

2010

Annual Report



Mental Health Ireland
Supporting Positive Mental Health



Mental Health Ireland
Supporting Positive Mental Health

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Board of Directors

Board of Directors

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

Members

Mr Joe Casey
Ms Maria Molloy
Mr P.J. Murphy
Mr John McGetrick
Mrs Fidelma Ryan

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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 2010. It is the first Annual Report to be introduced by me since my appointment as Chairman of Mental Health Ireland in July, 2010.

The backdrop to the environment in which Mental Health Ireland is operating for the past number of years has been dominated by public fear and apprehension regarding the dramatic downturn in the economy of this country. This has, no doubt, impacted in a negative sense on the well-being of all sectors of our country. This has required new and fresh approaches to the way Mental Health Ireland conducts business in the area of promotion of good positive mental health and supporting service users in need. For many years Mental Health Ireland has concentrated much of its efforts on promotion of good mental health on the school-going population which has the very obvious benefit of equipping young people as they grow into adolescence and adulthood to meet the challenges life presents in an informed and educated way, whilst having a positive impact on stigma by giving them a better understanding of mental illness and mental health. The relative suddenness of the economic crisis placed great pressures on sectors of our society that would not be generally accepted as susceptible to the pressures on their mental well-being. Until very recently, the people I am talking about are those who enjoyed full and in many cases well paid employment who many regarded as having an affluent lifestyle. The decrease in earnings and in many cases, regrettably, the loss of employment has placed great financial pressure on such families with consequent knock-on effects on their direct and their family's income, physical health and mental well-being.

One of the primary aims of Mental Health Ireland is to promote positive mental health. This has placed a sharp focus on our organisation on how it conducts its business in this area. Historically, it has been quite a challenge to inform the general public of the importance of good mental health but, with greater openness and a renewed acknowledgement by the general public on keeping mentally healthy, Mental Health Ireland must respond to this clear need. One of the most effective ways has been the introduction of a tried and tested programme pioneered in Australia called the 'Building Resilience Together' programme which formed the theme of World Mental Health Day, 10th October, 2010. (This programme was developed in New South Wales, Australia and was successfully implemented over a three year term.) The basic principles of this programme are to create a notion of community activities and action not necessarily in the mental health area but to include all sections of community activities from sporting, cultural through economic and voluntary activities. The Mental Health Ireland team of

Development Officers are currently actively encouraging our volunteers around the country to become involved in this direct way to educate, inform and improve the mental health of our population. Many community fora and development organisations at a county level have been contacted and informed and are now taking action on foot of this new initiative. By concentrating on the term resilience people can readily understand that this term is used to equip people to bounce back from setbacks and pressures that life presents. Involvement in community, sporting and volunteering activities increase people's resilience and therefore directly improves the mental health of people.

As the year 2010 drew to a close, uncertainty prevailed in the political world with the intention of the then



Mr. Michael Hughes, Chairman - MHI

government to call an election in early 2011. Mental Health Ireland was encouraged by the pronouncements by the then leader of the biggest opposition party, Mr. Enda Kenny, T.D., when he regarded as a priority the mental health and well-being of our society, particularly in the area of his interest in suicide prevention. Mindful of the need to contain public service costs which is a priority and a necessity of all political parties, Mental Health Ireland will be encouraging the new government to abide by the terms of government policy enunciated in a "Vision for Change" in the development of a modern mental health service. Mental Health Ireland will continue to lobby the powers that be on the basis

of equity and fairness in the division of financial resources towards mental health service development.

Like my predecessors before me, I wish to acknowledge the great commitment and efforts by our network of volunteers spread throughout the country in implementing and carrying through the twin aims of Mental Health Ireland which is to represent the interests of those who suffer from mental health problems and their carers and the promotion of positive mental health. During my tenure as Chairman I will endeavour to ensure that all our volunteers are motivated and provide encouragement where necessary to ensure that their personal goals and targets are met as far as possible. I am greatly encouraged by the formation of a Young Mental Health Ireland group to represent the interests of young people in our organisation and I am very much looking forward to listening to the views of our Young Mental Health Ireland members which will be heard at the biennial conference of Young Mental Health Ireland in 2011. The 2011 conference will be a major advancement on the first annual conference of Young Mental Health Ireland, with the partnership of Comhairle na nÓg representing all young people in Ireland and for that reason is sure to command great interest amongst young people in Ireland.

Another very positive development in our national organisation is the joint partnership between the HSE and the Headstrong organisation with Mental Health

Chairman's Address

Ireland in the provision of youth and adolescent mental health through the Jigsaw project based in Galway City, Galway. The Jigsaw project manned by a dynamic group of young people to provide services for young people has attracted much deserved national prominence in what was delivered in the Galway City and County area and Mental Health Ireland with the employment of Jigsaw personnel and funding the lease of its current bright new premises in Galway is very much a core partner in this initiative. We are delighted to be centrally involved in Jigsaw which has satellite initiatives in other parts of the country which Mental Health Ireland are also associated with.

Looking to the future, our national organisation, like many others in the voluntary sector and indeed in the wider community, looks forward with some degree of uncertainty on where our country will be in the next twelve months and beyond. What I must focus on as Chairman is to provide the necessary guidance and support to the volunteers of local Mental Health Associations affiliated to Mental Health Ireland, our employees and our dedicated team of Board Members to ensure that the vital message in this time of change is heard and delivered upon to the greatest extent in these difficult times.

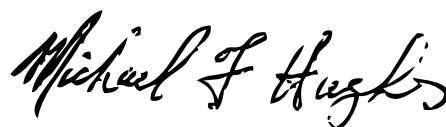
Mental Health Ireland will continue to press for the creation and development of coherent networks of alternative community services and interventions that work in synergy with our local communities as set out in "Vision for Change".

Mental Health Ireland supports "Vision for Change" which places the individual at the centre of the system with their human and social rights and needs in a perspective which is based on the person's whole life and on recovery from the experience of psychological stress and mental ill health.

Mental Health Ireland and affiliated local Mental Health Associations will work in partnership with the HSE, statutory bodies and voluntary groups in restoring pride in our country, hope in our people, resilience in our communities.

Together we can comfort the sick, support recovery, listen with understanding, befriend the lonely, reach out to the marginalised, help the helpless, shelter the homeless, inform and empower, engage with common purpose on a Programme of National Recovery, that will ensure a better and sustainable future for all of our people and especially those less privileged than ourselves.

There is a better way – MHI will play its part in finding it. Can we do it? Yes, we can.



Michael F. Hughes,
Chairman,
Mental Health Ireland.

Funding and Fundraising

Mental Health Ireland is grateful to the Health Service Executive for their continued support and funding. 2010 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. The HSE also directly funds six of Mental Health Ireland's Development Officers in the areas of Donegal, Midlands, North East, Sligo/Leitrim and the 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 a variety of interesting fund-raising initiatives which generate crucial revenue for their Mental Health Associations, thus enabling their valuable activities. It would

be impossible in our Annual Report to list all volunteer fundraising activities, however, some are laid out in the Local Mental Health Association Achievements 2010 section. Examples of fundraising initiatives during 2010 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 2010

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 Development Officers. 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 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 many 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 2010 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	

ARKLOW MHA continued to support and enhance the quality of life of those who attend the local Day Hospital and to promote positive mental health within Arklow.

Regular social outings were organised which included shopping trips, picnics, theatre outings, golf and riverboat trips.

The Association organised a number of successful social dances that other disadvantaged groups in Arklow were invited to attend.

The Association was on the organising committee and participated in the activities of the first Annual Youth Health Week for 2nd level students, in Arklow. The theme this year was "Youth Mental Health".

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. Bray MHA also -

Continued to support and enhance the quality of life of those attending the Lincara Day Hospital and living in the Bray area.

Organised a number of social outings including a respite holiday.

Arranged visits to local residential units.

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. The Association also:

Continued to support and enhance the quality of life of those managing a mental health difficulty and living in the Dun Laoghaire area.

Actively supported "Active Minds", an arts and crafts group of senior citizens and persons managing a mental health difficulty.

Participated in the Dun Laoghaire/Rathdown County

Council Social Inclusion Week and in the Southside Partnership European Day of People with Disabilities.

Provided grants to the Cois Céim Residential Centre for patients with dementia to provide additional comforts.

Actively managed the initial rounds of the National Public Speaking Project and distributed mental health literature in the local area.

Worked with a local choral society to organise a concert in the People's Park, Dun Laoghaire for World Mental Health Week.

In December 2010 Microsoft presented a number of computers, laptops and software to the members of the Dalkey Social Club for their use. Further contacts with Microsoft staff will take place in 2011. This is a voluntary initiative and is much appreciated.



Summary of Events in 2010 by Region

FRIENDS OF NEWCASTLE MHA continued to actively support local MHAs in the Wicklow area in their work. It also:

Continued to provide additional comforts to the patients of Newcastle Hospital.

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.

Raised considerable funds through the annual golf classic. These funds are used to improve the environment of patients in Newcastle Hospital and residents throughout the county.

Continued their support of the National Public Speaking Project.

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, the 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.

Following the re-organisation of HSE Mental Health Services in the region, the Association merged with Vergemount & District MHA on the Vergemount campus.

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. Other activities of the Association include:

Hosting information days in a local shopping centre and in St. Vincent's Hospital.

Actively supported the National Public Speaking Project.

A local choral society also supported the Association's activities with a fundraising concert.

The small leisure and organic vegetable garden for use by service users continued to be supported at the new Day Hospital.

For World Mental Health Week, the Association worked with a local choral society to organise a fundraising concert.

It actively assisted the weekly Harmony Social Club and utilised a bus purchased by the Friends of Vergemount for various recreational activities.

WICKLOW MHA organised a successful series of monthly talks on mental health issues for the local area. The Association also:

Continued to support the weekly social club which arranges various activities with Wicklow VEC and social outings to cinemas, restaurants, shopping centres and theatres etc.

Organised and ran the Wicklow rounds of the National Public Speaking Project.

Published a regular newsletter and had various articles on mental health issues published in the local newspapers. There were also discussions on local radio.

Organised visits to local schools to educate students on Mental Health issues.

For World Mental Health Week, it held a series of public meetings on suicide prevention and organised suicide first-aid training.



Charlie Burke , Wicklow MHA

Region:	NORTH DUBLIN
Development Officer :	Michael Cummins/ Michael Noble
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 April 2010 Michael Cummins and Michael Noble integrated North Dublin into their other MHI Development Officer work in the Greater Dublin region.

Michael Cummins is the Development Officer for: Drumcondra and District MHA, Dublin 15 MHA and Finglas MHA. Michael Noble is the Development Officer for: Fingal MHA, Friends of Kilrock House MHA and St Brendan's MHA.

Summary of Events in 2010 by Region

DRUMCONDRA & DISTRICT MHA have a fantastic team who continue to fly the flag for positive mental health and in a practical way assist those with a mental illness, their families and carers. The Association meets every six to eight weeks in St Vincent's Hospital, Fairview.

Some of their activities in 2010 included:

- Information stand at Suicide Awareness Seminar in DCU on Friday 18th June.
- Requests for funds were received from the local mental health services for social activities.
- MHI Public Speaking Project: The Association's volunteers are very supportive of this project and assist with organising the rounds.
- National Lottery / HSE Lottery Grant: A grant of €20,000 was received for the purchase and running of the mini-bus/people carrier.
- Some events celebrating World Mental Health Day, 10th October, included establishing Information stands in the Ballymun & Millmount libraries and local health centres.
- A volunteer, Christina Mc Dermott, delivered a talk with a relaxation exercise on "Stress Awareness" at the Ballymun Library. The event was very well attended.
- A choral event took place in St Vincent's Hospital. All service users in hostels and day centres were invited to the event which went very well.

