting Together Inishowen" was formed in 2007 with 16 members and has developed through 2009 increasing to 26 members. The continued support of the staff of the local Worklink programme has played a huge part in the success of the group. The group have organised a series of meetings, outings and events for members. Other activities included:

- Organising social events to facilitate inclusion of members. Club meetings take place once a month and every second meeting is a social night out. Typical nights out include going to a restaurant, a visit to the movies or a play at the theatre.
- A highlight of the year was the annual shopping trip to Dublin before Christmas.

Summary of Events in 2009 by Region

- 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 "Carrick Day Centre" provides accommodation for 10 older people. The Day Centre also provides support and assistance for mental health care users and wheelchair users Monday – Friday. They have a committed volunteer ethos to support mental health initiatives. Volunteers run socials, attend regional and national seminars and conferences and fundraise. The centre provides an information Centre for the community and supports the G.P. practice.

CLONMANY MHA "St. Columbcille Village & Day Centre". This is a unique service provider in the local area which runs a day centre for 30-40 clients daily 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 22 older people and high care level housing with support for 10 older people

- Members have particularly supported the new Buncrana & District MHA (Gti Club) in its funding via church gate collections.
- Members have attended regional and national seminars and conferences.
- Clonmany MHA has a volunteer base of 10-14 voluntary managers and many activity volunteers in the community.

CLOUGHANEELY MHA 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.
- The MHA was involved in the opening of six new Housing Association homes in Falcarragh and other housing projects around Donegal. Local volunteers are directors of North and West Housing. Plans are being discussed for the development of a community facility within the housing complex.
- Volunteers were involved with WRAP regional training. Links are being developed with the HSE SOLAS project in Falcarragh.

DONEGAL TOWN MHA & KILLYBEGS MHA has evolved throughout 2009. In the past year the National Learning Network, Túras programme, ceased in Killybegs and Donegal Town. What resulted was a 'creative commitment' by a number of key volunteers to ensure projects and services continued; the growth of the Garden Gnomes project

and the establishment of the Getting Together Killybegs & District Club. Small amounts of funding were secured from local partnership companies and used to great effect.

The Projects became involved in HSE Healthy Gardening Project. Training and supports were received from the Organic Centre in Rossinver, Leitrim and polytunnels at the Rowanfield House mental health day centre in Donegal Town were used to grow vegetables. Cookery training was then undertaken by members to use the produce they had grown. The project is a huge success. Produce was sold at the local organic market in Donegal Town and a cookbook was published. Other activities included:

- Coffee mornings and activity events were held to attract new members and supporters.
- Regular social and befriending activities.
- Fundraising and attendance at regional and national seminars and conferences.

DUNGLOE MHA "Getting Together the Rosses" GTR Club is a longstanding volunteer organisation in Dungloe. It currently has 25 active members, many of whom have completed a worklink programme. Other work of this very successful MHA included:

- Involvement in many social activities that facilitated better social inclusion of members, e.g. visiting the Tall Ships in Belfast and line-dancing.
- Support for clients from Dungloe Psychiatric Day Centre.
- Involvement in local school projects.
- Club meetings take place once per month and every second meeting is a night out. As a result of the regular get-together, good friendships have been formed.

LETTERKENNY MHA "Cara House Family Resource Centre". Congratulations to Letterkenny MHA, the "Red Door" was duly recognised in 2009 for its unique contribution to the community and to the people of Letterkenny. Donegal County Council nominated Cara House for the National Pride of Place Award in 2009. Some of the services provided by the MHA include a Drop In Centre, men's and women's social clubs, active age groups, dancing, creative writing, walking club, beat the recession classes and winning new opportunities meetings. In addition to the estimated 1,200 visits that are made to Cara House every month, the MHA also:

- Undertook regular training in their roles and responsibilities.
- Attendance at regional and national seminars and conferences.
- Supported and hosted many local projects including 2009 HSE Gardening Project.
- Letterkenny MHA has a voluntary base of approx. 25 people.

Summary of Events in 2009 by Region

MOVILLE & DISTRICT MHA “Serenity House Education Centre” forms a hub for the community of Moville. The ethos on the work of its volunteers has helped to drive the many achievements of this unique organisation. Some of the activities provided at Serenity House include computer skills, adult literacy classes, men’s and women’s health groups, Aspergers Support Group; counselling for lone parents; art therapy and personal development courses.



- The MHA are supporting the establishment of a local Carers Group with the HSE Carers Development Officer. Talks on Mental Health are organised involving MHI, GROW and Aware. MHI DO has supported training of the Carers group.

- Actively involved in activities for World Mental Health Week 2009 and sponsors of National Public Speaking Project in Donegal.
- SRU clients are regular visitors to Serenity House and attend for breakfast on Thursdays followed by arts and crafts activities.
- Serenity House has a volunteer base of approximately 30 active volunteers. It employs 7 people locally. It is estimated some 500 people visit Serenity House weekly.
- Fundraising is a major facet of the work of the project.
- Serenity House is a FETAC accredited centre and FAS registered centre.
- The MHA was involved in the opening of modern new sheltered accommodation. Thirty self contained flats which are designed to support independent living were constructed at the old convent. MHA volunteers support such initiatives through their directorship of North and West Housing. In Carndonagh, North and West Housing have supported the development of 48 homes (2,3,4 and 6 bedroom houses) supporting people with mental health needs, learning disabilities, older people and social family housing, with one of the units supporting the Carndonagh Worklink project and the GTI club.

Region:	NORTH WESTERN
Counties:	Leitrim, Sligo
Development Officer:	Rachel Reilly
No. of Local Mhas:	7
Ballinamore MHA, Leitrim	Manorhamilton MHA,
Ballymote MHA, Sligo	Sligo MHA, Sligo
Breffni MHA, Leitrim	Tubbercurry MHA, Sligo
Easkey MHA, Sligo	

BALLINAMORE MHA The activities of Ballinamore MHA were fully centred on the proposed housing project throughout 2009. There were no regular meetings. After a number of setbacks, adjustments were made to the original plan which was refused by planning authorities and letters of support from the HSE were forwarded to planners.

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 on-going support to people with enduring mental health problems who moved from St. Columba’s Hospital many years ago. Many of these individuals now reside in Linden House or regularly attend The Rock Day Care Centre. The current building in use as a day care service is an unsuitable, damp and dreary building which is unfit for its purpose. In 2009, it was intended that Ballymote MHA would lease a

new building in town and it would be used for the day care service. This would provide both a new focus for the MHA and a modern and up-to-date facility for the day care service. However, this development has not been advanced due to finances and other conflicting interests in HSE. Mental Health Services Administrator, Ronan McNabb, who was dealing with the issue, has now retired.

Some of their other work included:

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

Summary of Events in 2009 by Region

- An art therapy programme every Friday for service users supported by the HSE.

BREFFNI MHA continued its health promotion activity for 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.
- Distribution of mental health literature in schools and information stands for the general public.
- Social events and fundraising for service users.
- Providing financial support to projects relating to mental health and to individuals with a particular financial need as required.

EASKEY MHA has a close working relationship with the HSE mental health service staff and volunteers from the MHA. Some of the services they provide include:

- The social housing project (Radharc Na Mara) for people with mental health problems. This provides housing for 12 people with a history of mental health difficulties. Volunteers are very active in maintaining the house and providing general care and support to the residents.
- Residents are involved in a horticultural project. They have a polytunnel on site in which they grow their own vegetables and plants. They are assisted in maintaining this project by two rural social scheme workers.
- Recreational and social activities for the residents of Radharc Na Mara. These include regular outings, art and crochet classes.
- Financial assistance for people with mental health problems in the Easkey area.
- Distribution of mental health literature in local schools.

MANORHAMILTON MHA has been in existence for many years but is not as active largely due to many of its key members having withdrawn from the Association due to advancing years. However, the MHA is still involved in one key project, the lease of a residential house in Benview Park for crisis housing purposes. This is provided on a short-term emergency basis for those in need while they are awaiting rehousing by Local Authorities.

The MHA also works in association with The North Leitrim Men's Group which is led by Pat Love and focuses on men from the area living in rural isolation.

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 include:

- Involvement in Sligo Person of the Year. This has become an annual event with a dinner dance and presentation celebrating community voluntary involvement.
- 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 the MHA was allocated to support transport costs for service users and volunteers. Activities are co-ordinated by the volunteers and service users and the project is regarded very highly.

TUBBERCURRY MHA was established in 2008. It was primarily set up as a service user led group which was linked to the Tubbercurry Family Resource Centre and a support group (All Ears) was available weekly. However, one of the most active founder members of the Association was affected by poor health and the MHA proceeded to deactivate.

Region:	SOUTH EASTERN
Counties:	Carlow, Kilkenny, South Tipperary, Waterford, West Waterford, Wexford
Development Officer:	Linda Thorpe
No. of Local MHAs:	6
Kilkenny MHA, Kilkenny	Waterford MHA, Waterford
South Tipperary MHA, Tipperary	West Waterford MHA, Waterford
West Tipperary MHA/Tipperary Town MHA	Wexford MHA, Wexford

Summary of Events in 2009 by Region

Each Mental Health Association in the Southeast area has a distinct profile based on the identified needs of the community and the size of the volunteer group. There are six Associations in the region geographically located in the four counties.

Activities undertaken by the Development Officer to develop and support the associations **since 19th Oct 2009** include:

KILKENNY MHA is a long established MHA, with very proactive volunteers. Kilkenny MHA

- Support the Public Speaking Project by holding initial rounds and county final.
- Support the Art project in Primary Schools in the county.
- Provide social outings for mental health service users – dinner dance at Christmas and the Summer B.B.Q. – day trips and activities in the day centres through the catchment area.
- They also fund Christmas gifts to those in need.
- Provide social housing for people with mental health difficulties.
- Run fund raising events – Monster Fashion Show.
- Mental Health Week was actively supported with several choral events taking place through the county.

SOUTH TIPPERARY MHA is very actively involved in the local community through Cluaín Training and Enterprise Centre, Clonmel. This is a training centre for people experiencing mental health difficulties and currently caters for in excess of 60 people. It also provides training in social, academic, vocational and personal development. It provides accredited training and enables people to move on to seek employment or other further education or training.