DUBLIN 15 MHA continues its strong ethos of the promotion of positive mental health. The Association met on three occasions in 2010. Some of its activities included:

- Mental Health Promotion – information leaflets were distributed locally.
- Social Housing - the Chairman, Fr. Dan Joe O`Mahony, is a director of Dublin Housing MHA Ltd. Dublin 15 MHA may develop a social housing project in the area through leasing.
- The Association supports Ash Ward at Blanchardstown Hospital.
- Some events celebrating World Mental Health Day 10th October included an information stand at the Blanchardstown Shopping Centre. The event was

very successful with much information requested and difficulties shared.

- **Dochas (HOPE) - Bereavement support service:** The Association supports this service.

FINGLAS MHA holds meetings every six to eight weeks. The Association provides funds to assist with social activities within the Finglas Adult Mental Health Service. To celebrate World Mental Health Day, 10th October, a Church Gate Collection was held over the weekend 9th and 10th October 2010 in the Finglas area and €575 was collected. With the funding, a table tennis table was purchased for the Day Centre.

FINGAL MHA and North Dublin Befriending continued to make important links with the large new Irish community in Balbriggan through the Fáilte Club.

- The Development Officer is on the Committee that will implement the recommendations of the report into "A voice being heard" a research report into Youth Well-being in the Balbriggan Area.
- The Association continued to actively support the National Public Speaking Project.
- Contact was made and Mental Health promotion literature was distributed to all health centres in the region.

FRIENDS OF KILROCK HOUSE MHA continued to enhance the quality of life of the residents

- The Association continued to actively support the National Public Speaking Project.
- Contact was made and Mental Health promotion literature was distributed to all health centres in the region.

ST. BRENDANS MHA continued to support and help the work of the local Mental Health Associations in North Dublin and promote the aims and objectives of Mental Health Ireland.

- The Association continued to actively support the National Public Speaking Project.
- Contact was made and Mental Health promotion literature was distributed to all health centres in the region.

Region:	KILDARE / WEST WICKLOW, WEST DUBLIN
Development Officer :	Michael Cummins
No. of Local MHAs:	9
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	

Summary of Events in 2010 by Region

ATHY MHA met five times in 2010. Ms. Carmel Kelly, Chairperson retired during 2010. Athy MHA made a presentation to Carmel on Thursday 29th April. Carmel and her family were congratulated for their efforts in promoting the Association and fundraising in Athy. Mr. Brian Howard, CEO Mental Health Ireland attended the function. Other activities the MHA were involved in included:

- Athy MHA with HOPE (D) held a seminar on Harmony in the Home in the Carlton Abbey Hotel in May. The seminar was presented by Rev. Dr Tony Byrne, Sr. Kathleen Maguire and John Lonergan from the Awareness Education Office.
- For World Mental Health Day the Association held a Variety Concert at Athy GAA Club. It was organised by Christy Grogan and his family. The event was publicised widely through word of mouth, poster, local free papers and local radio.
- "Sound Advice – Study and Exam Tips Leaflet" - the Association, with permission from the Midland Alliance for Mental Health, printed one thousand copies of this leaflet with local support contacts added to the back page. The leaflet was distributed in Co. Kildare.
- An Easter Egg and Christmas Raffle were held as was a Christmas Party for service users.
- Funds were provided for social activities and mental health promotion.
- On-going support was provided to the National Public Speaking Project.

BALLYFERMOT MHA does not hold meetings at present. There are four volunteers in the group. Michael Cummins, the Development Officer, is in regular contact with the Chairperson.

- Ballyfermot Carers' Day was held in June in Cherry Orchard Hospital.
- The Development Officer also attends meetings in Ballyfermot with the Social Inclusion Network for People with Disabilities - a Ballyfermot Partnership initiative.

CELBRIDGE MHA celebrated its twenty first year in 2010. The Association meets three to four times each year. This group is well known in the Celbridge area, and is well supported at its annual Church Gate collection which raised €1,100 this year. Some of the funds raised went towards activities such as:

- The Fáilte Isteach Drop In Club: The club is held on Monday mornings from 10.30am to 12.00pm. The residents from Grove House are the main attendees. The main interest is bingo and a chat with refreshments. Two to three volunteers are present at each event. A Christmas party was held on 21st December.
- People Carrier Patient Transport: The Association supports the maintenance of the carrier based at Grove

House Hostel which is used for social activities and the activities of Grove House.

- A number of requests were received from the local Mental Health Service to support clients of the service, which included requests of support at Christmas time and support to purchase garden furniture for the Day Hospital Garden.
- Some events celebrating World Mental Health Day, 10th October, included hosting a talk titled "Experiencing Depression & Understanding Recovery". It was held in Celbridge Library with support from the Library staff. The talk was delivered by Ms. Deirbhile Lavin, Clinical Psychologist and Ms. Ciara Dawson, Occupational Therapist, Kildare/West Wicklow Adult Mental Health Service. Fifty people attended the two hour talk. Information on positive mental health was provided.
- An information stand was provided at NUI Maynooth in the Arts Block from 10.00am to 2.00pm on Monday 11th October and was very well attended. The Information Stand was organised by the college Students' Union as part of a Mental Health Promotion Week. Contact was made with a new college group called the "Mental Health Society".

CELBRIDGE HOUSING MHA - during 2008 the design team received approval from the Department of the Environment to proceed to tender on a proposal to develop 12 individual independent units on a site at Grove House, Celbridge. This proposal continued throughout 2010. The planning permission for a further five years was granted in June 2010. A lease was agreed with the HSE in 2010. Kildare County Council submitted a request for funding in November 2010. The Association is a limited company with charitable status. It has a Board of ten persons. The Development Officer is secretary to Celbridge Mental Health Housing Association Ltd.

CRUMLIN & DISTRICT MHA met on ten occasions during 2010. The Association's members work hard to promote their aims and are always keen to be involved with other activities locally. Some of the activities the Association was involved in this year included

- **Cairde Le Chèile (Friends Together) Social Club:** The club meets on two Wednesdays a month. Social outings are organised every second Sunday if possible. An annual outing to the Muller Fair Day was held as well as Halloween and Christmas parties. This project was submitted as an entry to the Mental Health Ireland Merit Award Competition 2010.
- The befriending Project was started on a small scale during 2009 and continued through 2010. Three volunteers completed the training programme with North Dublin Befriending Project and are now engaged with service users. Two volunteers are continuing to befriend two persons who are living alone.

Twinning with Ballinasloe Mental Health Association - the Chairperson arranged for the Association to twin with Ballinasloe MHA. Fifteen volunteers went to Ballinasloe on

Summary of Events in 2010 by Region

Monday 11th October and stayed for three days. While in Ballinasloe a number of day trips were organised to Tuam and Galway city. A joint function and dinner was held on Tuesday 12th October in the Shearwater Hotel. Brian Howard, CEO Mental Health Ireland attended the function. Both MHAs plan to keep in touch during 2011, with Ballinasloe MHA visiting Dublin during the summer.



Valerie Swanwick, Chairperson Ballinasloe MHA presents Brendan Madden, Chairman, Crumlin and District MHA with an image of Ballinasloe

- Social Housing: The Association supports the Dublin Mental Health Housing Association Ltd hostel at Village House, opened in December 2008. Five residents are accommodated at the house. The Association's Chairman, Mr. Brendan Madden, is a member of the Board of Mental Health Ireland and Dublin Mental Health Housing Association Ltd.
- The Association supported a music event 'First Fortnight' which was held at the Andrews Lane Theatre in January 2010. A large donation from the funds raised was donated to the rehabilitation housing project being developed by the South West Dublin mental health service in Tallaght.
- Essay Project for Fifth Class Primary Schools: This popular project is run annually and in 2010 there were 180 entries from seven schools in the Dublin 12 region.
- The theme was: **"Let's be happy today, I will....."** Certificates and prizes were delivered to schools. The Association is grateful to the HSE Adult Mental Health Service staff for their continued support to this project.
- Some events celebrating World Mental Health Day 10th October included:
A Fun Table Quiz -the MHA's volunteers worked hard to get support for the teams' prizes for the raffle. The event was a great success with €495 raised on the night. Question master on the night was. Brendan Madden, Chairman, Crumlin & District MHA and Dublin Housing MHA. He is also Honorary Treasurer, MHI. The Church Gate Collection at St. Agnes Church, Crumlin Village raised €970.

A Choral Singing event was held in St. Agnes' Church to acknowledge the day and up to sixty people attended. Annual Coffee Morning & Information Stand at the St. Agnes Centre, Crumlin Village on Friday 15th October. This event commenced after the daily 10.00am mass in St. Agnes Church. Posters were placed in the Church and in Crumlin Village. There was a very good attendance; refreshments were provided.



Choral Singing in Saint Agnes Church celebrating World Mental Health Day 2010

FRIENDS OF LARINE HOUSE MHA met three times in 2010. The Association is affiliated to Mental Health Ireland. The MHI Development Officer is available to assist the Association. The Association continued to manage their HSE national lottery grant for respite and social activities for the residents of Larine House. In 2010 the Association received a grant for €3,000. The activities of the Association are to assist with the provision of funding. Some activities in 2010 included:

- Weekly bowling sessions in Palmerstown.
- Day trips and the annual trip to Knock.
- Parties for the residents were held at Christmas, Halloween and on residents' birthdays.
- Some of the residents of Larine House attended Celbridge Mental Health Association's Christmas Party.

NAAS, NEWBRIDGE & KILDARE MHA met six times during 2010. No HSE/National Lottery grant was received in 2010. Requests for funding were received from local mental health services to provide funds for social activities, drama therapy, gaming equipment and arts and crafts material for use in rehabilitation programmes. The requests were part funded by the HOPE (D) "helping other people endure depression" support group. Some of the MHA activities in 2010 included:

- The Kildare local Mental Health Associations transferred ownership of their people carriers and mini buses to the HSE. The Association will, with the HSE, manage the five people carriers that are based in Co Kildare. The vehicles are used for social outings and the work of the centres and hostels.
- Sound Advice – Study and Exam Tips Leaflet: the Association with permission from the Midland Alliance for Mental Health printed one thousand copies of this leaflet with local contacts with (Someone to talk

Summary of Events in 2010 by Region

toSomeone to Listen) added to the back page. The leaflet was distributed in Co. Kildare. Kildare Youth Services make the leaflet available through their services.

- The Association supports the National Public Speaking Project in County Kildare.
- Some events celebrating **World Mental Health Day, 10th October**, hosted by the MHA, included a Mental Health Awareness Day on Monday 4th October at Aras Bride, Kildare Town from 10.00am to 3.30pm. Information Stands and relaxation stands were provided. Mr John Moloney, T.D., Minister of State at the Department of Health & Children, attended the event. The Harvest Centre and Rehab Care co-hosted the day.
- Kildare/West Wicklow held an Information evening on Suicide Prevention and Mental Health Support Services in the Town Hall, Naas on Tuesday 5th October. Information was available from 6.30pm and there was a formal presentation at 7.30pm covering topics such as
 - Support services available for persons at risk.
 - New Community Response Plan to Suspected Suicide in County Kildare.
 - Supports/Training for clubs/societies/organisations etc.
- Along with HOPE (D) the MHA held a talk on the topic of "Living with Depression" at the Keadeen Hotel, Newbridge on Wednesday 6th October, delivered by Dr Alan Byrne, Consultant Psychiatrist, Naas General Hospital. Forty people attended. The event started at 8.00pm and finished at 10.00pm, including time for questions and answers. The feedback was very positive. This event was advertised throughout mid County Kildare which generated a lot of media interest. An information stand was also provided.
- The MHA also held an Information Stand at Dunnes Stores, Newbridge Shopping Centre on Thursday 7th October. Information leaflets and pens/rulers were available. There was an excellent response from shoppers. People expressed the need to be made aware of the resources available and how these resources can be accessed. On the 9th October, a Young People and Mental Health Information Stand and Draw for a free iPod in Newbridge was organised. Over ninety young people entered the raffle, having approached the stand for material.