- Training programmes include I.T., pottery, literacy, advocacy, interview skills and social befriending.
- Students spend at least 2 years in Cluaín, following which they seek employment.
- The social befriending project has taken a different focus and is now group orientated. A peer support social group has been formed and provides social interaction and support for people with mental health difficulties.

WEST TIPPERARY MHA/ TIPPERARY TOWN is the newest MHA in the Southeast. It was established in 2008 and is going from strength to strength.

CONGRATULATIONS WORLD RECORD HOLDERS!!!

West Tipperary MHA is world record holders after being accredited by The Guinness Book of Records for their "**ROCK THE BOAT**" fund raising initiative. In August 2009 they organised the event on the racecourse at Limerick Junction, Co. Tipperary where 860 people fulfilled the criteria for the event watched by the observers from the Guinness book

of Records. It was a fantastic occasion for everyone – the organisers – those who took part – the community – the county and MHI. It created huge awareness and provided a very powerful platform for the promotion of positive mental health. West Tipperary MHA is currently producing a DVD of all their activities and is going to distribute these within the community to raise awareness.



West Tipperary MHA worked in conjunction with South Tipperary MHA for World Mental Health Week. Below is a flavour of the activities both were involved in:

- Laughter Yoga – gave a new dimension to many and was enjoyed by all.
- The Traditional night brought out the locals and there is nothing like the haunting airs of Irish music to stir the senses. This was a terrific night.
- The friendship and befriending tea and chat held at Cuan Croí Day Centre was enjoyable and rewarding to those who took part.
- The parents were both surprised and delighted to be entertained by the children of Naionra Chaisleain Nua. Each class sang their own song and then the entire school came together for the finale.
- The children were not forgotten. The Library hosted Mary Hickey reading stories to the children. The children also had the opportunity to blow their worries into balloons and then let them go in a safe environment. What a rewarding and novel idea.
- Another event especially for the children was entertainment by the CLOWN TOWN. All the children were asked to bring bubbles to the event. They then blew their bubbles, this was captured on film. It was great fun and most enjoyable for all. This event is at present being put on DVD and will be for public release soon. A very inspiring initiative.

Summary of Events in 2009 by Region

- A highlight for us was the Ecumenical Service at St. Michael's Church. Music was performed by Anthony O'Connor. Everyone gathered outside in the garden. Everyone had a candle and then the illuminated procession entered the church. This was a lovely opening for the evening. The church was packed to capacity. People were invited to the altar to address those assembled about their own life experiences. All age groups were represented from children, teenagers, young adults, middle aged and the elderly. From those with mental illness and mental health problems and those without. The whole of life's spectrum was there. The entire night was a very positive and moving experience, it empowered people. Many have asked that it become an annual event.

WEXFORD MHA is a very active association with 20 members and many part time volunteers. The highlight last year was the opening of a new development called Croí an Tobar, Ballinaslaney, Oylgate, a purpose-built state of the art development for 8 residents with mental health and intellectual disability with 24 hour nursing care and the residents attend St. Aidan's Day Centre, Gorey. The development is part of a new housing estate right in the heart of the village and is totally integrated. Wexford MHA also acquired two independent homes for independent living and this was with the support of the outreach staff of Wexford Mental Health Services.



Wexford MHA also:

- Had a very successful World Mental Health Week with both young and old included in the activities.
- Five schools- Gorey Community School had a staff sing-along and a student choral workshop. While the following schools took part in the Co. Wexford Children's Choir Sing fest- Glenbrien N.S, Clongeen N.S, Kilore N.S. and Ballygarrett N.S.
- The Rathangan Adult Choir had a very entertaining and enjoyable workshop with Liam Bates.
- Rosslare Active Retirement Association had a lovely evening in their choral workshop, enjoyed by all.
- St. Aidan's Day Care Choir at St. Anthony's unit held an all day choral workshop. This was a thoroughly moving experience.
- Clonard Church was the venue of one of the highlights of the Wexford week. A Choral Concert was held free of charge to the public featuring Vocare, The Young Wexford Singers, Enniscorthy Choral Society and Wexford Ladies Choir. A packed audience enjoyed lively, excellent and entertaining singing. It was a most uplifting and positive experience for everyone. The atmosphere was electric and the entire event was a huge success.
- **Arts Alive! Festival** Ireland's only inclusive Arts and Disability Festival is a partnership initiative, funded and supported by Enniscorthy Town Council, Wexford County Council, Wexford Mental Health Association and the National Disability Strategy/Department of the Environment, Heritage & Local Government. This mammoth project is co-ordinated, supervised and run by Rosaleen Molloy, Arts Officer of Wexford County Council and was the jewel in the crown of the activities held for WMHW in Wexford. Over 600 people participated in this year's hugely successful event. The festival featured a range of arts events including drama, dance, music, creative writing, pottery, collage, printmaking, drumming, live music, puppet making and much, much more. The festival is workshop based and participants have the opportunity to work with a range of professional artists over the four days. Each day over fifteen events were scheduled all of which attracted maximum attendances. This year's festival featured for the first time a specially designed Arts Alive! Logo which was emblazoned across T Shirts worn by staff during the festival. A very worthwhile development this year was a series of exhibitions by the Arts Alive artists throughout the town, with exhibitions in a number of local shops and venues. This involved the community in a new and interactive way. The public were welcome to drop into the festival itself to enjoy the creativity and savour the atmosphere. The participants enjoyed themselves and found the experience of participation empowering and positive.

WATERFORD MHA is a long established Association. In 2009 it once again was very active. The social befriending activities continue to grow and now over forty people attend on Tuesday afternoons in the City Library. Rooms have been obtained in the front block of St. Patrick's Hospital for the project and a meeting is held there on Saturday afternoons. All members are registered with the National Service Users Executive. The main objectives of the project are peer support, social inclusion, independence and the continued opportunity to develop social networks, friendships, self-esteem and confidence.

WATERFORD MHA had a very busy World Mental Health Week, some events included:

- Voci Ladies Choir entertained the residents of Killure nursing home to the delight of all.

Summary of Events in 2009 by Region

- A successful singing event in Newtown school. De La Salle Secondary School held a school choir concert for 250 first years – this was very positive for everyone's mental health.
- Waterford Male Voice Choir acted as a LIVE juke box in City Square. They actively encouraged the public to sing along and experience the joys of choral singing. Great fun and very positive for all the participants and the public alike.
- Waterford MHA continued to support the very successful Comfort project – this project supports people with long term mental health difficulties in the mental health system. i.e. Christmas parties, presents and outings.

WEST WATERFORD MHA currently has only one member and is inactive at this time.

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 had a very busy year and continued to pursue its aims and objectives through a variety of activities undertaken throughout the County and in particular through the activities of their nine local branches and the Development Manager. These objectives are twofold (a) supporting people with a mental health disability, their families and carers by identifying their needs and advocating their rights and (b) promoting positive mental health.

- Support: The Kerry MHA provides a supportive role in a number of ways such as providing social housing, assisting with the provision of transport or funding towards transport costs as well as a wide variety of other activities as identified in different areas throughout the county. Some of these activities are on-going from year to year while others are in response to various needs as they arise.
- Social Housing: The Association has just completed a €2.8 million state of the art, 15 unit community supported housing facility at Upper Lewis Road, Killarney. This will be furnished and ready for occupancy before Summer 2010. A very important aspect of the project is the development of a reflective/sensory area dedicated to the memory of the late Phil Hilliard RIP who was a valued member of the Board of the KMHA for almost 40 years until his death in 2006. The area which is currently being developed will consist of plants, seating, lighting and a water feature. The completion of this housing facility brings to 61 the total number of units of accommodation in KMHA facilities throughout Kerry. The Association is currently exploring the possibility of securing a premises for low support accommodation in Killorglin. This has resulted from a meeting with the mental health team for the area who expressed a need for the

facility and the matter has been taken up with Kerry County Council. Following on from an audit of existing KMHA properties in 2008 the HSE has undertaken refurbishment works in many of the facilities throughout the county during the past year.

- Transport: The Association has continued to provide funding for transport related activities both for social and recreational purposes through the Social Activities Department at St. Finan's Hospital and towards transport costs for clients attending Kilgarvan day centre. The KMHA/Ross Products also contributed €5,000 towards half the cost of a bus for rehabilitation activities in the Killarney and outlying areas. The purchase of this bus resulted in a reconfiguration of existing busses in the Killarney area which in turn resulted in a bus being made available to transport clients to and from Ross Products Sheltered Workshop bringing to an end the necessity to pay for taxis on a daily basis resulting in savings.

Sheltered Activity: KMHA continues to provide sheltered activity for 23 clients who attend Ross Products Sheltered Workshop on a daily basis. The past year has been a difficult one in trading terms, which has been reflective of the economic climate that prevails. This period has also seen the on-going National Review of HSE Funded Adult Day Services and Issues of Concern Project which is looking at Centres like Ross Products with a view to developing a code of practice for such centres. Recommendations from the review are expected in August 2010. However, despite the challenges that presented at Ross Products during the past year, huge credit is due to the staff and management there for providing the clients who attend the facility with a very productive programme of activity.

Summary of Events in 2009 by Region

Other Supportive Activities that have been funded by KMHA over the past year include parties at birthdays, Christmas, Easter, Halloween and on other special occasions as well as providing funding for outings and the provision of photographic equipment, funding for horticultural activities and equipment and gifts at special times. As well as providing funding for various therapies such as music, voice and dance, reflexology, health and leisure activities including swimming sessions the Association has also supported trips to Knock Shrine and Lourdes, holiday breaks for carers and service users, befriending activities, residential visits and funding for carers to attend a support group over an 8 week period. Other activities funded by KMHA include arts and crafts programmes for clients, the production of posters from client art work, life skills and personal development programmes, the Kerry Life Education Programme, counselling sessions as well as a 12 week programme for a client to attend Talbot Grove Addiction Treatment Centre and the participation of clients in the Puck Fair and St. Patrick's Day Parades. Over the last 12 months the Association has continued to support TEENTXT, the text support service for young people in Kerry, to the tune of €19,000. To date the service has recorded in excess of 34,500 texts from young people. The TEENTXT Project was entered into the Mental Health Ireland Annual Merit Awards and received a prize of €1,000. Work is currently in train to incorporate TEENTXT as part of the Jigsaw Kerry Project, going forward, where it can play a more meaningful role as part of that Project. Added to all of the aforementioned the Association also provided some support for other needy charities and organisations such as the Haiti Earthquake Appeal and Hospice.