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. Meetings were held on six occasions during 2010. The Development Officer was in regular contact with officers. Funds are provided through HSE/National Lottery Grants and small fundraising events where possible.

Patient Transport: the Association has two people carrier vehicles, based at St Loman's Hospital, and Teach Ban Hostel

in Newcastle. The vehicles are used daily for social activities. The Association organises the servicing and management of people carrier vehicles with support from the local Health Service Executive management. A grant of €5,000 was received for social activities in 2010. Some of the activities of the MHA included:

- Recovery Through Action Project; the Association supported a fundraising project which involved supporting clients of the rehabilitation service in designing and producing handmade greeting cards. The cards were sold locally and at a stand in the Tallaght Country Market on Fridays and at Information Stands. A coffee morning was held on two occasions. An allotment was rented from South Dublin County Council in the Lucan area. The project was submitted as an entry to the Mental Health Ireland Merit Award Competition 2010. This project was discontinued in December 2010.
- A computer training programme for service users was held during 2010. A class on reflexology was held once a week for the residents of the Laura Unit.
- Requests for other funds during 2010 included: Teach Ban Hostel, Newcastle requested funds to support patients' annual holiday. St Mary's Flats, Phoenix Park requested funds to assist with Christmas Party. Group Homes Rehabilitation Service requested funds to assist with Christmas Party.

TALLAGHT MHA met eight times in 2010. The Association is linked with Threshold Training and the Eureka information centre in Tallaght. Threshold Training uses the Association's mini-bus on occasions for social outings. The MHA's activities included:

- Administration of the HSE/National Lottery grants. This year two grants were received: €20,000 for purchase of people carrier vehicle and €3,000 for social activities.
- Social Housing – the Association supported a music event 'First Fortnight' which was held at the Andrews Lane Theatre on Friday 15th January 2010. A large donation from the funds raised was donated through Dublin Housing Mental Health Association Ltd to the South West Dublin Mental Health Service Rehabilitation service which assisted in fitting out a hostel in Tallaght. Tallaght Mental Health Association donated €500 to this project. The house will accommodate three persons.
- Two volunteers took part in the Dublin City Mini Marathon and €185 was donated.
- Supporting Tallaght Institute of Technology Mental Health Awareness Week. This event was held in November 2010 and merchandise was distributed along with information on the Building Resilience Programme.
- The Tallaght MHA Newsletter was printed in May and December 2010 and distributed.

Summary of Events in 2010 by Region

- The Association's 17 seater mini-bus is based at Beauford House Hostel and is shared with the training organisation, Threshold, for social outings. The mini-bus was given on loan to Alzheimer's Society of Ireland, Crumlin for three days per week from January to October.
- The Association provided funding of €1,800 to Tallaght Mental Health Service Day Centre to assist with patients' holiday to Wexford. €230 was donated for picture frames and framing of patients artwork.
- The MHA and Tallaght & Meath General Hospital Health Promotion Department held a Fun Information Stand & Young People's Art Competition on Wednesday 10th April and Wednesday 6th October. Twenty five entries were received for the art competition. There is a permanent unmanned information booth at the hospital entrance with a section on mental health. Greeting/birthday cards made by the residents at the Laura Unit, St. Loman's Hospital were sold at the stand. The MHA's Building Resilience material was made available at the World Mental Health stand in October.
- The Friends Together Social Club was formed in September 2009 in partnership between the New Horizon Resource Centre and the Tallaght MHA. It meets every Tuesday 7.00pm to 9.00pm. The club activities include board games and time for a refreshment break and a chat. The group is encouraged to meet up at weekends for outings. A bag pack fundraising event was held at the Tesco Supermarket and €1,100 was raised. The Club was submitted as an entry for the MHI Merit Award 2010.

Region:	MIDLANDS
Counties:	Laois, Longford, Offaly, Westmeath
Development Officer :	Finola Colgan
No. of Local MHAs:	8
Athlone MHA, Westmeath	Portarlington MHA, Laois
Birr MHA, Offaly	Portlaoise MHA, Laois
Longford MHA, Longford	Rathdowney MHA, Laois
Mullingar MHA, Westmeath	Tullamore MHA, Offaly

ATHLONE MHA organised an information and awareness day at Athlone Institute of Technology during their health promotion week in March. This was in partnership with the Institute's health promotion officer. Some other activities included:

- Participation in a Mental Health Project held in the Golden Island Shopping Centre.
- Hosting 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 sale of work.
- Provided on-going social and personal supports for service users living in the community on a needs basis.

BIRR MHA hosted their holiday project – this was a self-catering holiday in Galway for twenty four service users. As part of their social inclusion programme, the MHA also hosted a number of fun days for service users and staff at the Community Mental Health Centre. The highlight of these was "Bir's Got Talent" and the "Design a Hat" competition.

- 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.
- Hosted a free public lecture on the theme of "Resilience and Stress Management" in Dooley's Hotel, chaired by Birr MHA Secretary. A number of participants agreed to become involved with the Association on occasions during the year.



The winning hat in Birr's "Design a Hat" competition.

Summary of Events in 2010 by Region

LONGFORD MHA continued their '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. Ongoing support for service users living in the community was provided in accordance with their personal needs identified by mental health service staff.

Some other activities included:

- Organisation of a Christmas social and cabaret for service users.
- With the support of FÁS Employment Schemes, the Befriending service was continued. This is a very valuable support to local service delivery.
- Longford MHA nominated their Secretary, Ann Howard, for a Rehab Award and she was presented with the award at a social evening. It was recognition of the work of Longford MHA in the town and county of Longford. See photo below.
- The MHA presented the Longford Mental Health Services with a new mini-bus purchased with funds received from the National Lottery. The MHA also carried out extensive fund-raising activities in partnership with mental health service staff to meet the full cost of the bus.



Ann Howard, Honorary Secretary, Longford MHA being presented with a Rehab award by Pat Murphy, Awards Sponsor.

MULLINGAR MHA continued to support service users in the Mullingar community based services. The MHA also:

- Participated in the Citizens Information Centre's Mental Health Advocacy Service Information Day held in Penneys' Shopping Centre.
- Celebrated St. Loman's Day with service users, staff and family members. This is an ecumenical service celebrated in St. Loman's Hospital Church.
- The MHA and Mullingar Lions Club were key contributors to the Westmeath Library Service's Healthy Reading Project. This was a partnership project.
- There was a monthly bus service for users to take part in Turas (National Learning Network training programme in Athlone).
- The garden project at the community mental health service continued to be supported and maintained.

PORTARLINGTON MHA

Provided regular support to patients and organised social functions in St. Fintan's Hospital and Shane Hospital, Portlaoise. It also:

- Hosted an information stand and fundraising event in SuperValu, Portarlington.
- Raised money through its church gate collection and flag days.

PORTLAOISE MHA

- Sponsored their "Friendly People's Club" on the third Saturday of each month for service users. 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 a number of socials, holiday and day trips for patients and community residents.
- Portlaoise - "Putting it on the Line" – This was the theme of a partnership project initiated by the Links Centre, MHI Regional Office, Transition Year classes from Scoil Christ Rí and service users attending the Link Centre. It was formally launched by the Laois Arts Officer in the Link Centre – St. Fintan's Hospital. It was exhibited for the month in the County Library.
- Free Public Lecture on Building Resilience in the Links Centre – chaired by Dr. K Brown, Consultant Psychiatrist, Laois/Offaly.

RATHDOWNY MHA hosted their annual Primary Minds Art Project titled 'Happy Days'. Over 300 entries were received and all were awarded certificates and various prizes and medallions. This project is now in its eleventh year. It was awarded an A.I.B. Better Ireland Community Award.

Summary of Events in 2010 by Region



Social evenings and a holiday to Ballybunion were organised for Erkina House residents.

- 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.

TULLAMORE MHA held monthly social evenings for service users. Many activities were planned including ten pin bowling and a day trip to Galway City and Salthill.

- The monthly social club for service users continues with a variety of activities.
- Participated in a 10km Canal Walk titled 'Building Resilience Through Walking'.
- There is on-going support for the sensory garden project at Birchwood House. (see photo)
- The MHA also received €1,500 from the National Lottery towards partnership development of the Offaly Library Healthy Reading Project.
- Participated in Offaly Citizens Information Centre's Advocacy, Disability and Information Day.



Tullamore Mental Health Association Annual 10K Walk

Ms. Molly Buckley, Chairperson Tullamore Urban District Council stepping it out with members of the public and Tullamore MHA at their Annual 10k Canal Walk on 10th October to celebrate World Mental Health Day. The theme for the day was "Building Resilience Together" through walking. Also in the picture are Tullamore MHA members - Ms. Laura Geraghty, Chairperson Ann Burns, Honorary Secretary, Margaret Lowery and Catherine Conlon along with Finola Colgan, Development Officer.

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.	

Summary of Events in 2010 by Region

ENNIS MHA serves an urban population of approximately 20,000 people. The primary focus of the Association is to support people with mental health difficulties and to raise awareness of mental health and well-being in the community. 2010 was a busy year for the Association members involved in existing and developing new projects. Some of its activities included:

- **The D.I.Z. Club** which is aimed at young people with mental health difficulties and has between 8-15 members attending. The club meets on Tuesday evening and Saturday afternoon. Activities include: trips to Galway, the Cinema, an in-house film club, lunches out (members paying their own way), evening meals with members contributing, barbeques, shopping, visits to theatre and clubs, working with laptops, coffee and chats, outdoor games and other member-led activities.
The club provides not only a social network for the members, but also a support system from which they can draw on shared and individual experiences e.g. college, work, family, friendship etc. Core group members welcome and encourage new members to come along. All the members are very excited about having a place to meet and relax. Good friendships have developed with facilitators as was evident at a goodbye meal for Mary (who left to return to college). The club members and facilitators appreciate the support of the MHA and wish to thank them for all their help and support.
- **Young Mothers Support Group:** In 2010 the Association supported two educational sessions for young mothers to enhance their well-being and improve coping skills. They took part in a WRAP (Wellness Recovery Action Programme) facilitated by the Development Officer and they also did personal development facilitated through the V.E.C. Community Education Grant scheme.
- **W.R.A.P. (Wellness Recovery Action Programme) Peer Support Group:** This peer-led group meets every Monday evening at 5.00pm. Regular sessions are facilitated for people attending the Mental Health Services in partnership with the Social Work Team. A six week programme on using WRAP and Recovery Principles was delivered to support staff working in the community by a Peer Educator and the Development Officer in 2010.
- Some events celebrating World Mental Health Day, 10th October, included:
 - The theme for the 2010 World Mental Health Day, 10th October, was **Building Resilience – Sign up, Link in, Get involved**. During the campaign, communities, organisations, clubs and associations were invited to open their doors and invite people to sign up, link in, and get involved. Further details about MHI's Building Resilience Campaign are on page 49.
 - Ennis MHA facilitated a number of events for Healthcare Staff including workshops on Building Resilience and Stress-less Days. They also hosted

a night for parents - **Building Resilience in Children – What parents can do.**

- The Association provides on-going support to service users in sheltered and long-term accommodation, such as, part financing the Embrace Arts Project for people who attend the day centre and providing the financial support to the annual Christmas celebrations and other social outings for people in long-term care.
- **Fundraising:** Through its annual church gate collection and funding applications to the HSE and the National Lottery the Association continues to provide very valuable support to the community.