All of these activities would not be possible without the enormous fund raising efforts of our volunteers in the various branches throughout the county. These fund raising activities were wide and varied and included Christmas Day Swims, Church gate collections, donations from various groups, schools and student activities, tea dance, Christmas markets, flag days, book sales, charity walks, table quizzes, choral events, bag packing and marathons. The Association also received generous donations from Killarney Town Council and the proceeds from the Castleisland Mini Triathlon. Overall the Association provided €103,822.00 in support of all the aforementioned activities during the past 12 months.

Branches have also continued to advocate on behalf of service users and their families, during the past year, in relation to various issues. One on-going issue that remains unresolved is the provision of a Day Care Centre in Kenmare.

However, the local branch is exploring the possibility of coming to an agreement with a local landlord in relation to providing part of a premises, at a reasonable rent, for day care purposes. If this can be achieved to the satisfaction of local branch members the HSE has agreed to provide the necessary staff.

Promoting Positive Mental Health: During the past 12 months the KMHA has continued to promote positive mental health in a variety of ways, the most recent being the production of a pamphlet for students. The pamphlet was produced in response to the changing environment in recent times where pressures on students have increased due to a greater need to achieve academically and less opportunities for employment on graduating from college. It is hoped that the pamphlet will provide students with good advice in making appropriate choices and advise them on how best to cope with the pressures that they are experiencing. Other ways in which the Association has been promoting positive mental health include talks delivered by the Development Manager to a variety of groups and organisations. These include talks to students in various post primary schools throughout the County, as well as to a multidisciplinary group of staff at Airne Villa Childcare Assessment and Resource Centre and to a group of attendees at the Enable Ireland Centre in Tralee. Positive mental health has also been promoted through materials posted on the KMHA website, participation in various programmes on Radio Kerry, information stands at a variety of events throughout the county, distribution of information leaflets and literature, various events to celebrate World Mental Health Day, the Mental Health Public Speaking Project, Design a Cover Art Project and Mental Health Matters. KMHA, through the Development Manager, has been represented in a variety of groups as well as involved with projects, organisations and committees both at local and at national level over the last 12 months. These include Family Resource Centres, the Jigsaw Kerry Project, Irish Council for Social Housing, Sliabh Luachra Advocacy Steering Group, Kerry County Council, North and East Kerry Development and the Irish Society for Prevention of Cruelty to Children as well as supporting local branches that are involved with a variety of groups at local level. The KMHA Development Manager also links up with the national organisation, Mental Health Ireland, through on-going participation in regular Development Team Meetings and having an input into the development of various programmes including the Stress Management Programme for Health Care Workers.

Region:	SOUTH WESTERN
Counties:	Galway City & County
Development Officer:	Nicola Morley
No. of Local MHAs:	8
Ballinasloe MHA	Loughrea MHA
Clifden MHA	Mountbellew MHA
Galway MHA	Portumna & District MHA
Gort MHA	Tuam & District MHA

Summary of Events in 2009 by Region

Ballinasloe MHA had a very busy year. Monthly meetings resumed in February. A coffee morning was held in the day centre in Ard Mhuire in March and sold a few MHI CDs on the day. Easter baskets of fruit were distributed to the day centre. Other activities of Ballinasloe MHA included:

- Involvement in the annual national conference. Ballinasloe entered the Merit Awards to mark noteworthy achievements of our local Mental Health Associations. The Association submitted their Twinning Project with France for the Award. Although they didn't win, a great time was had by the members of the Association who attended the conference.
- Early Summer saw a group of residents from St. Columbus Hostel head west to Ballinasloe for lunch at the day centre. This was followed by a sing song led by Ballinasloe's Paul Boyle.
- A group of clients from Ballinasloe headed to Bray for a four day holiday in August. There they toured the lovely Garden county of Wicklow, with Crumlin MHA Chair, Mr. Brendan Madden. They visited the Glencree Reconciliation Centre, Glendalough, the Meeting of the Waters and Avoca. They visited Johnny Fox's pub in the Wicklow Mountains where they had a beautiful meal and sang and danced the night away.
- In October the MHA held an art exhibition to celebrate World Mental Health Week in partnership with the clients Mental Health services, Disability services and the local library. The art work was painted by service users from the Learning Disability Services and Mental Health Services in Ballinasloe and surrounding areas. The Mayor of Ballinasloe Cllr. Johnny Walsh launched the art exhibition. Mr. Matt Crehan, Acting Director of Nursing and the Art Therapist Maura Ward spoke at the launch.

Clifden MHA continued to work in close partnership with the HSE and Connemara Sheltered Housing Association which greatly benefits the welfare of all service users. Apartments are fully occupied.

Other activities included:

- **Social Outings and activities** - the Association in conjunction with the HSE staff held the annual trip to Knock for service users. There was also a Summer shopping trip to Galway city.
- **Fund raising** - funds were still coming in after the parachute jump undertaken by a member of the MHA, Hugh Musgrave. The MHA sold a number of the MHI CDs and this contributed to their fund raising initiatives. Church gate collections were also held during the year.
- **Strengthening Families Programme** - Clifden MHA is supporting the pilot roll out of the Strengthening Families Programme in the Clifden area.
- **World Mental Health Week** - this year Clifden MHA decided to incorporate the link between exercise and

positive mental to celebrate world mental health week. "Siuloid Bhinn Shleibhe" meaning "the old road" which links Cor Na Mona to Clonbur, was recently opened to the public.

- The MHA support the therapeutic programmes that are provided to service users by nurses and the local VEC. The VEC provides an excellent service covering areas such as horticulture, domestic science/crafts, literacy/numeracy/computers, art, and pottery/weaving, social skills instruction and recreation/leisure.
- The Mental Health Association alongside the staff in the social housing 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 the barriers and stigma associated with mental illness.

GALWAY MHA held regular monthly meetings throughout the year. Their **Social Housing initiative** continued to run very successfully. A Housing support worker is employed to maintain the houses to the highest possible standard. The Association carried out a number of repairs and upgrading of houses and contents throughout the year. They also provided a fill of oil for four of the houses. Galway MHA also held:

- Social Activities/Outings - monthly outings to the cinema with service users followed by a meal in McDonalds continued to be enjoyed by clients from Céim Eile and Danesfield. These are funded by the Association. This year the Summer outings for the clients included a tour to Athlone which consisted of a Viking Cruise on the Shannon followed by lunch at the Prince of Wales. The MHA also supported a trip to Dartfield Horse Museum in Loughrea.
- World Mental Health Week was a very important week for Galway MHA with a number of events being held. The Association organised a very successful choral event on Friday 9th October in St. Nicholas Collegiate Church, Galway. The choirs who sang on the night included The Galway Baroque Singers, Cois Claddagh, The Boys Choirs and the Galway Gospel Choir. The event was hugely attended and very successful.
- On Wednesday Oct 7th Céim Eile Day Centre celebrated "World Mental Health Week" with the people who attend the centre on a day to day basis by devoting the day to discussing mental health issues and services. They also had some videos on mental health issues.
- The Association provided funding to two young people to attend the Young Mental Health Ireland conference which was held in Dublin.
- The Christmas season was as usual celebrated by the annual party for clients from Céim Eile and Danesfield and funded by the Association.

Summary of Events in 2009 by Region

- Fundraising is an essential feature of all voluntary organisations and Galway MHA is no exception. The Chairman, Lorna McMahon, again opened her magnificent gardens on three successive Sunday afternoons and combined with a plant sale raised significant funds which she, with her customary generosity kindly donated to the MHA. Funds were also raised from the Choral event held during World Mental Health Week.
- Financial Aid - there were a number of applications to the MHA's comfort fund for financial assistance in provision of such items as clothing, examination fees to further a clients study in NUIG, and some household items. The Association continues to support clients who find themselves in need of financial assistance in such areas.
- The Association continued to support the roll out of the National Public Speaking Project locally and hosted the Galway county final in 2009.

MOUNTBELLEW MHA has been active and busy throughout the year. Their Social Housing has been renovated along with the day centre in Mountbellew.

- Public Speaking in 2009 - St. Jarlath's Vocational School, Mountbellew went forward to represent County Galway at the Regional Finals, where they successfully qualified for the national semi-finals.
- A coffee morning was held during World Mental Health week to raise awareness of the importance of mental health and to distribute literature in the community. It was very well attended. There was music in the Day Centre for clients.
- The Association continued to support the VEC tutorials and in the Day Centre and have plans to support the Bingo financially.
- Financial Aid - the MHA provided financial aid for clients and supplied fuel to four houses.
- Social activities/ outings - they supported two clients on a trip to Loire in France and two to Lourdes. They also supported the annual outings for clients. In May, five of the MHA members attended the annual MHI conference in Athlone.
- This year the MHA joined up with Ballinasloe MHA to provide a joint Christmas party for service users. They also organised Mass during Christmas week in the Day Centre and gave Christmas presents to all the service users, 35 in all.
- Fund raising - the MHA continued to hold church gate collections during 2009 to raise funds for the MHA to support their activities. The MHA sold a number of the Mental Health Ireland CDs around St. Patrick's Day and continued to use the CD for promotion and fund raising throughout the year.

TUAM AND DISTRICT MHA set a target of events for the year 2009 covering fundraising, social needs and education in addition to maintaining its social housing programme and sponsoring the Mental Health Community Employment Scheme funded by FAS. The Association commenced a restructuring process in October 2008. This process essentially merged the Tuam MHA Housing Committee with The Tuam & District MHA.