NENAGH & DISTRICT MHA supports people with Mental Health difficulties in the North Tipperary area and promotes positive mental health in the community. Activities in 2010 included:

- **Aras Follain:** Aras Follain was established in 2007. The centre aims to empower persons in their physical, emotional and mental development through generating an open, non-judgmental environment. The Centre aspires to facilitate both individuals and groups in their respective challenges to develop, through peer support, social skills, personal development, self-recovery and well-being in their daily lives". Its objectives are:
 1. To provide opportunities for groups and individuals to promote recovery through peer support, self advocacy, personal development, social activities and self-care programmes.
 2. To empower group members through information and peer advocacy and to emphasise the value and uniqueness of each person and regard their different view points and cultural perspectives as a resource.
 3. To reduce social isolation, improve self concept and promote independence thereby reducing dependence on mental health services and increase control over their own lives.
 4. To build capacity for recovery through programmes such as WRAP (Wellness Recovery Action Programme) and development of self advocacy groups.

Target Groups:

Aras Follain Peer Support Centre, located in Nenagh, 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 currently 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.

- **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

Summary of Events in 2010 by Region

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.
- **'Phrenz' Group (Shine)** - '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.

Other Activities at the centre include:

- **W.R.A.P. Group** (Wellness Recovery Action Programme). This is a specific programme run at the centre in conjunction with the HSE Mental Health Team. Over a six week programme participants work through five key recovery concepts: hope, personal responsibility, education, self advocacy and support.
- **Self Advocacy Training programme**
The aim of the course is to further enable participants to make their own decisions, express their interests, represent their needs and assert their rights. The programme will work to empower people by building their confidence and interpersonal skills, increase their knowledge and awareness of their rights and entitlements and develop their skills and capacity to advocate in a range of life situations.
- **Cook-it programme**
The aim of this programme is to promote healthy eating on a budget.
Two Peer Support Members, trained by the HSE Community Dietician, continue to deliver the programme to other members and groups as requested.
- **Journey of Self-Discovery**
The aim of the Journey of Self-discovery is to assist young mothers to reflect on their lives and help them

to develop healthy coping skills in an open non-judgmental relaxed environment.

Other MHA activities include:

- The Nenagh MHA Social Club, which provides support to young people in recovery, runs internal and external activities including art projects, visits to the cinema, theatre and sporting events and also social events with family and friends.
- The Association provides on-going support to service-users in sheltered and long-term accommodation such as physical activity programmes for older people and Christmas and other celebrations throughout the year.

NORTH CLARE MHA covers a large rural population where many clients are living alone and in isolation. The Association continues to support a wide range of activities aimed at reducing isolation and encouraging integration. Some of its activities include:

- Solas an Chlair - this is a joint project between the North and West Clare Mental Health Associations and the local Mental Health Services. Its aim is to improve the mental health and well-being of people with mental ill health who live in the community and attend the Mental Health Services. The project aims to promote recovery by reducing isolation and social exclusion and improve the life-skills of participants living in rural isolation.

Objectives:

- To provide an opportunity to people living in the community who experience mental ill-health to socialise and connect with others and develop supportive relationships.
- To improve physical health through physical activity and group interaction.
- To provide opportunities for self-development through activities, talking and listening.
- To promote wellness and health and build resilience in a safe supportive environment.

Programme development - The programme is developed in partnership with the local Mental Health Services, the Mental Health Associations, and the local Community Education Officer with Clare V.E.C. A 10 week programme was agreed in consultation with participants and a physical activity tutor which includes walking, gym work and swimming. A further five weeks of swimming was requested by participants - this is on-going.

Target Group - This programme is aimed at people who live at home, are physically well and are supported by the Mental Health Services. (They are well but live in isolation, have poor family support or few opportunities for socialisation.)

Summary of Events in 2010 by Region

Expected long-term outcomes of the programme:

- Improved physical and mental well-being.
- Ability to achieve goals and improve quality of life.
- Increased ability to reach out and form lasting friendships.
- Improved self image and self esteem and ability to self-manage in a supportive environment.

Other North Clare MHA Activities

- The Social Club for people with mental health difficulties meets every weekend to encourage participants to go out and enjoy social events such as swimming, the cinema, shopping and involvement in local social activities.
- Art Activities and Social Outings: Through participation in the Embrace Art Project the Association continues to provide on-going support for people who attend the Day Centres and provide financial and other support for social and community activities.
- Public Awareness: In 2010 North Clare MHA coordinated events during Mental Health Week including a Choral Event and the annual, very popular, Burren Walk. The Association also works closely with local schools to promote positive mental health through their Essay Competition for primary schools and the National Public Speaking Project.

ROSCREA MHA - in 2010 Roscrea MHA in partnership with North Tipperary LEADER Partnership [NTLP] 2010 applied and received Section 39 grant aid to employ, through NTLP, a Social Support Worker to work with groups and individuals.

- During the year groups have engaged with creative art and held an exhibition in Roscrea Library that was well received. Woodcarving has remained very popular with two groups running, one with ten men that had not been involved with our activities before. Tuition was also provided in basic computer skills and intermediate computers which enabled access to new technologies including the wonders of email and the internet which has opened up the world from free knitting patterns to booking flights!
- The MHA was very fortunate that the MHI Development Officer was able to come to Roscrea and facilitate a Wellness Recovery Action Programme (WRAP) to twelve participants over the summer. Everyone found it helpful and practical. The group continues to meet regularly since the training.
- Members also attended A 'See Change' Positive Mental Health event in Upperchurch which was a great success with guest speaker Frances Black speaking of her own experiences and delighting the audience with a song. Also speaking at the event were John Moloney, TD, Minister of State, Dept. of Health & Children, a

representative from HeadStrong and Liam Minogue speaking about his own recovery.

SHANNON MHA - during 2010 Shannon MHA **Befriending Project**, which is run in partnership with the HSE through the Shannon Day Care Centre, has gone from strength to strength with very positive feedback from both the Befriendees and the Befrienders. There are currently 8 pairs meeting weekly. The Association has enabled service users to enjoy many day trips throughout the year and the Delganis Community residents were treated to a week long vacation at the seaside in Lahinch during the summer.

The Association also sponsors social outings for clients living in the community to improve their social connection and reduce isolation, along with providing financial support to the **Shannon Day Centre** and funding for needy families in the area. Shannon Social Club has continued to meet throughout the year providing social connections and interaction for people in the East Clare area who experience mental health difficulties. As the year draws to a close, preparations are underway for a Christmas outing.

New Horizon's Mental Health & Social Club is a social club for people of all ages and experiences encountering mental health difficulties. The club meets every Friday night. People who attend come from the Ennis, Shannon, Quin and Kilrush areas. Club members are involved in deciding and running activities.

2010 has been a very busy year with a wide variety of internal and external activities.

Internal activities for the year included:

- Table Tennis, Bingo, Card/Board Games, Singing / Dancing.
- Healthy Food Preparation, Hair & Beauty Treatments, Yoga, Drama.
- Themed Parties: Valentine's, Easter, Halloween, St. Patrick's Day.

Outside Activities Included:

- Overnight Summer Outing, Day Trips, Christmas Social.
- Regular trips to the cinema, concerts, theatre, Personal Development Workshops.
- Swimming / Gym, Bowling.

New Horizon's Mental Health & Social Club is supported by the MHI Development Officer through the processing of funding applications to the HSE and the National Lottery.

THURLES & DISTRICT MHA supports people with mental health difficulties and promotes positive mental health. It runs **The Failte Club** which is a social club for people who experience mental health difficulties. It promotes positive mental health and assists participants in socialisation and integration through its various activities. 2010 was another successful year for the club. Twice weekly meetings were held throughout the year with an increase in demand for the service in the last year. Facilitators and volunteers are

Summary of Events in 2010 by Region

always aware that mental health problems can result in social isolation and marginalisation; therefore members are continually encouraged to stay involved. Activities throughout the year were many and varied:

- Social nights out are very popular due to the talented group of musicians among the members and local musicians from the area regularly join in the sessions fostering inclusiveness and integration.
- During the good weather in Summer, the club hosted outdoor activities including picnics in the park.
- Attending musical and theatre events is also popular and the highlight this year was the trip to see Kris Kristofferson in Kilkenny.
- Following a 'think tank' workshop members suggested courses in personal development and creative writing.
- Facilitators and Volunteers took part in a WRAP training programme with some members. Following the course, members were able to identify personal triggers and were able to increase their personal coping skills.
- The Creative Writing course is on-going and very popular with the more reflective members, with some entering a literary competition. Funding for this course came from the North Tipperary Co. Council's Arts Office.
- In-club activities include Scrabble, Pool, Rings, Music and Song.
- Many members have improved their IT Skills through the generous training provided by one volunteer.
- Bingo sessions are also popular and Chess classes are also provided.

Other MHA Activities:

- The Association continued to provide assistance to patients in both the day hospital and the day centre by providing essential and other patient comforts.
- The annual Christmas party and day trips away are on-going activities which the MHA continues to support.
- The wood carving project is very popular and continues to be an important activity for clients who attend the Day Centre in St Mary's Health Centre and is facilitated by Joan O'Brien.

WEST CLARE MHA runs a social club called West Clare Young Peoples' 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 2010 included:

- WRAP programme for young mothers: A six week WRAP programme was delivered to young mothers who are at risk, in partnership with the local Community Mental Health Team, the Public Health Nurses and the MHA.
- The West Clare Young Peoples' Club: the social club for people who experience mental health difficulties continues to support participants through social activities and involvement in the local community including fundraising activities.
- Art-side Therapy Workshop: The workshop is facilitated by a community Mental Health Nurse. The Association supports the project by providing financial support. Participants take part in music and art workshops and regularly perform or exhibit their work in the local community.

Region:	MID-WESTERN
Counties:	Limerick City & County
Development Officer	Anne Buckley (to November 2010 currently vacant)
No. of Local MHAs:	5
Kilmallock & District MHA	Raheen & District MHA
Limerick MHA	West Limerick MHA
North Liberties MHA	

KILMALLOCK & DISTRICT MHA - The Association runs in conjunction with Ivy Gate Day Centre in Kilmallock. The MHA provides art classes, outings and trips away, Christmas and Easter parties and musical entertainment. Activities the MHA are involved in also include:

- Members having a commitment to promoting positive mental health and regularly organising community events.

- The Association is also very involved in the National Public Speaking Project. Members work closely with schools to encourage participation and host the preliminary rounds in the area.
- They host fundraising events throughout the year to support their activities and they work closely with other organisations, such as the VEC, to access education opportunities for clients.

Summary of Events in 2010 by Region

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 Chéile 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. In 2010 Le Chéile:

- Continued to be a member focused service, which encourages personal growth and empowerment through its creative and social activities. It aims to encourage social interaction and prevent isolation of people who may be experiencing mental health difficulties.
- The objective for 2010 was focused on maintaining the current programme and sustaining the member participation levels during a time of change. They have continued to strengthen their work with young adult members aged 18 to 35 years and have seen increased member participation and a continued influx of new members.
- The Le Chéile project has now settled into its newly renovated premises purchased by the Limerick Mental Health Association in 2005. The move has proved extremely positive for the activities of the project.
- Reaching people who may be experiencing mental health difficulties will remain a priority for the Le Chéile project. They are continuously working towards understanding what they as an organisation can do to engage current and potential members.
- Members are required to pay an annual membership of €5.00 and contribute a payment of €1.50 per session attended. The maximum payment for classes is set at €3.00 and this would apply to outings and activities or classes that are more expensive to run. Parties and events organised or attended by Le Chéile Limerick members are also subsidised.
- Charging membership and fees for use of the service adds value and heightens the members' sense of ownership and belonging. Le Chéile provides an excellent service at a low cost to members who may not have access to, or are not in a position financially to avail of alternative social activities and classes.

NORTH LIBERTIES MHA is located in the Northside of the city. The Association's primary focus is to provide befriending and social activities to the residents of the high and medium support hostels and users of Bloomfield Day Centre. Activities include:

- Volunteers regularly organise outings and events for clients. They also organise dancing, music and singing for all service users and residents. These worthwhile occasions are hugely enjoyed by all involved.
- 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.