At the moment 14 local organisations benefit from their input on projects and maintenance. These range from sports clubs to The Tuam Cancer Care and local Nursing Homes and training opportunities provide participants with the ability to find work on completion of the scheme. This is classed as advancement for the participants and over the past few years several scheme participants have advanced in this way. It is currently considered that 30 percent of scheme participants are or have been service users. Some other activities of Tuam & District MHA were:

- **Fund raising** - the fundraising efforts in 2009 were successful and included two Church Gate collections.
- **World Mental Health Week 2009** - Mass in celebration of Mental Health was held in Tuam Cathedral with the Toghermore Choir. This was accompanied by a choir from Toghermore and had an amazing impact on the congregation. It was a moment of great pride for all involved. A coffee morning was held during the Week in the Corralea Court Hotel and the funds raised helped towards the cost of the social outing for service users held on the Friday evening in The Ard Ri Hotel.
- An Exhibition of MHI and library literature was held in the Tuam Library promoting the concept of self-help through reading and online resources.
- Social Needs are operated in conjunction with the St Vincent de Paul and that partnership ensures a targeted outcome for those in financial need. Liaison is also made through the local psychiatric services of Toghermore, the Fairgreen Day Care Centre and Headford Day Care Centre.
- MHI Conference and Merit Award Success - the annual conference in Athlone was attended by four delegates and gave an opportunity to Tuam MHA to present a poster highlighting the work carried out by the 36 employees on the local C.E. scheme. This was successful in achieving a merit award which is a significant achievement for those who work on the scheme.
- A presentation event was held in September to acknowledge their achievement and also to mark the retirement of Pat O'Hora who was retiring from his management position in FAS but who contributed enormously to the success of the scheme since its commencement in 2003.

Summary of Events in 2009 by Region

- Community Initiative - a new initiative was developed by Tuam and District Mental Health Association in partnership with local voluntary groups and sports clubs and local service organisations, to promote an awareness of the many services the community has to offer and to provide an opportunity for volunteers to interface with the many organisations in town. It is often very difficult for new volunteers to walk into a meeting for the first time and offer their services not knowing completely what the organisation actually does.
- The Tuam Shopping Centre under the management of Ray Collins kindly offered their premises as a focal point for the event on Saturday 19th September. A market atmosphere on the day supported by the local market traders was an additional attraction. Clubs, Associations and service bodies from the town were invited to set up their stall in the shopping centre and display their information literature and also to engage with interested members of the public. There was a demonstration of local craft and art works with an invitation to join classes for the Winter. The event was a huge success and generated much interest locally.
- Dealing with Stress course
- Breast Check Screening
- Corrib Spinal Clinic
- Jigsaw Galway
- World Mental Health Week - the Association held a coffee morning to celebrate World Mental Health week in Alor Star and raised some funds to support the MHA activities and distributed MHI literature.
- Social Inclusion Activities - the MHA have taken the suggestion of the Development Officer to look at developing closer links with the mental health services in providing and supporting socially based activities for the service users of the mental health services. In the latter part of 2009 the MHA have explored the possibility of running a course of pottery/arts and crafts and other social activities that support promoting positive mental health and social inclusion. These activities will take place in 2010.
- Health Promotion Initiatives - due to the fact that the MHA is linked with the Health Forum, the two groups have decided to pool resources and produce a holistic health information/promotion leaflet during the coming year (2010) that covers all areas of health but will include a specific feature on mental health in each edition. The group decided that this will in some part reflect the national calendar of health promotion events.

Portumna and District MHA had a busy year in 2009 increasing their links with the community and the mental health services.

- Community information sessions - the Association organised a range of community information sessions during 2009. These sessions covered the following areas:
 - Rights and entitlements
 - Input from MABS on advice and budgeting
 - Promoting Positive Mental Health

GORT MHA is hoping to re-establish in 2010 and become active again. Planning was put in place to re-energise the MHA in 2009 with the assistance of the DO. The emphasis initially will be on recruiting new volunteers.

Region:	WESTERN
Counties	Mayo, Roscommon
Development Officer:	Myra Walshe
No. of Local MHAs:	9
Ballaghaderreen MHA, Roscommon	Mayo MHA Ballinrobe MHA,
Boyle MHA, Roscommon	Ballina MHA,
Castlerea MHA, Roscommon	Ballintubber MHA,
Roscommon MHA, Roscommon	Castlebar MHA,
	Westport MHA

Summary of Events in 2009 by Region

BALLAGHADERREEN MHA is a new Association 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 was set up by the Development Officer in May 2005. The DO has prioritised this Association for recruitment of volunteers from the local HSE to ensure its sustainability. The DO succeeded in recruiting some members of the HSE during the year. The members are now ready and eager to move on in the development of the Association. The local Association will then be in a position to work on the progression of the needs assessment project in association with Carrick-On Shannon for 2010. The DO will link up with her colleague from the Northwest for this project.

CASTLEREA MHA - this vibrant Association was set up in May 2003 by the development officer and is quite active. The Association has a special interest in the promotion of mental health in young people. The Association is going well. The membership is 12 with a core group of 8 from the local community. The MHA is also:

- Very active with the Public Speaking Project and has worked alongside the Development Officer in sustaining the project in the local school.
- Attracted positive media attention with its local projects.
- Castlerea MHA raised some monies from a 10k sponsored walk which was run in association with the Peacock Ramblers to highlight World Mental Health Day. This event has done much to raise the profile of the MHA and help promote positive mental health. Funds raised are spent on a public lecture and mental health initiatives for young people attending the HSE funded neighbourhood youth project. The MHA also sponsored local students to do a kayaking training course.

Roscommon MHA meets on a monthly basis in Roscommon town. The membership of the Association has been sustained with up to 20 members with a core group of ten members. Three new members were recruited by the DO during the year, two with self experience and one who is the co-ordinator of the Co Roscommon Supported Employment. The DO is on the committee of this organisation. The MHA has attracted public interest and membership due to the health promotion initiatives which enjoyed great media coverage, the media campaign, the advocacy work and the community partnerships developed by the Development Officer. The DO and the MHA are stakeholders in the local community Radio Ros FM. The Development Officer is planning local projects with the management committee of the radio for 2010.

The Association has also participated at the Regional Meetings with the HSE up to 2006. Due to the reorganisation of the HSE the meetings have been deferred. MHI are currently negotiating the reactivation of the meetings.

Roscommon Social Housing project was developed by the Association in partnership with the Health Service Executive Western Region. Its first bungalow in Kilcolman estate Ballaghaderreen was purchased in 2003. The DO meets regularly with the volunteer representatives to progress social housing issues. The Housing Company has been reorganised with new directors coming on board. The DO has regular consultations with the HSE re the 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. This project will link in with the local HSE rehabilitative project. The MHA has decided to delay the launch of this project until the finalisation of the Roscommon town project.

Befriending activities – these include:

1. Funded visits to the cinema, theatre, concerts and social events etc.
2. Funding is donated to various mental health service centres.
3. Supporting HSE social activities throughout the county.

Roscommon volunteers and the Development Officer are involved in a Peer Support Initiative which has been set up in collaboration with the Roscommon Integrated Development Company, Mental Health Support Groups and Roscommon Mental Health Service. The MHA are on the Steering Group for this project. The initial aim of the project is to identify peer support initiatives which aim to complement existing services. The Peer Support Project has three strands:

1. **Peer Befriending** - Social and recreational based programmes aimed at making and developing contact with individuals undergoing treatment in the local mental health service facilities. Peer volunteers have received accredited training. A co-ordinator has been appointed to drive the project.
2. **Recovery Groups** - Structured Peer support groups which will focus on a 'stepped' recovery programme for individuals who take part in the group, led by a trained peer worker and supported by a caseworker and multi-disciplinary team. This aspect of the project has not been established yet.
3. **Activity Based Engagement/ Drop in Centre Supports** - A Drop in Centre Independent social, activity and recreational projects has been developed in a centre which is accessible to people experiencing mental health difficulties. Roscommon MHA is part of the cooperative and made a donation of €2,000 in 2009.

Summary of Events in 2009 by Region

- Fundraising - Roscommon MHA has been involved in fundraising activities in 2009 and has received donations from various organisations. Coffee Mornings were held in various venues throughout the town and were well received by the general public on WMHD. The MHA receives a donation from the Oran Football Club annually. In 2009 on WMHD the Association organised an Irish Traditional Music Night as a fundraiser which attracted over 300 people. The Development Officer supported the organisation of this event. The MHA organised a Christmas Fair in Roscommon town which was well supported by local businesses. The HSE community mental health workshop participated in a 10 km walk and donated the proceeds to the Association. All the events attracted media coverage. The DO and the local volunteers feel that all fundraising events promote positive mental health, raise the profile of the MHA, and help to reduce stigma. All events feature in the local media.

COUNTY MAYO MHA has 5 active Associations, collectively known as County Mayo MHA; Castlebar, Ballinrobe, Ballintubber, Ballina and Westport. The County MHA meets monthly and all local Associations are invited to attend.

The County Association had been attending all the regional meetings with the Health Service Executive Western Area up to 2007. The meetings have been deferred due to HSE reorganisation. This Association finds the meetings an excellent forum for local volunteers to voice their opinions and explore issues of concern for them in service provision. The Mayo Association has expanded its social housing programme and has been involved in various initiatives throughout the year, all of which are outlined in the following pages. The membership of the County Mayo Association has been sustained and has attracted new recruits as a result of the work of the County Association throughout 2009 and in particular the opening of its new Information Centre in Castlebar on WMHD. The Development Officer will continue to focus on recruitment as a priority for 2010 and will continue to further develop links within local communities to promote the work of Mayo M.H.A and the aims of Mental Health Ireland.

New Headquarters and Information Centre -

The new Information centre is now open. It is based in Castlebar. The MHA moved its business interests there on World Mental Health Day 2009. It is a town dwelling house with a central location. The house has been refurbished to a very high standard with very 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 and is an ideal location and very accessible to the general public. The MHA has been very busy with its fundraising activities in 2009 to support the initiative. The HSE is supporting the project and the local Mental Health Service Manager has been working very closely with the Chairman of Mayo MHA and the DO. The centre was officially opened on WMHD 2009 by local Midwest Radio Broadcaster Tommy Marren, whose show was broadcast from the new

centre on the day. The broadcaster paid tribute to the work of the Association for its role in breaking down the barriers and removing much of the stigma attached to mental illness. The speakers also included people with self experience and the local HSE Officer, Chairman Mayo MHA and the CEO of MHI. The Befriending Project and the Poster competition for primary schools were also launched on the show. The opening of the centre attracted massive local media coverage.

Since 1976 Mayo has been involved in social housing. The Association currently owns five houses in Castlebar and has just commenced renting three one bedroomed apartments from Mayo County Council. The five group homes provide accommodation for 20 people with mental health difficulties. Over the last two years Mayo M.H.A. in partnership with the Health Service Executive has purchased three houses in Ballina. Two of these group homes provide accommodation for seven people. The third house provides housing for 3-4 people. In 2006, the MHA purchased a house in Westport overlooking Clew Bay a much sought after area. This house provides a home for four people. The role of the Development Officer is central to the provision of support to the local volunteers for the programme in 2010. In the next year the Development Officer and the local Associations will be exploring training needs around social housing for the local volunteers. Consultation has begun with the Irish Council for Social Housing and the DO to progress the training.