- The MHA supports the delivery of the Art in Mind programme in Le Chéile through funding allocation. The programme has been running successfully since 2004.

CROOM MHA

The Association provides support to residents of Ivornia High Support Hostel within the local community. Occupational activities, day trips, art classes and supervised holidays are some of the activities which the MHA supports. The MHA also has a tradition of providing mental health awareness activities in the community and are very active in raising much needed funds.

RAHEEN AND DISTRICT MHA: Over the past twelve months the MHA has continued to support those with severe and enduring mental health difficulties who reside in, or attend facilities within the scope of the rehabilitation services of the Limerick Mental Health services. Support initiatives are focused on activities and interventions that promote rehabilitation and recovery and range from very active programmes for the young active people to more sedate activities for older and less agile people. There is evidence that these activities have a significant influence on the course of severe and enduring mental health difficulties. Support has also been made available to those in transition to more independent living either from hospital or from supported settings within the statutory or voluntary agencies. Some of their other activities include:

- The development of "**the Spot so Fair**" Newsletter. This project developed from a rehabilitation consumer group forum and is a newsletter for and about recovery. It continues to grow and develop and recently steps have been taken by the group to initiate self funding activities.
- The MHA has also been involved in raising public awareness and it gave a talk on positive mental health and also engaged in offering a suicide safe initiative in the community. The membership remains small, focused and dedicated to the aims of MHI.

WEST LIMERICK MHA is based in Newcastle West. The Association has 10 active members. The MHA supports a wide range of occupational activities for Churchtown Day Hospital including day trips, parties and annual summer holidays. This year they also organised:

- A back to education initiative for clients with the local VEC.
- The Association has a long tradition of promoting the National Public Speaking Project and works with local schools to promote participation. They also organise and run preliminary rounds in their area.

Summary of Events in 2010 by Region

Region:	NORTH EASTERN
Counties:	Cavan, Louth, Meath, Monaghan
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 County Cavan Public Speaking Final. 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 and outings which included a long weekend away in Donegal for 20 clients to the Country & Western Music Festival in April 2010. Other activities included:

- Training for 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 was held in May 2010. Mr. John Moloney, T.D., Minister of State, Dept. of Health & Children, presented prizes at the ceremony.
- A productive new relationship with Rehab Care is being fostered and in August a Summer barbeque was held to celebrate the 400 Year Anniversary of the Bailieborough community.
- Volunteer numbers continued to grow. There are over 20 active volunteers and regular meetings are held.
- The main source of funding is the Annual Round Table Quiz and the National Lottery grant.
- A 2-day workshop was organised for the 5th Years of Bailieborough Community School on positive mental health.
- A civic forum/conference was held for World Mental Health Day. Its title was 'Promoting Positive Mental Health in Tough Economic Times'. Over 100 local people attended to hear keynote speeches by Brian Howard, CEO, MHI; Susan Kenny, National Office for Suicide Prevention and Dr. Vincent Russell. There were also exhibits from 20 different organisations and 4 in-depth workshops on budgeting, child self-esteem, suicide – the myths and facts and reflexology. The Development Officer was interviewed on Northern Sound Radio and the event was covered on news headlines around the county. Similar events will hopefully be rolled out in 2011.



Conference organised by Bailieborough MHA titled 'Promoting Positive Mental Health in Tough Economic Times'. The conference was held on 7th October 2010. 100 local people attended to hear key note speeches by Brian Howard, MHI CEO, Susan Kenny, NOSP and Dr. Vincent Russell, as well as view exhibits from 20 different organisations. It is hoped that this will become an annual event.

Summary of Events in 2010 by Region

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 and Ballintra.

CARRICKMACROSS MHA continued their Befriending activities with Castleross Nursing Home, St Mary's of 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. This year the prizes were presented by the new Carrickmacross Mayor, P.J. O'Hanlon.
- Hosted and sponsored the Christmas party.
- The MHA are hoping to hold a new project in 2011 entitled "Coping in Tough Economic Times". This will be a mini conference for the local community and it is being planned in conjunction with the Carrickmacross Workhouse.

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. As part of World Mental Health Day activities, the MHA also distributed mental health literature in key local public places.

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 nÓg Youth Forum. Other activities:
- As part of World Mental Health Day, Ted Tierney, Deputy CEO, MHI addressed Cavan County Council on mental health issues. This event was well covered by the local media.
- On-going liaison between local Bishops and clergy speaking about positive mental health.

- Brian Howard, CEO, Mental Health Ireland and the Development Officer were interviewed on Cavan Radio promoting the **Building Resilience Campaign** for mental health week.
- In November 2010, Cavan Youthreach hosted students, parents and invited guests in the Cavan Crystal Hotel for an evening with Frances Black. Frances is a noted musician and recovering alcoholic. She also is a prominent public speaker on addiction issues. This event was hosted in association with Cavan MHA.
- During 2010 there were 10 half day sessions on mental health delivered to approx. 200 staff in Cavan County Council headquarters.



Frances Black is pictured with members of Cavan MHA and Development Officer Sean Mc Kiernan after addressing a large group of Cavan Youthreach students, their parents and teachers about her personal battles with addictions, and how her music helped her cope.

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 and 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.
- A family fun day was organised by Monaghan VEC's Tanagh Outdoor Adventure Centre to celebrate World Mental Health Day.
- In November 2010, Peggy Langan stepped down as Honorary Secretary after many years of loyal service. Nuala Carragher will replace her.

Summary of Events in 2010 by Region

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

- Befriending 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.
- The MHA would like to welcome their new volunteer, Kevin Callan, BL. He is a very committed local volunteer who sits on many Boards.

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.
- 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.
- The MHA has produced a bookmark with top tips for positive mental health and contact information for local distribution.
- The Development Officer provided training to 20 staff in the Dept. of Social Protection in Dundalk.

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.

In 2009 a polytunnel was acquired at Climber Hall Day Centre and is now being used towards a horticultural project. 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 Annual Church Gate Collection are the MHA's main source of funding.
- Volunteers supported the Cavan Living Links conference on suicide and the Bailieborough Conference on Coping in Tough Economic Times and the Navan MHA Variety Concert which was held in October 2010.
- Flower arranging classes were arranged by Kells MHA over the Autumn/Winter months.

MONAGHAN MHA hosted a conference in October for parents. It received excellent local media coverage. Speakers at the conference included Anne Twohig of the ANANDA programme who spoke on "The Mindful Child" and Nadine McGale from the Back of the Net Programme (BTN). It aimed

to educate parents on how to help children manage stress and grow into happier well adjusted teenagers and adults, emotionally, mentally and physically.

Mindfulness is an evidence-based technique to support all of us live balanced lives where we can learn to respond rather than react to life's challenges and draw from our inner strengths, compassion and wisdom. Monaghan MHA sponsored the training of local primary school teachers in this technique. The Back of the Net Programme (BTN) is a community based initiative that integrates cognitive behavioural strategies with sports and exercise. It has been shown to be effective in improving psychological well-being among young adult men. The programme makes use of sports metaphors to facilitate discussions aimed at transferring lessons from sport into everyday life. Themes within the BTN intervention include problem solving, effective communication, avoiding harmful situations and building resilience.

Some events celebrating **World Mental Health Day, 10th October** included a Family Fun Day at the Tanagh Outdoor Activity Centre. 80 local people took part and the Development Officer supported the event with literature and freebies.

Other MHA activities throughout the year included:

- Monaghan MHA secretary, Emer Brennan, is continuing to develop a website for the organisation.
- The D.O. spoke at Monaghan Rotary Club's One Life Education Programme.
- Continued the Cavan/Monaghan Art Project sponsored by Monaghan MHA.
- 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.



Development Officer, Sean Mc Kiernan with Members of Monaghan Mental Health Association and winners of the post primary schools art competition 2010

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

Summary of Events in 2010 by Region

time to time to give advice and support. The Social Housing project provides a home for 6 people – this makes a huge difference to their lives. The Development Officer attends regular meetings with Jigsaw, Meath and also with Meath VEC and Navan CIC.

Some events celebrating **World Mental Health Day, 10th October** included:

- A major Variety Concert.
- The Social Club took part in a busking session in Navan Shopping Centre
- The Chairwoman of Navan MHA, Margot Davis, was interviewed in LMFM Radio during mental health week.



Members of the social club Navan MHA busking in Navan Shopping Centre

SOUTH MEATH MHA continued to sponsor the Co. Meath Public Speaking Final. South Meath MHA also:

- Provided a new shower unit and alarm system at the Tara Suite, Dunshaughlin. This allows the Tara Suite to open and provide services at Christmas and other public holidays when the main centre is shut.
- Continued their befriending activities every fortnight at 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.
- A service user involvement group was started in October 2010, facilitated by the Development Officer. Feedback from service users on how they want services delivered will be vital for statutory services and local volunteers alike.
- Two sessions of talks were delivered by Development Officer to 5th Year students of Dunshaughlin Community College. The theme was positive mental health.

Region:	NORTH WESTERN
Counties:	Donegal
Development Officer:	Kate Byrne / Bill Vaughan
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. The group was supported by Advocates for Personal Potential Training Services. In early 2009 the group secured funding from the Dept. of Social and Family Affairs. The group met regularly during 2010 until recently when there was a drop in attendance. The group will be meeting with the MHI Development Officer in January 2011 to identify how the group can develop over the coming year.

Buncrana/Carndonagh MHA - GTI - "Getting Together Inishowen" is facilitated by Worklink North West in Carndonagh and it continues to be a very active social group. The year 2010 has been one of the most successful to date with 35 active members now. The following are a list of activities undertaken by the group this year.

Summary of Events in 2010 by Region

- Sponsored Walk / fund raising in support of Cormac Skinnader's Belfast Marathon in support of the group.
- Trips to Belfast Zoo, Derry Cinema, bowling, football and Junction One for shopping.
- Happy Medium Show in Millennium Forum and Meal in Fitzroy's restaurant.
- Fund raising Irish Night in Denis Mc Guinness Cottage in Moville, with tea and Traditional Irish Social event.
- Church Gate Collection.
- Many of the GTI members are supported on regular Friday activities within the centre or local communities.

The increase in the group's activities is due in particular to the help and support from Mr Cormac Skinnader who has enabled the MHA to access discounted transport through the Rural Transport Scheme. The Lotto has given a grant for a Christmas trip to Enniskillen. This had to be cancelled due to bad weather but will take place in early 2011. Inishowen Development Partnership has given a grant to cover trip to Belfast zoo. The Worklink groups have become actively involved with the GTI support group where possible. The vision and activities of Worklink management in enabling staff to facilitate this group have impacted in the increased volume of Social Inclusion activities undertaken for this group of people, who may be isolated both by mental ill health and geography. A firm network of friends has developed as a result of the GTI group developing and progressing over the years. The members actively help fundraise and take responsibility for decisions and events planned.

CARRICKMHA "CarrickDayCentre" 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.

- The group has supported local initiatives within the Day Centre such as training courses, computer classes and cookery.
- The group has assisted with adjudication for the National Public Speaking Project.

CLONMANY MHA "St. Columcille Village and 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 regular meetings.
- 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 Mental Health 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. During 2010 a community building was added to the housing project which is being fully utilised.
- Volunteers supported a local HSE funded mental health project (Solas) for an event on World Mental Health day and supported the project on a fund raising trip to Dublin in the Access Theatre in Ballymun.
- The group have formed links with Pobal le Chéile – an active community group in Falcarragh.