Mayo M.H.A. is involved in befriending schemes throughout the County and offers support to the users of Mayo Mental Health Services. Its activities for 2009 included:

- The development of a formalised Befriending Project for the county. The new project is based on the Waterford model. Four volunteers have attended a training programme and are currently befriending people with mental health problems identified by the HSE. A management committee has been set up to oversee the project and one of the MHA volunteers is the co-ordinator. The DO is part of the steering group and has supported the training. The project was launched on MIDWEST Radio on WMHD 2009.
- Organised and funded social events in various local towns.
- Trips to the cinema and concerts.
- Financial support for holiday programmes and social outings. Westport MHA has been very involved in providing social outing support to the local Mental Health sector.
- Funding is donated for Christmas Parties at the request of the local Mental Health Service. Applications for grant funding are usually endorsed by the local Associations at the monthly meeting.
- Volunteers visit clients in Day Centres and in their own homes. The Development Officer supports all events when invited to do so.

- Mayo MHA has been particularly busy fundraising. For the last 9 years the proceeds from the Hollybrook Tractor and Vintage Rally have gone directly towards Mayo MHA. Other donations included Muintir Mayo, Midwest Radio and the Soroptomists.

Mayo MHA held a very successful seminar on Confronting Bullying in the Workplace, Home and School in Castlebar in 2009. Over 400 members of the public attended. The seminar was chaired by Midwest Radio Broadcaster Angela Nugent. The Chairman of the MHA, Mr. PJ Murphy, opened and closed the event.

The keynote speakers included:

- John Lonergan, Governor of Mountjoy Prison who made a number of key observations through his experience about how people should deal with bullying in society. He concluded by referring to silence as the oxygen for bullying.
- Dr Tony Byrne spoke about bullying in the Workplace and School.
- Sister Kathleen McGuire spoke about Bullying in the Home and referred to the mental torture of living with bullying.

Throughout 2009, local Associations in Roscommon and Mayo have been a voice on behalf of persons with a mental illness through their social housing projects, and up to 2007 through their influence at the regional meetings through their participation and their comments on mental health service provision. They have also influenced the public through their presentations, seminars and media campaigns. The Development Officer has supported the MHA's in their advocacy projects. The DO has also advocated for some people on a confidential basis in both counties. Through her linkages with other local community groups, the Development Officer has worked on behalf of the Local Associations and in 2005 became involved in the setting up of a very unique Advocacy Project in Roscommon to develop an independent professional advocacy for people with disabilities in Roscommon and its sector, focusing in particular on the most marginalised and vulnerable people. The service ethos and vision will assert the equality and rights of all citizens and this will determine the development of the service over time. The project is going very well with the appointment of a professional advocate. The Citizens Information Board is funding this project. The management structure is in place and the local MHA Secretary is the Chairman. The Development Officer is also on the committee. The Development Officer and the MHA see this group as complementing the role of the local Association in its advocacy work. The professional advocate refers to the local disability groups where appropriate. The Secretary and the DO act as a support for the advocate where appropriate.

MHI Key Projects & Activities

The active promotion of positive mental health remains at the core of all our activities. This can be seen through the work of our local Mental Health Associations, our Development Officers and through our national projects.

World Mental Health Week offers all involved in the organisation the opportunity to deliver the message of positive mental health.

MHI has published a Resource Pack which is an information manual on best practice in mental health promotion to act as a guide to all involved in the organisation.

Projects to run in tandem with the Strategic Plan 2009-2013.

- Advocacy Project
- Employment Project
- National Public Speaking Project
- Mental Health Matters.
- Mental Health Matters for Primary School Students
- Young Mental Health Ireland Project
- Recruitment of New Volunteers
- Training Programme for Volunteers
- Service Users Consultation Process
- Development of Information Data, New Website
- M.H.I Merit Awards.
- National Choral Project for World Mental Health Week.

Examples of Mental Health Promotion Projects developed by MHI

Community Action Response in Emergency - CARE

- The programme aims to equip participants with the knowledge and skills to recognise signs and symptoms of some of the most common mental health problems.
- It facilitates early help-seeking so that early intervention to an emerging mental health problem can be received therefore preventing the development of more serious problems or before the problem becomes embedded.
- Improving overall mental health literacy is also important in terms of overcoming stigma associated with mental illness.

MHI Choral Project

- Choral Singing is good for your Mental Health!
 - Singing together is fun

- It gives a greater sense of confidence and well-being
- It provides a positive opportunity for self-expression
- It is a great social outlet
- Fact! A recent European survey found a 100% response to the positive impact choral singing has on general well-being. People rated the 'feel good factor' and social aspect of being in a choir the most important!

MHI Stress Management Programme

To learn how to recognise our own stress levels and how to break the cycle of stress through simple and easy self-care techniques, which include;

- Breathing
- Relaxation
- Stress-busting exercises
- Sensory motor exercises
- Lifestyle modification
- Coping Strategies

Recognising the Work of Local Mental Health Associations

MHI Merit Awards

Introduced in 2009 to mark noteworthy achievements of local MHAs.

- Projects submitted judged by independent panel and presented at MHI 2009 Annual Conference.
- Aims to honour particular achievements.
- Also opportunity to create awareness of new projects which could be replicated by other MHA's.

MHI Core Activities with HSE and National Partnerships

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. Development Officers engage frequently with the HSE and new MHA's and DO's often re-establish links with the HSE and other statutory bodies. The Development Officers have developed effective and professional working relationships which have proved positive in fostering and promoting the aims of the HSE, MHI and local Mental Health Associations.

MHI and the HSE support each other in many projects. Some of them are detailed below.

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

Our 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. The DO's are trained to deliver the ASIST programme and they are supporting the delivery of this project nationally in conjunction with the HSE. Many of them are also qualified to 'Train the Trainers' and are supporting HSE Health Promotion Teams throughout the country in rolling out this programme.

HSE "Better Mental Health" Working Group

Our Development Officers are members of this group which has been established to:

- Make links with local structures to ensure and strengthen the integration of mental health promotion and suicide prevention approaches.
- Make recommendations to the regional Mental Health Promotion and Suicide Steering Group regarding new initiatives suitable for funding.
- Help oversee implementation of the recommendations of the Mental Health Promotion Strategy & Action Plan (2005-2010) and Reach Out the National Strategy for Action on Suicide Prevention (2005-2014).

Jigsaw Galway – Mental Health Ireland, Headstrong and HSE

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.

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.
- Consider the output from the proposed National Forum and its relevance and appropriateness regarding accepted research evidence and best practice.
- Advise on the trends in suicide/deliberate self-harm and implications for services.

Sheltered Housing

MHI works in close partnership with the HSE in many of our Sheltered Housing initiatives.

HSE Carers and Mental Health Development Officers

Our Development Officers support training for Carers Groups in conjunction with the HSE.

Winning New Opportunities

Winning New Opportunities (WNO) is a twenty hour training programme for people who are unemployed which aims to enhance re-employment, return to education or volunteering, as well as improving the mental health of unemployed people. Target groups for the programme include: recently unemployed people, young unemployed people, long-term unemployed and people with disabilities, including mental health problems, young people pre-employment and early school leavers at risk of becoming unemployed. The WNO programme is based on the JOBS Programme which was developed in 1984 in the Michigan Prevention Research Centre, USA.

The aim of the WNO programme is to provide job-seeking skills to promote re-employment and to combat feelings of anxiety, helplessness and depression among the unemployed. The WNO programme, which has been extensively evaluated, have produced very impressive results and has been implemented in a number of countries including the United States, China, Netherlands, Poland and Finland.

Mental Health Ireland is an active partner with the HSE West in the programmes expansion and development in this HSE region. MHI has also funded a major evaluation study of the WNO Programme by the Centre for Health Promotion Research, NUI, Galway.

Community Action Response in Emergency (CARE)

This is a Mental Health Ireland community education and promotion project in partnership with Jigsaw, Galway and the Wexford Youth Services.

The programme aims to improve the mental health literacy of key stakeholders in the community through raising awareness about promoting our mental health and recognising and dealing with mental health problems, such as depression, anxiety or psychosis. The programme is for all members of the public but is particularly useful for key personnel within local organisations.

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 programmes such as the E-step project, Mental Health Leadership Training and other related mental health training and educational activities.

MHI Key Projects & Activities

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 the right to mental health in Ireland (AI- Irish Section). With this in mind AI have now formed an Expert by Experience Advisory Board (EEAG) to inform them on Strategy and Objectives centring on the best way forward in the Irish Mental Health arena in all its outstanding facets. The EEAG comprises of Mental Health Campaigners and Research Experts and Service users countrywide.

Spunout.ie

Mr. Brian Howard, CEO, is a member of 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)

Mental Health Ireland is a member of the World Federation for Mental Health. The WFMH was founded in 1948 to advance, among all peoples and nations, the prevention of mental and emotional disorders, the proper 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 and their struggle for acknowledgement and funding through information exchange and consultation.
- 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.

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, approximately 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 the work of different local MHAs.

Information

Mental Health Ireland provides an information service to the public on issues relating to mental health. Information requests are received by telephone, email and letter. Email queries are the most common source of information queries.

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 which was re-launched on 15th October 2009. In 2009 two editions of *Mensana News* were published and widely circulated. These summarised some of the work undertaken by local MHAs and Development Officers at a national, regional and local level within the organisation.

MHI New Website

Mental Health Ireland launched in October 2009 its new user-friendly website to replace the original site which was introduced in 1999. The new site features some of the original information together with additional news items and a broader range of subject areas. The website also offers a fresher look and a new, easier to use homepage.

Visitors are now able to download all the MHI literature in English and Polish. They can also download *Mensana News* magazines and the latest Annual Report. Visitors are also now able to donate and to buy the MHI CD and Christmas Cards online.

In the month following the launch the website had approximately 142 visitors a day with an increase of 80% of new visits.

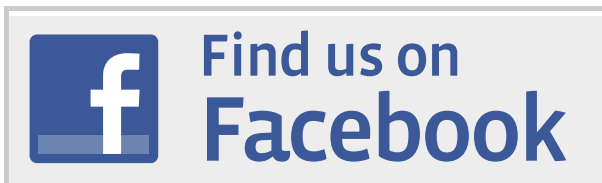
Over the past six months, the website has been getting on average 380 visits per day out of which 76% are absolute unique visitors. www.mentalhealthireland.ie



An Taoiseach, Mr. Brian Cowen, T.D. formally launched Mental Health Ireland's new website Thursday, 15th October 2009 in Government Buildings. Present at the launch was Mr. John McGetrick, Chairman, Mr. Brian Howard, CEO, Mr. Ted Tierney, Deputy CEO and Ms. Camille Afchain, Acting Information Officer, Mental Health Ireland.

Facebook

In early January 2010, Mental Health Ireland created its own Facebook Page which is a "second homepage" for Mental Health Ireland online; a public profile that enables MHI to share our activities with Facebook users. There are currently 354 fans of Mental Health Ireland on Facebook.



Media

During 2009 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 received these email alerts enabling full awareness by all staff on any media coverage of relevant mental health issues.

In 2009, there were 464 articles published in the print media specifically relating to Mental Health Ireland (an increase of 57% in comparison to 2008 – 295 articles).

From January 2010 Mental Health Ireland stopped receiving email alerts from Media Market and now receives media alerts from Headline.

Headline is Ireland's national media monitoring programme, working to promote responsible and accurate coverage

of mental health and suicide related issues within the Irish media.

The vision of Headline is that all forms of the Irish media responsibly and accurately portray mental health and suicide related issues; that no one is adversely affected by media coverage of these issues and that the mental health and mental well-being of the population be prioritised by the media.

Headline also serves as a vehicle for the public to become involved in helping to monitor the Irish media on issues relating to mental health and suicide.

People with an interest in how mental health is reported on can sign up for Headline's media alerts about media coverage.

Mental Health Ireland's staff and Development Officers now receive email alerts about particularly positive or negative media portrayals of mental health issues and suicide.

Headline's website www.Headline.ie provides letter templates, step by step instructions and media contact details to make it easy for the public to get involved in letting the media know their opinions.



Annual Conference 2009

"Making Service Users the Priority"

The Sheraton Hotel, Athlone was the venue for the 2009 MHI Annual Conference which was hosted by Athlone Mental Health Association from Friday May 15th to Sunday May 17th May. The theme **"Making Service Users the Priority"** brought an attendance of 160 delegates. We were sorry that our Chairman, Mr. John McGetrick took ill on the Friday morning and was unable to join us but thankfully he has fully recovered. Thanks to Dr. John Connolly our Honorary Treasurer who deputised for the Chairman.

The proceedings started on the Friday evening with Ms. Joan Halpin Hall, Honorary Secretary of Athlone MHA welcoming the delegates. Mr. John Moloney T.D. Minister of State Department of Health and Children performed the official opening and Mr. David Begg, General Secretary of the Irish Congress of Trade Unions gave the Key-note Address and shared some of his reflections about the current recession and what it means for Ireland. He said that MHI and its 104 local Mental Health Associations was an enormous public asset in its own way even though it is a private asset in the sense of being voluntary work. He said that the rising number of unemployed was set to increase from 13% to 17%

MHI Key Projects & Activities

next year which will have a significant bearing on mental health and in his opinion there was nothing more stressful to a person's life than the lack of employment. ICTU put forward a proposition to the Government for a Ten Point Plan for a social solidarity pact, recognising that while the country is in a poor state at the moment, we have to move forward in a way that the people who are most able to bear the burden should be the people who bear it. It is about fairness.

On Saturday morning Ms. Ciara Griffen, co-ordinator of the Ceifin Centre read Dr. Harry Bohan's paper on "Voluntarism in a Changing Ireland". The presentation looked at the topic in three ways: (1). Volunteerism – its place in Irish society, where it is coming from and where it is now; (2). Key changes in society which have impacted on volunteerism and (3). The future – connecting with reality – keeping in touch.

At the outset, Ms. Griffen underlined the value of the voluntary sector and the range of services it provides. She referred to the need to return to core values such as the **3 T's** – *Truth, Trust and Thrift* and the **3 C's** – *Co-operation, Community, and Common Sense*. In conclusion, Fr. Bohan stated that our society needs a return to the core values of Truth, Trust and Thrift. It needs us to come together in co-operative community gatherings with all that is basic in the goodness and common sense of people. But above all it needs those in authority to listen to and support a mobilised grass roots. He was aware of the significant movement within the Mental Health Services from institutions towards Community which is not only significant but also a delicate movement. He was in no doubt that this is the right way to go, because communities are truly communities when they are open to others and in the words of Jean Vanier "when they remain vulnerable and humble, when the members are growing in love, compassion and humility."

Dr. Pat Bracken, Clinical Director, West Cork Mental Health Services spoke on "Beyond Consultation: Towards Meaningful Service User Involvement" addressing *The Emerging User Movement; Expertise and the Recovery Approach* and *Responding Positively to this Challenge*. This excellent presentation was continued with an interactive workshop presented by Dr. Bracken, Mr. Paddy McGowan and Ms. Colette Nolan. Dr. Bracken spoke about the need to involve management to get them to buy into service user involvement. He said a culture of involvement needs to be created in the services and stressed the importance of community involvement also. He compared the service user movement to the women's movement who effected legislative change. The Recovery movement is an on-going struggle and it needs to start locally and will only work through meaningful partnerships between service providers and service users, families and community groups. Change is inevitable and progress is optional.

Some of the participants spoke about stigma and the need to look behind the labels. It was also recognised that people needed training to represent and be involved in consultation as it is hard to persuade management teams that service users should be involved in decision making. It was noted that there is no central Directorate for Mental Health in the HSE. The speakers and participants were of the same opinion that political influence should be used through local

politicians to effect change and to get a coherent national agenda and an adequate budget.

On Sunday morning, Mr. Michael Finneran T.D., Minister for Housing, Urban Renewal and Developing Areas addressed the members. No stranger to the mental health agenda, being an active volunteer with Roscommon MHA, Mr. Finneran outlined the forthcoming changes planned in the social housing sector.

Workshops included *The Jigsaw Project; Infant Mental Health; Service User Involvement* and *Caring for the Carer*.



Brian Howard, CEO, Mental Health Ireland; John Moloney T.D., Minister for Equality, Disability and Mental Health; David Begg, General Secretary of the Irish Congress of Trade Unions; Dr. John Connolly, Honorary Treasurer, Mental Health Ireland.



Mental Health Ireland Development Officer team.



Dr. John Connolly, Honorary Treasurer, Mental Health Ireland; Michael Finneran, T.D., Minister for Housing, Urban Renewal and Developing Areas; Helen Howard Taylor, Honorary Secretary, Tuam & District MHA; Brian Howard, CEO, Mental Health Ireland.

World Mental Health Day 2009 / National Choral Singing Events

At national and local level, World Mental Health Week from 5th to 11th October 2009 was a week of educational, social and fund-raising events.

Mental Health Ireland teamed up with choirs around Ireland throughout the week to celebrate World Mental Health Week through song. This was the second year that the therapeutic benefits of singing were highlighted through National Choral Singing Week.

Press and media coverage highlighted many of the events around the country which bear testament to the amount of goodwill and effort that went in to promoting mental health and raising awareness of mental health issues. Reports from around the country demonstrate the variety of events, not to mention the various partnerships between local MHAs, the Association of Irish Choirs, the Health Service Executive and many other local and community groups.

At local level, Development Officers supported local MHAs in planning their events. A flavour of activities around the country included:

Eastern region covering Counties Dublin, Kildare and Wicklow

Development Officers: Michael Cummins, Sean McKiernan and Michael Noble

Crumlin & District MHA: As part of choral singing events taking place throughout the country, St Agnes' Church in Crumlin hosted a musical evening on Saturday, 10th October. There was no admission charge and those attending enjoyed the performances by fantastic choirs including: St Agnes Church Choir, Mourne Road Church Choir, Crumlin Children's Orchestra with St Mary's Choir and Ennis Kerry Gospel Choir accompanied by soloists/instrumentalists. The whole event was organised by Mr. Brendan Madden, Chairman Crumlin & District MHA and MHI Board Member.



St Agnes' Children's Church Choir, Crumlin

Midland region covering Counties Laois, Longford, Offaly & Westmeath

Development Officer: Finola Colgan

"Stepping Out for Good Mental Health" was the key theme of Tullamore MHA's celebration of World Mental Health Week. The Association held its inaugural 10km Canal Walk in Tullamore. Minister John Moloney, TD and Mr. Liam O'Callaghan, Local Health Manager Offaly/Laois, and Dr. K. Browne, Consultant Psychiatrist, led the walk to the sound of music by the Tullamore Pipe Band.

To promote the event an information leaflet Stepping Out for Good Mental Health was widely distributed through the HSE, Local Government Offices and the Tullamore Chamber of Commerce.



Front row L-R: Betsie Byrne, Margaret Lowery, Laura Geraghty, Chairman; Finola Colgan, MHI Development Officer; Mr. John Moloney, TD; Eddie Dunne. Back row L-R: Dr. K. Browne, Consultant Psychiatrist Laois/Offaly, Mr. Liam O'Callaghan, LHM Laois/Offaly; Mr. Michael Lowery (PRO) and Mr. Séan McGrath.

Mid-Western Region covering Counties Clare, North Tipperary and Limerick

Development Officers: Anne Buckley and Margaret O'Brien

Connection and our mental health, our happiness, self-esteem, and ability to work, is influenced greatly by our relationships with ourselves and others, being and feeling part of our community can provide a feeling of belonging. This was the theme for Limerick Mental Health Week 2009.

The Mental Health Week Committee, comprising of all local MHAs in Limerick, organised on 3rd October a fun-filled family occasion called "Beat the Blues" in Arthur's Quay Park. There was musical entertainment from the Corrigan's, DJ Egg, DJ Ber Angsley, Juan Carlos & Farah, Tony Roach, drama from Clair Hogan, Tai Chi from Taoist, Street Art and face painting from Contact Studio Artists and an art competition for different age groups.