DONEGAL TOWN MHA & KILLYBEGS MHA has evolved throughout 2010. In the past year the National Learning Network, Túrás 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 poly tunnels 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:

Summary of Events in 2010 by Region

- Involvement in many social activities that facilitated better social inclusion of members.
- Support for clients from Dungloe Mental Health 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”:

In 2010 Cara House welcomed The President, Mary McAleese, to the centre in 2010. The day was a great success. Brian Howard, CEO, MHI was also in attendance on the day. The President spoke very positively of the contribution Cara House and Letterkenny MHA make to mental health in the community, both for those in recovery and for older people overcoming loss.

- During the cold weather that began and ended the year the drop-in facility was welcomed by those living alone in apartments in the town. With lunches for €5, good value was enjoyed by all.
- Courses and activities were once again very popular. The contribution of volunteers is a vital element in the success of Cara House – and many more are coming forward to increase their own well being and that of others.



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 is 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 2010 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 FÁS 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 Cardonagh, 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.
- In 2010 several new initiatives were introduced by the group. An Active Health and Fitness session is offered daily to retired people in the community as well as weekly Creative Writing classes and an afternoon club which allows people to come together for other social activities.

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

Summary of Events in 2010 by Region

BALLINAMORE MHA - the activities of Ballinamore MHA were fully centred on the proposed housing project throughout 2010. 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. The MHA are keen to recruit new volunteers next year and re-activate other aspects of MHA work in 2011.

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 2010, the building was assessed and a report was developed outlining extensive renovations which need to be undertaken to provide a modern and up-to-date facility for the day care service. It is hoped this will commence in 2011.

Some activities included:

- Financial assistance for people with mental health problems living locally and in group homes.
- Social support to service users in the Ballymote area, this includes visits to group homes and day care service and providing practical help with the organisation of social events and significant occasions.
- A public seminar was held in the Coach House Hotel, Ballymote. The evening was organised by Ballymote Family Resource Centre in association with Ballymote Mental Health Association and Sligo/Leitrim Development Officer Rachel Reilly. Talks included information around:
 - looking after our mental health.
 - what to watch out for if you are worried that a person may be at risk of suicide.
 - an overview of statistics that are currently available on suicide in Ireland.
 - current mental health promotion initiatives available in Sligo/Leitrim.
 - a presentation from Coola Post Primary School.

Funding was provided by ESB Electric Aid to run this initiative with a focus around suicide. Feedback from the event was very good and another one is already being planned for next year.

BREFFNI MHA has had a very active year in 2010 having focused their energies recently on two great initiatives targeting the local schools. They have also continued their health promotion activities 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:

- Distribution of mental health literature in schools and information stands for the general public in the local shopping centres.
- Social events and fundraising for service users including organising a barbeque for the residents of Ashbrook House, taking residents on a day trip to Lough Rynn and going out for dinner.
- Providing financial support to projects relating to mental health and to individuals with a particular financial need as required.
- The MHA decided to run an art, essay and poetry competition for 5th and 6th class pupils in four local national schools. Children were invited to submit essays, drawings or poetry with the title "The Happiest Day of My Life". A total of 71 entries were received and the judges were very impressed with the enthusiasm and high standard of all the entries. There was a clear message that we should remember that we can each do something nice to make someone's day a little happier.
- Not to forget the local post-primary schools, some members of Breffni MHA put their heads together to come up with the idea of developing a leaflet for teenagers providing details of various resources available to them, both on the internet and in their local area should they ever run into any problems or need information on issues which may affect them. The project was further developed when four of the local post-primary schools agreed to include the information in the school journals 2010/11. This way, the information is readily available to all students every time they open their journal!

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.

Summary of Events in 2010 by Region

MANORHAMILTON MHA works in close association with Kilgar Day Care Club, Kiltyclogher, Co. Leitrim, which provides day care services to those in need in the North Leitrim area. MHA activities throughout 2010 included:

- In association with Manorhamilton Vintage Club, 3 days of haymaking were organised and a video produced of the process.
- Manorhamilton MHA linked up with the Respite Services in Northern Ireland as part of a cross border initiative to host an annual dinner dance.
- Every year in Ballyshannon, the Bill Monaghan Memorial Table Quiz takes place to raise funds for the Association.
- The MHA sponsored many social outings throughout the year for those experiencing mental health difficulties. These included trips to Rossnowlagh, Knock and Enniskillen with meals out regularly. Also, this year a group of 24 people were brought to a country music festival in Bundoran which was thoroughly enjoyed by all.
- A day was organised for those attending Kilgar Day Care Club where they indulged in a pampering session, getting hand massages and make-up application for the ladies.
- The MHA sponsored a creative writing session where service users could explore their poetry writing and artistic sides.
- Christmas dinner is provided every year in Manorhamilton.

SLIGO MHA'S social housing project, Ard Na Greine in Sligo Town, supported by volunteers, provides assistance to 9 people with mental health problems, as required, depending on the individual need of the clients. The MHA's other activities include:

- Sligo Mental Health Association celebrated its 25th year of The County Sligo Person of the Year awards in 2010.

This has become an annual event with a dinner dance and presentation celebrating community voluntary involvement. These awards give people throughout the county a unique opportunity to nominate a person they believe is worthy of special recognition, who has made a contribution to society through voluntary work or going that extra mile to help people. Nominees are usually from sports clubs, voluntary organisations, charities, self help groups, community development, amateur dramatics etc. in County Sligo. This year, as the event celebrated 25 years of volunteerism in County Sligo, each recipient of the Person of the Year in the past was invited back and presented with a special gift.

- 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 coordinated by the volunteers and service users and the project is regarded very highly.
- MHI information leaflets were distributed by volunteers during World Mental Health Week 2010.
- A seminar is currently being planned for 2011 in association with the Sligo Research and Education Foundation.

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. The Association is now aiming to expand its work by promoting positive mental health in the local community.

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

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 seven Associations in the region geographically located in the five counties.

Summary of Events in 2010 by Region

CARLOW MHA is the most recently established MHA in the South-east. It was founded in February 2010 with the assistance of the DO. The committee consists of community leaders, educators, HSE staff and people interested in positive mental health promotion. Their focus is to get Carlow MHA established and recognised within the community. The volunteers have been working hard to promote the Association. They have contributed to newspaper articles and been interviewed on local radio. These activities have created an awareness and openness to the ideas of positive mental health.

Carlow MHA held a meeting at least once a month throughout 2010. They launched a Facebook page in June 2010. It is very well received and has an average of 30 – 50 hits per week. This is generating interest particularly with young people in the area of mental health. The sale of the Finbar Wright CD is being used to fundraise for the organisation.

Some of Carlow MHAs activities during 2010 included:

- A public talk held in The Talbot Hotel titled “Enhancing your mental health” by Dr Maeve Moran, Consultant Psychiatrist.
- An information stand in Carlow Institute of Technology. The ten top tips to Build Resilience were put on all plasma screens around Carlow IT.
- Activities celebrating World Mental Health Day included; a fun day in St Dymphna’s Hospital, Carlow. This was held from 2-5pm and the theme of the day was “Promoting Positive Mental Health through fun and laughter”. This was a free event. Music was provided by Tumbling Dice and Eric Butler. There was face painting, street entertainers, Indian head massage, yoga sessions for kids and adults and meditation. Dave Donoghue, the children’s author was also involved. The grounds were decorated with balloons and bunting and the weather was wonderful!



Irene Ryan Chairperson CMHA and Linda Thorpe Development officer with Maisy and Daisy



Maisy and Daisy sliding on the Family Fun day

“Promoting Positive Mental Health through fun and laughter”.

- Carlow MHA launched a new project for World Mental Health Week - a bookmark competition for children in primary schools. The aim of the project is to introduce children to the notion of mental health. This project introduces children at an early age to the importance of physical well-being and its maintenance and also to the equal importance of mental well-being and feeling good about themselves. The bookmark designs submitted from various schools from around the county were super and expressed their understanding of mental health. The designs showed that it is important to ‘have fun’, ‘talk about your feelings’ and ‘think happy thoughts’. The overall winner was from 5th Class in Askea Girls School. The design showed ‘a girl keeping her mind fresh, healthy, having fun and rested’. Her bookmark will be professionally printed with a positive mental health message on the back. The bookmarks will be given to all the children who participated in the project on World Book Day in March 2011. Carlow MHA would like to thank Jim Lacey of The Dome for sponsoring the prizes for the competition.

Carlow MHA is only established for the past ten months. In this time it has made a dramatic impact on the local community and it is going from strength to strength. Their plans for 2011 are to continue with their Positive Mental Health Campaign.

KILKENNY MHA is a long established MHA, with very proactive volunteers. Core activities of Kilkenny MHA include:

- Social Housing – this is one of the key projects of the organisation. It operates 5 family type houses throughout Kilkenny providing accommodation for 44 residents. The houses enjoy urban settings which allow residents to be afforded accommodation that is both comfortable and appropriate in a setting that allows full social integration in the community. Kilkenny MHA in partnership with the HSE is responsible for running these homes and hostels on a day to day basis.
- The Association provides social outings for mental health service users. There are parties at Christmas and Easter and a big summer BBQ. This year the BBQ was held in Hotel Kilkenny. 110 service users

Summary of Events in 2010 by Region

attended. The food as always was excellent and music entertainment was provided by The Rockies. Everyone joined in the singing and the dance floor was never empty. Congratulations to the organisers of the event, Christina and Bernie.

- The MHA also provides some assistance for those in hardship and Christmas gifts for those in need.
- Support the Public Speaking Project by holding initial rounds and county final.
- Support the Art project in Primary Schools in the county.
- Run fund raising events – Monster Fashion Show and this year a new fund raising event was introduced. It was a sponsored cycle in conjunction with the Sean Kelly tour. This gave it a high profile and attracted much interest. There were participants in all three disciplines, 50km, 90km and 160km. It is hoped this event will be run again in the future.
- Kilkenny MHA hosted a Public Speaking regional adjudicator training night. Participants travelled from many parts of the region. All participants were new to the area of adjudication. It was very informative and helpful.
- Some events celebrating **World Mental Health Day, 10th October** included:
 - Information sessions on relapse prevention.
 - A yoga session at the industrial therapy unit.
 - Information sessions on healthy lifestyle, diet and exercise.
 - In the Dept. of Psychiatry, there was an interactive coffee morning with group focus on relapse prevention and anxiety management.
 - Choral events took place throughout the county.

SOUTH TIPPERARY MHA is a long established Association with a very active core group of volunteers. Some of its core activities in 2010 included:

- Cluain Training Centre Training, Education and Employment: This centre is run by South Tipperary MHA manager Ronnie Corbett in Clonmel. It provides training and education which is FETAC accredited to more than 70 trainees. There is a fully functioning restaurant which is open to the public and is very busy at the moment. This restaurant provides the opportunity for training and employment for many trainees. A full literacy programme is available. Arts and crafts form a significant part of the programme. A new range of activities including upholstery, hair dressing, health and fitness, relaxation and the new gym are very popular with the trainees. A new Garden Project is now up and running and is very successful both in the terms of what is grown and how enjoyable it is for the trainees to work in such an environment. Cluain also

provide “Meals on Wheels” for the local community and is a truly integrated part of that community.