MHI Key Projects & Activities



Volunteers and supporters of LMHA jumping for joy at "Beat the Blues"

North Eastern Region covering Counties Louth, Meath & Monaghan

Development Officers: Michael McGinn and Sean McKiernan

Navan MHA hosted a Variety Concert in the Social Club in Leighsbrook Lane. Two choirs, Navan Male Choir and Social Club Choir, performed that night, followed by dancing, singing and joke telling. A large crowd attended the event which was most enjoyable.

North Western Region covering Counties Donegal, Sligo & Leitrim

Development Officers: Kate Byrne and Rachel Reilly

The ten Donegal Mental Health Associations selected "Be active, get connected, stay involved" as their theme.

A social evening at Cara House (The Red Door) Family Resource Centre included "An Audience with Brian Howard, CEO, Mental Health Ireland." MHAs from Clonmany to Killybegs were represented with discussion on the work of MHAs, volunteering, working with young people, mental health policies, ways forward and the activities/future plans of MHI. As a result of this evening a follow-up meeting in February 2010 with Brian Howard and Michael McCole of the HSE is planned.



Members and volunteers of Cara House

Combating social isolation, members-centred activities, meeting, greeting, walking and talking, have played an important part in the development and ethos of Cara House. It is no surprise their activities for World Mental Health Week included a musical evening of celebration and a group walk at Glenveagh National Park.

South Eastern Region covering Counties Waterford, Wexford, South Tipperary, Carlow & Kilkenny

Development Officer: Linda Thorpe

In County Carlow a concert by the Aspiro Choir was held at the Visual Arts theatre to a very appreciative audience on Friday 9th October. Waterford MHA also took a very active part in organising choral singing events in their region. County Wexford was very much to the fore in their organised activities with young, old and those in between all participating in choral singing events.

Southern region covering County Kerry

Development Manager: Dan O'Connor

Tralee MHA organised a 6km sponsored walk on Sunday, 27th September to promote awareness of World Mental Health Day.

World Mental Health Week in County Kerry was also marked by the launch a Pamphlet for Students, which is the latest development of the Association for young people in the area.



At the launch of the Kerry MHA Pamphlet for Students in the Solás building at the Institute of Technology Tralee were L. to R. Dan O'Connor, Development Manager Kerry MHA, Billy Ryle, Guidance Counsellor, Ruth Baker, sixth year student at Mercy Secondary School Mounthawk, Tralee who launched the Pamphlet, Dick Spring, former Labour Party Leader and Tanaiste and Fr. Gearoid O Donnchadha, Sociologist.

Western region covering Counties Galway, Mayo & Roscommon

Development Officers: Nicola Morley and Myra Walshe

Ballinasloe MHA at the suggestion of MHI Development Officer, Nicola Morley, held an Art Exhibition. The art exhibition featured service users' artwork and was organised in partnership with the local library. The artwork was painted by service users from the Learning Disability Services and Mental Health Services in Ballinasloe and surrounding areas. The Mayor of Ballinasloe, Cllr. Johnny Walsh, launched the exhibition. Mr. Matt Crehan, Acting Director of Nursing and the Art Therapist, Maura Ward, spoke at the launch attended by services users and members of the public held on 20th October in Ballinasloe Library. The artwork was on display from 15th-31st October.



Mayor of Ballinasloe Cllr Johnny Walsh pictured with (L to R) Mary Feeney, Section Officer HR Dept HSE, Maura Ward, Art Therapist, Kieran Mc Mahon, CNM2 Ballinasloe Mental Health Services, Gerry Blake, Assistant Director of Nursing Ballinasloe Mental Health Services.

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 2009, 175 schools participated in the National Public Speaking Project. The Final in Trinity was held on 4th April, 2009. The South Eastern Region of Ireland were the winners with Coláiste Eoin, Co. Carlow being successful on the evening.

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 schools nationwide. It encourages young people to challenge their attitudes regarding mental health and look critically at society's attitude to mental illness and the factors which influence such attitudes. Mental Health Matters is ten years in existence and education specialists would advise that all education programmes be reviewed at this stage. This process has begun an advisory group of education specialists, Development Officers, young people, teachers and staff of Mental Health Ireland met numerous times in 2009 to critique, review and update the MHM pack. It is hoped the review and update will be completed in 2010.

Design a Cover Project

This National Art Project for students in Post Primary Schools & Colleges was once again well supported. Out of 1,023 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 2010 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.

Photographic Project

In 2009 Mental Health Ireland introduced a Photographic Project to complement the Design a Cover Art Project. The theme of the project was Positive Mental Health and it is hoped through this new project to engage a greater number of students in developing an awareness of mental health by offering them an alternative medium through which they can portray positive mental health.

Young Mental Health Ireland

Young Mental Health Ireland (YMHI) is an 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. We want to liaise directly with young people and find out how we can best assist them and how they can help in our organisation's goal of positive mental health for all. Each year when students participate in our National Public Speaking Project they are invited to join YMHI.

To coincide with World Mental Health Day, Mental Health Ireland held its Inaugural Young Mental Health Ireland Conference on Saturday, 10th October 2009 in the Royal Marine Hotel, Dun Laoghaire, Co. Dublin.

Around 70 young people, youth leaders and representatives from national youth organisations attended this conference to promote positive mental health amongst 16 to 25 year olds.



The programme included the Official Opening and Keynote Address by Caroline Casey of Kanchi. Kanchi is a dynamic social enterprise, committed to enhancing the relationship between people with disabilities and society. Working with business and media leadership, Kanchi has been pioneering in engaging decision makers and influencers. The organisation was established in June 2000 by Caroline Casey, a visually impaired social entrepreneur, as part of a

MHI Key Projects & Activities

major fundraising initiative involving Caroline embarking on a 1000km trek across India on an elephant named Kanchi. Through partnership with Irish business, Government, media and the general public, Kanchi has developed unique and creative initiatives to change the social landscape for people with disabilities with particular focus on business. For further information on Kanchi log on to the website www.kanchi.org



Other presentations included:

a Playlet/Drama by Wexford Youth Drama Group

A post dramatic theatrework, devised and written by the members exploring what it is like to be a teenager today in post-Celtic tiger Ireland. Using live music and video the play is at times shocking, hilarious and poignant but always truthful.



Photos by Matt Kavanagh - Irish Times

Presentation on Jigsaw

Jigsaw is a free and confidential (private) support service for young people, aged 15 - 25, in Galway City and County. 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. To know more about Jigsaw log on to www.jigsaw.ie



"Funky Seomra" – an alcohol and drug free dance project

Imagine yourself on a night out in an exciting club atmosphere where you're free to dance anyway you like without limitations, to the lush rhythms of funky global beats. With organic cafe, stunning visuals, chill out area with giant Budda Bags, play zone with Giant Jenga



How to deal with Stigma and Discrimination (Amnesty International)

Amnesty International Ireland has a tremendous reputation in the arena of human rights both nationally and internationally. MHI were delighted to have Ms. Pippa Woolnough from Amnesty International Ireland to speak to our delegates about the key area of Stigma and Discrimination in mental health.



Photo by Matt Kavanagh - Irish Times



Open Forum

Attendees were invited to exchange views, promote ideas and inform Mental Health Ireland on what directions it should take into the future from a young person's perspective.

This proved be one of the most effective parts of the conference. Ted Tierney and Caroline Casey facilitated open discussion from the delegates where the delegates commented on the presentations given during the day and made recommendations for the way forward for Young Mental Health Ireland (YMHI). The following is a synopsis of the delegates' recommendations:

1. YMHI should continue as an arm of MHI
2. YMHI should have its own membership with representatives on the Board of MHI
3. The YMHI conference should be an annual event
4. Members of YMHI need to contact their local MHAs to become active members of the local Associations
5. The MHI website should have a dedicated section for YMHI information etc.

Other non specific comments were made from the floor on general issues relating to young people and mental health.

Solo Artist Ian Doyle

Ian is an eminent singer / composer from Wexford who led the excellent group Chaplin for the last few years before branching out as a solo artist earlier this year.

Human Resources

Staff

The work of MHI during the year was supported by a committed team of staff working under the direction of the CEO.

Mental Health Ireland Staff at December 2009

Brian Howard Chief Executive Officer
 Ted Tierney Deputy Chief Executive Officer

Barbara Davis Secretary to the Board
 Thérèse Coveney Executive Officer
 Elaine Corcoran Administrative Officer
 Lisa Manley Administrative Officer
 Camille Afchain Acting Information Officer
 Ania Ogarek Administrative Officer
 Paula Moore Accounts Officer

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)
 Kate Byrne North West (Donegal)
 Rachel Reilly 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, Waterford, Wexford)
 Myra Walshe West (Mayo, Roscommon)

Also supporting Mental Health Ireland is Development Manager

Dan O'Connor Kerry Mental Health Association

New Development Officers

We are delighted to welcome our new Development Officers:

Linda Thorpe – Counties Waterford, Wexford, South Tipperary, Carlow and Kilkenny



Rachel Reilly – Counties Sligo and Leitrim



Kate Byrne – County Donegal.



The Board and staff wish Joan Power, former Development Officer, South East, a very happy retirement.



Geraldine Jolley has left her post as Development Officer in Sligo and Leitrim to take up an appointment with the Health Information and Quality Authority. We wish Geraldine every success in her new role.



It is with great regret and sadness that Margaret O'Brien has finished in her position as Acting MHI Development Officer for the Limerick Region. MHI would like to thank Margaret for her good works and wish her and her family well in the future.



Michael McGinn has returned to his substantive post with the HSE after providing major work in the North East catchment area. Michael is extremely popular with the MHA Volunteer network and will be missed by all concerned. MHI would like to thank Michael for all his good work and wish him and his family well in the future.



Directors' Report and Financial Statements

Company Registration No. 24379 (Republic of Ireland)

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
DIRECTORS' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2009

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) COMPANY INFORMATION

Directors	John McGetrick, Chairman Michael Hughes, Vice Chairman Brian Glanville, Hon. Secretary Brendan Madden, Hon. Treasurer Dr. John Connelly Tom Giblin Maria Molloy John Whelan Paddy McGowan P.J. Murphy Denis O'Dwyer Fr. Dan Joe O'Mahony Fidelma Ryan Joe Casey Liam Flynn Dr. Timothy Lynch Liam Hassett Colette Nolan Diarmaid Ring James Walsh
Secretary	Brian Glanville, Hon. Secretary
Company number	24379
Charity Number	5594
Registered office	Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin.
Auditors	JPA Brenson Lawlor, Argyle Square, Morehampton Road, Donnybrook, Dublin 4.
Business address	Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin.
Bankers	Bank of Ireland, Smithfield, Dublin 7. AIB Investment Managers Ltd., Percy Place, Dublin 4.