- **Social housing and befriending** - funding has been secured by the MHA to continue with the Befriending Group project.
- A social club is run on a weekly basis in Clonmel. One volunteer co-ordinates this project which is proving to be very popular with the client group. It is actively helping to reduce stigma and social isolation among the service users.
- Social Supports: funding is provided for parties, Christmas, Easter and other social functions and outings throughout the year. Annual holidays are also catered for. In 2010 the holidays spanned two weeks from 5th June. Twenty service users went to Ardmore, County Waterford. Six volunteers give of their time to make this event the wonderful success it is. This is a combined effort with the houses being sponsored by Clonmel Lions Club and meals in hotel being sponsored by the HSE. Pocket money, drinks and treats are sponsored by the MHA.
- South Tipperary MHA are also actively involved in fundraising - in mid June the annual fundraiser golf classic was held. Thirty nine teams took part this year and again it was a huge success. Maura and her team put their heart into this event every year.
- The MHA also is involved in mental health promotion and every year they support the Schools Public Speaking Project. They are also active participants in activities to mark World Mental Health Day.
- The MHA's proposed new housing development at San Rafael, Western Road, Clonmel has been taken over by the HSE and will now go-ahead as planned and hopefully will be brought to fruition. MHA have been invited to have a proactive link with this project when it is up and running.
- Some events celebrating World Mental Health Day 10th October included:
 - Involvement in the mini marathon – a great day was had by all and funds raised.
 - Positive mental health promotion talks in second level schools by mental health professionals. There was a very good response to this initiative with schools eager for more awareness training.
 - An Art Competition and intra-library Art Expo - Clonmel/Carrick-on-Suir. This initiative created good links between both communities.
 - Mental Health Promotion articles in local newspapers which stimulated interest and created awareness of positive mental health.

WEST TIPPERARY MHA/TIPPERARY TOWN was established in 2009. It is a very vibrant Association with a core group of very active and dedicated volunteers. Its core activities include mental health promotion. The Association is very active in mental health promotion programmes and creating awareness in their own community and further afield of positive mental health. Some of these programmes are:

Summary of Events in 2010 by Region

The 'Rock the Boat' initiative; production of DVDs depicting positive attitudes; poster campaigns; participation in local pageants and parades; participation in annual schools' Public Speaking Project and active participation in World Mental Health Day. The major campaign for 2010 was the FREE HUGS CAMPAIGN. This was launched directly following the launch of See Change outside the Mansion House and on the streets of Dublin. The Free Hugs Campaign was the original idea of an Australian 'Juan Mann'. Since this launch the MHA has compiled footage from Dublin, Cashel, Clonmel and Tipperary Town. Their plan is to continue with the Campaign in other areas as feedback has been so positive.



Getting hugged with the FREE HUGS for positive mental health were Brian Howard, CEO, Mental Health Ireland; Libby Carew, West Tipperary MHA; John Moloney T.D, Minister of State, Dept. of Health & Children; Charlie Burke, Chairman, Wicklow Mental Health Association and Thérèse Coveney, Mental Health Ireland.

The Rock the Boat project in Tipperary has been recognised by the Guinness Book of Records. This is a wonderful achievement. Congratulations to all concerned.

Some events celebrating World Mental Health Day 10th October included - Balance Café, Tipperary Town Mental Health Week 2010. This was a novel idea which is a great example of what MHAs around the country can do.

On the 10th of October 2010 the West Tipperary Mental Health Association launched their activities for mental health week which featured the opening of a health café called Balance. The Café, opened from 11th to 15th October, aimed to provide a social setting where people of all ages could avail of a cup of coffee, chat and a variety of events throughout Mental Health Week. The focus of the café was to promote positive health and well being through the arts which included music, drama, film and TV production, art therapy, pottery, weaving, card making and laughter yoga, all events were free of charge. Balance Café also provided events which addressed many aspects of health promotion including talks by professionals and a large selection of literature was also available within the café.

The Balance Café project was made possible due to the

generosity and goodwill of local business people, the Tipperary community and media. The premises were provided by local business man, Noel O'Dea, free of charge. Café curators, Libby Carew and Paul Kelly, were assisted daily by members of West Tipperary MHA, work colleagues and students from the Abbey Secondary School Tipperary Town.

The week-long celebrations commenced in St Michael's Church with the Tipperary and Portlaoise Gospel Choirs and continued after a lively service with a Siege of Ennis on the street followed by Chalk it Down for positive mental health whose focus was to encourage everyone to chalk out an X on the ground in various colours, highlighting the need to remove the stigma attached to mental health difficulties. In the afternoon the Mad Hatters Children's Party included fun and games, arts and crafts and a disco.

On Monday 11th October Tipperary Mid-West Radio complemented events by broadcasting live from Balance Café window. The radio station kindly gave West Tipperary MHA air time each morning for a live interview before the opening of the café to promote the events of each day.



Photo of the Balance Café which provided the central point for a week of Mental Health celebrations in October.

WATERFORD MHA is a long established Association. In 2010 it once again was very active. They were the proud winners of the Community Group Award 2010 at the Waterford City Celebrating Volunteering annual event. The award recognises the contribution of groups and their volunteers to the continuing development and endorsement of community groups in Waterford City. The award is presented to voluntary organisations that have made an outstanding contribution to the quality of life for people in Waterford. This initiative is supported by Waterford Area Partnership and NDP. – Congratulations to all.

Some of their core activities in 2010 included:

- Social Befriending – there are 40 people involved in the social befriending project who are all registered with the National Service Users Executive. They meet on a weekly basis and such is the success of this project that a new premises had to be sought because of the ever increasing numbers attending. The main objective of the project is peer support, social inclusion,

Summary of Events in 2010 by Region

independence and the continued opportunity to develop social networks, friendships, self-esteem and confidence. A group of trained volunteers actively support this group.

- Mental Health Promotion - Waterford MHA is an active participant in the annual Schools' Public Speaking Project. They also distribute MHI promotional leaflets to various locations. Waterford Social Befriending Group hosted a Mental Health Awareness programme, in partnership with the Alliance for Mental Health, which ran for 10 days in the city library. It was opened by the Mayor of Waterford. The project attracted several hundred people every day and was a huge success. As part of their mental health promotion activities a community development forum on parenting meeting was held. This was very well attended with many young mothers and carers participating on the day.
- Fund Raising - takes place on an annual basis. The monies collected are used for various support and promotional activities. The annual flag day was held in Waterford City and Tramore and was once again very successful with many volunteers participating in this event.
- Support Activities - include the funding of parties, Christmas, Easter and other social occasions, as well as providing funding for outings and for the provision of funds for service users who find themselves in hardship.



George Heaslip, Chairperson Waterford MHA with Linda Thorpe, Development Officer and members of Waterford MHA are presented with the Community Group Award 2010 at the Waterford City Tower Hotel by the Lady Mayoress Mary Roche. The award recognises the contribution of groups and their volunteers to the continuing development and endorsement of Community Groups in Waterford City

WEST WATERFORD MHA was re-launched at a public meeting held to celebrate World Mental Health Day with the assistance and support of the Development Officer. Ted Tierney, Deputy CEO, MHI addressed the audience. The meeting was well attended and a lively debate ensued. The emphasis for 2011 is to continue to re-energise West Waterford MHA with the recruitment of volunteers from

all walks of life and to create an awareness around positive mental health within the community.

WEXFORD MHA is a very active Association with a core membership of 20 volunteers. Its core activities include:

- Social Housing which is one of the key projects of this organisation. It operates 25 family type houses throughout County Wexford providing accommodation for 88 residents. The houses enjoy both rural and urban settings, allowing residents to be afforded accommodation that is both comfortable and appropriate in a setting that allows full social integration in the community. The Association in partnership with HSE is responsible for the running of these homes and hostels on a day to day basis.
- Training/Education – the Association is a registered company and is responsible for the management and development of a variety of work projects as a means of providing rehabilitation, training/education for both hospital and hostel residents.
- Transport – the Association provides a daily transport network to facilitate attendances at rehabilitation, training and day hospitals/centres, medical appointments etc.
- Support Activities - the Association funds social outings for residents such as bowling and trips to the cinema.
- Advocacy – volunteers advocate on behalf of clients by meeting with members of local communities to discuss any aspect of proposed developments, thus smoothing the way for integration into communities.
- Fund raising takes place on an annual basis, for example, the annual church gate collection and carol singing at Christmas. The monies collected are used to support the activities of the Association. The Ladies Mini Marathon was held on the June Bank Holiday 2010. This was supported by the MHA and over 30 participants took part in dreadful weather conditions. Torrential wind and rain did not affect the determination of the ladies. A tremendous atmosphere prevailed and a great sense of achievement was felt by all on completion of the 10K run.
- Mental Health Promotion – the Association is actively involved in the schools' Public Speaking Project annually. This year the Association also hosted adjudicator training for the Public Speaking Project for local adjudicators. It distributes MHI promotional literature to various locations around the county.
- Some activities on World Mental Health Day included:
 - Production of a leaflet which outlined all the events which were taking place for the week. This was distributed to the general public which created interest and curiosity.
 - Thought for the Day, on South East Radio, Wexford. This proved to be a successful venture and stimulated much awareness and interest.

Summary of Events in 2010 by Region

- FDYS (Ferns Diocesan Youth Service) joined forces with the Association in rolling out activities for the youth organisations of County Wexford. The following activities took place:
 - The Lundbeck Art Initiative - the MHA hosted this Regional Art Exhibition. Participants from as far afield as Cork attended the opening and prize giving. A tremendous atmosphere prevailed and a wonderful evening was had by all. Several hundred people visited the lovely Newtownbarry House during the course of the week long exhibition. Many paintings were sold much to the delight of the artists.
 - Art Competition for Primary Schools in New Ross. A soccer blitz for teenagers in Enniscorthy and Gorey. A Comhairle Na n'Og youth debate in Wexford town. All these events created an atmosphere of positive mental health and raised awareness in young people.
 - There was also an essay writing competition for pupils of 5th and 6th classes in the Primary Schools in Enniscorthy. Very positive feedback was received from the students, teachers and parents who felt it was a very worthwhile project and raised the awareness of positive mental health.
 - Arts Alive Festival once again this year was sponsored in partnership with Wexford County Council, Enniscorthy Town Council and Wexford MHA. It was a tremendous success with several hundred participants. The festival was workshop based and participants had an opportunity to work with professional artists over four days. The festival featured a range of art events including drama, dance, music, creative writing, pottery, drumming, puppet making and much more. The atmosphere was very positive and the participants were empowered by the experience.
 - There was a free concert to celebrate World Mental Health Day. Five choirs participated; Enniscorthy Choral Society, Enniscorthy Musical Society, Silver Tones, St. Aidan's Children's Choir, and Enniscorthy Gospel Choir for the entertainment of a capacity crowd in the magnificent surroundings of a Pugin Cathedral. It was a wonderful uplifting experience and created an atmosphere for very positive mental health. Brian Howard CEO, MHI attended and addressed the audience. This initiative was in partnership with Wexford County Council, Association of Irish Choirs and Wexford MHA.
 - Ard Aoibhinn, Wexford held a music and singing session as part of World Mental Health Day. The participants and their carers had a wonderful afternoon which was very positive and enjoyable. Wexford Ladies Choir dedicated one of their recitals to WMHW.
- Wexford MHA New Developments in 2010 included:
- A cookery course titled 'Ready, Steady, Cook' was established in Enniscorthy, its objective being to enhance interest, motivation and confidence in performing domestic skills and encourage social interaction and co-operation in a supportive environment.
- Creative Expressions, a course being run in Wexford Town aims to improve social skills and reduce social isolation while increasing self esteem through social engagement.
- Out and About - this course aims to reduce social isolation and increase social confidence while participating in good fun activities. It is hoped that it will help to integrate participants more into their community.
- Wexford MHA has redesigned and refurbished Killagoley Training & Activation Centre to a very high standard and is now the base for both rehabilitation and Outreach Teams. Both teams are fully established with all disciplines being represented – medical, nursing, allied professionals, occupational therapy, social work and psychology. It is the centre of activities with the establishment of the new Day Centre. Approx. 40 service users attend on a daily basis and are provided with a range of activities – pottery, cooking, yoga, personal development, literacy skills, keep fit and I.T. classes. An imaginative gardening programme is also available. Recreational and social activities form a large part of the programmes and participants are also provided with meals. All disciplines work together to provide a highly effective and well structured service to meet the needs of this group.
- Opportunities Group – Wexford Mental Health Services:**
- This group was established in September 2010 for clients with dual diagnosis, learning difficulties/mental health. Its aims are to provide opportunity for social interaction through leisure activities. Clients will engage in physical activity, have the opportunity to develop communication skills through leisure activities and also have the opportunity to express opinions. They are actively encouraged to make choices about the activities they like or dislike and which ones they wish to experience again. Clients attend from both hospital and community settings and include both male and female participants. This club runs on a weekly basis and is funded by MHI. It is facilitated by the Occupational Therapist, Recreational Therapist and all staff of the Rehabilitation and Recovery team Wexford Mental Health Service.