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) COMPANY INFORMATION

Solicitors

Matheson Ormsby Prentice,
Sir John Rogersons Quay,
Dublin 2.

Duncan Grehan & Partners,
Gainsboro House,
24 Suffolk Street,
Dublin 2.

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) DIRECTORS' REPORT FOR THE YEAR ENDED 31 DECEMBER 2009

The directors present their report and financial statements for the year ended 31 December 2009.

Principal activities and review of the business

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 2009:

John McGetrick, Chairman
Michael Hughes, Vice Chairman
Brian Glanville, Hon. Secretary
Brendan Madden, Hon. Treasurer
Dr. John Connelly
Tom Giblin
Maria Molloy
John Whelan
Paddy McGowan
P.J. Murphy
Denis O'Dwyer
Fr. Dan Joe O'Mahony
Fidelma Ryan
Joe Casey
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, John McGetrick and Brendan Madden retire by rotation and, being eligible, offer themselves for re-election. During 2009, Tom Giblin, John Whelan, Paddy McGowan, Fr. Dan Joe O'Mahony, Liam Flynn, Liam Hassett, Colette Nolan, Diarmaid Ring and James Walsh resigned as directors.

**MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2009**

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 statements 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 2009. 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
12 March 2010

Brendan Madden, Hon. Treasurer
Director

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) INDEPENDENT AUDITORS' REPORT TO THE SHAREHOLDERS OF MENTAL HEALTH 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 auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2009 set out on pages 5 to 11. 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 2 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 promulgated 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).

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 2009. 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.

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.

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) INDEPENDENT AUDITORS' REPORT (CONTINUED) TO THE SHAREHOLDERS OF MENTAL HEALTH IRELAND

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 2009 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 2009.

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.

Fundamental uncertainty - Going Concern

In forming our opinion, we have considered the adequacy of the disclosures made in the financial statements concerning the future viability and funding of the company. The financial statements have been prepared on a going concern basis, the validity of which depends upon funding being available in the future. The financial statements do not include any adjustments that would result from a failure to obtain the necessary finance. Details of this fundamental uncertainty are described in the notes to the financial statements. Our opinion is not qualified in this respect.

JPA Brenson Lawlor,

18/03/2010

Chartered Accountants
Registered Auditor

Argyle Square,
Morehampton Road,
Donnybrook,
Dublin 4.

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
INCOME & EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2009

	Notes	2009 €	2008 €
Income		1,804,506	1,755,682
Expenses		(1,819,716)	(1,782,106)
Deficit		<u>(15,210)</u>	<u>(26,424)</u>
Income and expenditure account at beginning of the year		<u>251,070</u>	<u>277,494</u>
Income and expenditure account at end of the year	7	<u><u>235,860</u></u>	<u><u>251,070</u></u>

Approved by the board on 12 March 2010

John McGetrick, Chairman
Director

Brendan Madden, Hon. Treasurer
Director

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) INDEPENDENT AUDITORS' REPORT TO THE SHAREHOLDERS OF MENTAL HEALTH 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 auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2009 set out on pages 5 to 11. 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 2 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 promulgated 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).

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 2009. 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.

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.

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) INDEPENDENT AUDITORS' REPORT (CONTINUED) TO THE SHAREHOLDERS OF MENTAL HEALTH IRELAND

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 2009 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 2009.

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.

Fundamental uncertainty - Going Concern

In forming our opinion, we have considered the adequacy of the disclosures made in the financial statements concerning the future viability and funding of the company. The financial statements have been prepared on a going concern basis, the validity of which depends upon funding being available in the future. The financial statements do not include any adjustments that would result from a failure to obtain the necessary finance. Details of this fundamental uncertainty are described in the notes to the financial statements. Our opinion is not qualified in this respect.

JPA Brenson Lawlor,

18/03/2010

Chartered Accountants

Registered Auditor

Argyle Square,
Morehampton Road,
Donnybrook,
Dublin 4.

**MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
INCOME & EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2009**

	Notes	2009 €	2008 €
Income		1,804,506	1,755,682
Expenses		(1,819,716)	(1,782,106)
Deficit		<u>(15,210)</u>	<u>(26,424)</u>
Income and expenditure account at beginning of the year		<u>251,070</u>	<u>277,494</u>
Income and expenditure account at end of the year	7	<u><u>235,860</u></u>	<u><u>251,070</u></u>

Approved by the board on 12 March 2010

John McGetrick, Chairman
Director

Brendan Madden, Hon. Treasurer
Director

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET
AS AT 31 DECEMBER 2009

	Notes	2009		2008	
		€	€	€	€
Fixed assets					
Tangible assets	3		203,260		207,660
Current assets					
Debtors and prepayments	4	117,906		63,850	
Cash at bank and in hand		787,767		826,483	
		<u>905,673</u>		<u>890,333</u>	
Creditors: amounts falling due within one year	5	<u>(680,126)</u>		<u>(653,976)</u>	
Net current assets			<u>225,547</u>		<u>236,357</u>
Total assets less current liabilities			<u>428,807</u>		<u>444,017</u>
Reserves and accumulated surplus					
Other reserves	7		192,947		192,947
Income and expenditure account	7		235,860		251,070
	8		<u>428,807</u>		<u>444,017</u>

Approved by the board on 12 March 2010

John McGetrick, Chairman
Director

Brendan Madden, Hon. Treasurer
Director

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2009

	2009	2008
	€	€
Operating deficit	(15,210)	(26,424)
Depreciation of tangible assets	9,381	19,186
(Increase)/decrease in debtors	(54,056)	26,576
Increase in creditors within one year	26,150	304,270
Cash generated from operations	<u>(33,735)</u>	<u>323,608</u>
Application of cash	-	-
Payments to acquire tangible assets	4,981	3,208
	<u>(4,981)</u>	<u>(3,208)</u>
Net (decrease)/increase in cash	<u>(38,716)</u>	<u>320,400</u>
Cash at bank and in hand less overdrafts at beginning of year	826,483	506,083
Cash at bank and in hand less overdrafts at end of year	<u><u>787,767</u></u>	<u><u>826,483</u></u>
Consisting of:		
Cash at bank and in hand	<u>787,767</u>	<u>826,483</u>
	<u><u>787,767</u></u>	<u><u>826,483</u></u>

**MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2009**

1	Reconciliation of operating deficit to net cash (outflow)/inflow from operating activities	2009	2008
		€	€
	Operating deficit	(15,210)	(26,424)
	Depreciation of tangible assets	9,381	19,186
	(Increase)/decrease in debtors	(54,056)	26,576
	Increase in creditors within one year	26,150	304,270
	Net cash (outflow)/inflow from operating activities	<u>(33,735)</u>	<u>323,608</u>

2	Analysis of net funds	1 January 2009	Cash flow	Other non-cash changes	31 December 2009
		€	€	€	€
	Net cash:				
	Cash at bank and in hand	826,483	(38,716)	-	787,767
	Bank deposits	-	-	-	-
	Net funds	<u>826,483</u>	<u>(38,716)</u>	<u>-</u>	<u>787,767</u>

3	Reconciliation of net cash flow to movement in net funds	2009	2008
		€	€
	(Decrease)/increase in cash in the year	(38,716)	320,400
	Movement in net funds in the year	<u>(38,716)</u>	<u>320,400</u>
	Opening net funds	826,483	506,083
	Closing net funds	<u>787,767</u>	<u>826,483</u>

**MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2009**

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention.

The Health Service Executive, the principal provider of funding to Mental Health Ireland, has requested the repayment of €975,000 in respect of a dispute concerning the operation of the company pension scheme. The funder has also suspended current funding arrangements pending resolution of this issue. The directors are of the view that there is no basis for this claim. In the event, however, that this amount is deemed to be repayable and current funding is not resumed, the company's ability to continue to provide mental health services will be significantly impacted.

1.2 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).

1.3 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:

Office furniture & equipment 20% straight line

1.4 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 deficit	2009	2008
	€	€
Operating deficit is stated after charging:		
Depreciation of tangible assets	9,381	19,186
Auditors' remuneration	6,552	6,933
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MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2009

3 Tangible fixed assets

	Land and buildings Freehold	Office furniture & equipment	Total
	€	€	€
Cost			
At 1 January 2009	184,706	185,911	370,617
Additions	-	4,981	4,981
At 31 December 2009	<u>184,706</u>	<u>190,892</u>	<u>375,598</u>
Depreciation			
At 1 January 2009	-	162,957	162,957
Charge for the year	-	9,381	9,381
At 31 December 2009	<u>-</u>	<u>172,338</u>	<u>172,338</u>
Net book value			
At 31 December 2009	<u>184,706</u>	<u>18,554</u>	<u>203,260</u>
At 31 December 2008	<u>184,706</u>	<u>22,954</u>	<u>207,660</u>

4 Debtors

	2009	2008
	€	€
Prepayments and accrued income	<u>117,906</u>	<u>63,850</u>

5 Creditors: amounts falling due within one year

	2009	2008
	€	€
Trade creditors	50,494	15,416
Accruals and other creditors	<u>629,632</u>	<u>638,560</u>
	<u>680,126</u>	<u>653,976</u>

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.

**MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2009**

7 Statement of movements on reserves

	Capital Reserve	Income and expenditure account
	€	€
Balance at 1 January 2009	192,947	251,070
Retained deficit for the year	-	(15,210)
	192,947	235,860
Balance at 31 December 2009	192,947	235,860

8 Reconciliation of movements in reserves

	2009	2008
	€	€
Deficit for the financial year	(15,210)	(26,424)
Opening reserves	444,017	470,441
	428,807	444,017
Closing reserves	428,807	444,017

9 Employees

Number of employees

The average monthly number of employees during the year was:

	2009	2008
	Number	Number
	21	21
	21	21

Employment costs

	2009	2008
	€	€
Wages and salaries	986,270	815,060
Social security costs	87,109	65,750
Other pension costs	240,729	481,901
	1,314,108	1,362,711
	1,314,108	1,362,711

10 Approval of financial statements

The directors approved the financial statements on the 12 March 2010.

Local Mental Health Associations and Honorary Secretaries 2010

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2009



Annual Report

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