Summary of Events in 2010 by Region

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.

Below is a list of activities undertaken and supported by Kerry MHA through its various branches throughout the county during the past year. Kerry MHA recently purchased a house in Killorglin with a view to refurbishing it at an overall cost of €343,500. The money for this is being provided by Department of Environment Heritage and local Government through Capital Assistance Grant Aid. It will provide accommodation for four service users in a community setting.



Home recently purchased by Killorglin MHA which is due to be refurbished in 2011. It will provide accommodation for four service users in a community setting.

TRALEE MHA activities and projects 2010 included a workshop on stress management for National Woman's Week, in conjunction with the Womens' Resource Centre on March 11th 2010. This was open to both service users and the public. Some other activities included:

- Conference on Positive Mental Health in the Carlton Hotel, Tralee in October.
- A sponsored walk and a flag day.
- There were five birthday parties throughout the year also a Halloween party for service users, all took place in the local club house, Tralee.
- The Annual Christmas social was held in December.
- Fundraising activities included bag packing and a Church gate collection.
- Financial support for service users to complete a course on Stress Management.
- Financial support was given to the unit in Kerry General Hospital for service users staying in hospital for Christmas.
- House visits to service users over Christmas holidays. There was also a donation by the branch of biscuits and sweets.



Organisers and speakers at the Kerry Mental Health Association Conference titled "Breaking the Barriers - Fostering Well-being and Positive Mental Health" which was held in the Carlton Hotel Tralee to celebrate World Mental Health Week 2010. The Conference was hosted by the Tralee branch of the KMHA with the support of the eight other branches.

Summary of Events in 2010 by Region

WEST KERRY MHA activities included sponsoring a section of the Tralee Mental Health Conference in October. In Dingle, they had a day of relaxation at the Alpine Guesthouse. The public were invited to enjoy massage, yoga, dance and good company with tea and refreshments all at no cost to the participants. This was a very enjoyable day; about 40 people, including people professionally involved in healthcare participated. Other activities included:

- Two booksales, one in March, another in August. These were less profitable than in previous years.
- A trip to Ballybunion with clients from the HSE Mental Health Day Centre. West Kerry hosted the lunch after which the group strolled around the walkways above the beach and some even went for seaweed baths.
- The Association also paid for regular massage and song and dance sessions in the Mental Health Centre throughout the year and for gardening sessions during the summer.
- The Association also supported participation by clients from the Day Centre at a Christmas Craft Fair in Dingle town.

EAST KERRY MHA activities included:

- A flower and garden plant sale using produce from the garden in the Day Centre. Vegetables produced in the garden are also used for meals in the Day Centre.
- Social outings - parties and Masses, birthdays, Months Mind, anniversaries in Day Centre.
- Gifts for clients.
- Personal Supports – the MHA helped to equip a kitchen for a client in her new home.
- Donation to Acute Unit in Tralee Hospital for Christmas presents.
- Supports to classes tutored by Kerry Educational Service. Some of these classes include computers, gardening, numeracy and literacy. A laptop, camera and printer were bought for clients to use during these classes.

CASTLEISLAND MHA were responsible for numerous activities throughout 2010 some of these included:

- An information stand at the parish church in Castleisland as part of the parish Lenten talks. Thirty seven CD's sold for Saint Patrick's day.
- A €200 donation was made to the start up fund of the under twelve girls football team in Castleisland. The logo and Kerry MHA information will now be put on the girls jersey's.
- A €2,000 donation was given towards activities in Shanowen Place Mental Health Day Centre, Castleisland. Two members went to Galway to the MHI Conference and AGM.
- A volunteer completed the Ring of Kerry cycle and raised funds.
- In September €500 was given to the Tralee branch towards the cost of the World Mental Health Day seminar in October.

- The branch got their own T-shirts printed for the members to be used in all activities.
- In October a window of awareness was put on display in Tomo Burke's shop window on Main Street in Castleisland. This was very successful in raising awareness for World Mental Health Week.
- In December church gate collections were held.

KILLARNEY MHA had their annual flag day collection in May 2010 and this raised €2,849. They also hosted a second hand booksale in the Killarney outlet centre which raised €480 in October. Other activities organised by the MHA included:

- Funding of €750 for occupational therapy in Lantern Lodge/ Leawood hospital and providing funding for two trips to Lourdes.
- Donation of €500 to Killarney branch of St. Vincent de Paul to help them at this difficult time.
- Some branch members attended the Tralee Forum for World Mental Health Day.
- The MHA donated €750 for a person in need of respite in a nursing home and €500 to a very needy client whose home needed decorating.
- Volunteers in Killarney MHA continue to visit the group homes, and at times throughout the year they give financial gifts.

KILLORGLIN MHA continued their fundraising endeavours. They also provided reflexology for two hours a week to clients attending the Ard Alainn Day Centre. Some other activities included:

- Art Classes every Monday.
- Music every Wednesday.
- Sponsoring Christmas Party, day trips and outings.
- Mental health promotion and awareness through the annual Puck Fair Parade and St. Patrick's Day Parade.
- Along with Kerry Education Services, the MHA support the gardening project on the grounds of Killorglan Community College.

IVERAGH MHA donated €1,000 to an educational programme for mental health service users which was being run by the Kerry Educational Services. Aspects of the programme included computers, gardening and woodwork. Other activities supported by the branch include:

- Befriending residents in community mental health facilities.
- Christmas party and parties to celebrate special occasions.
- Social outings and holiday breaks.
- It also supported a conference hosted by the Tralee branch titled "Breaking the Barriers - Fostering Well-being and Positive Mental Health".
- Funding for all the branch activities was provided through Church Gate collections.

Summary of Events in 2010 by Region

LISTOWEL MHA supported a trip to Lourdes and engaged in befriending activities, social outings and funded two students participation in a course on Social Studies. The branch fundraised through Church Gate collections. The branch also decorated a shop window with a positive mental health theme.

Kenmare MHA continued to advocate for the setting-up of a Mental Health Day Care Centre in Kenmare. It is hoped that it will now be included in the development of a new community hospital. The branch also:

- Continues to provide taxis to transport clients to and from Kilgarvan Mental Health Day Centre three days a week.
- Other activities supported by the branch include social outings, befriending activities and various supports for clients in need.

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

BALLINASLOE MHA had a very busy year. Monthly meetings resumed in February.

- **Social Outings and activities:** In April the Association supported a trip to Clare for service users. Those traveling were from the High Support Hostel, Day Centre clients and many living in Independent Living. They were also joined by service users from Mountbellew. During their 5 day stay they visited Bunratty Castle and Folk Park, Kilrush and Kilkee and the Cliffs of Moher. Night time entertainment was provided by Club Turas' resident musician Paul Boyle.
- **Financial aid:** Support was given to a number of service users again this year. This ranged from supporting service users in paying fees for courses to paying for travel and accommodation for a service user to be able to attend his grandson's First Holy Communion.
- A number of volunteers attended the M.H.I. Annual Conference in May.
- The MHA continued their support in the roll out of the National Public Speaking Project.
- The MHA were instrumental in supporting the Pride without Prejudice Art and Creative Writing Exhibition which was held in County Buildings in Galway City.
- Activities celebrating **World Mental Health Day included:**
 - A visit by Crumlin MHA to Ballinasloe MHA. This national twinning initiative began between the two Associations a few years ago and has strengthened over time. The Associations visited Toghermore Training Centre on the Tuesday of that week to see the wonderful craftsmanship in the form of a Model Village that was built by the service users attending the Centre. That evening

there was a social event in the Shearwater Hotel where the Associations exchanged gifts. The visit was a huge success and both Associations are looking forward to future twinning events.

- The Association was affected by the inclement weather this year when they had to cancel their annual choral extravaganza.
- The Association has been working on organising a public information session throughout the latter half of the year which is planned for 2011. The meeting will focus on mental health in older age.
- The Association has also been working on an essay project for junior cycle students in partnership with the Ballinasloe library.

CLIFDEN MHA brought service users to Lisdoonvarna in September and had several other outings during the year. They had their usual fundraising events i.e. Church gate and street collection and a very successful coffee morning during Art's Week.

GALWAY MHA held regular monthly meetings throughout the year.

- Galway MHA's 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 a number of the houses. Galway MHA opened Ros an Glas at the end of 2010 which can provide accommodation for up to seven service users.
- MHA Volunteers continued to attend Céim Eile Day Centre in Galway city.

Summary of Events in 2010 by Region

- 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 visit to Westport and a visit to Moher Hill Pet Farm in Liscannor. These outings included lunch in local hotels.
- The Annual National Conference was held in Galway this year. Galway MHA was involved in organising the social activities for the conference.
- Activities celebrating World Mental Health Day included:
 - **Galway MHA** celebrated this event with a Choral Recital in St. Nicholas Collegiate Church. The choirs on the night included Clois Claddagh, Baroque Singers and Súnus. Galway MHA in conjunction with Ceim Eile and the Unit in UCHG organised an exhibition of service user's artwork in Merlin Park Hospital along with an information stand for UCHG during that week.
- Fundraising is an essential feature of all voluntary organisations and Galway MHA is no exception. The Chairperson, 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 for provision of such items as clothing, educational fees to further a clients study in NUIG, and support for arrears of utility bills and other areas where hardship exists. The Association continues to support clients who find themselves in need of financial assistance in such areas.
- The Association provided sponsorship to the local Training Centre for their production of a drama that was performed in NUI Galway by service users attending the Centre.
- The Association provided funding to the services for framing of the artwork that was part of the Pride without Prejudice Art and Creative Writing Exhibition.
- The Association continued to support the roll out of the National Public Speaking Project locally and hosted the Galway County Final in 2010.
- This year the Association ring fenced €1,000 for the purchase of food vouchers for the residents of their houses.
- The MHA will continue to give financial support to the Christmas party for the Day Centres and the Unit in Merlin Park.

GORT MHA has been busy recruiting new volunteers and restructuring. Links have been strengthened with the local mental health services and the local community. The Association promoted Mental Health Week throughout Gort and held a coffee morning after Mass on the 10th October where the sermon reflected the theme of Resilience.

LOUGHREA MHA has also been busy recruiting new volunteers to the Association. Two of their volunteers took part in the Public Speaking adjudication training in 2010. Links have been strengthened with the local community services.

MOUNTBELLEW MHA has been active and busy throughout the year. Their Social Housing facilities have been renovated.

- The Association continued to support the roll out of the National Public Speaking Project locally and hosted the Galway County Final in 2010.
- Mental Health Week- 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 also organised talks for the local post primary schools during that week.
- Financial Aid - the MHA provided financial aid for clients and supplied fuel to four houses. The MHA is currently supporting a service user in respite care.
- Social activities/ outings - they supported service users on a trip to Ennis with Ballinasloe MHA. Mountbellew MHA also supported service users on a trip to Lourdes. In May, members of the MHA attended the MHI Annual Conference in Galway.
- This year the MHA again joined up with Ballinasloe MHA to provide a joint Christmas party for service users.
- Fund raising - the MHA continued to hold church gate collections during 2010 to raise funds for the MHA to support their activities.

PORTUMNA AND DISTRICT MHA the MHA had a busy year in 2010 increasing their links with the community and the mental health services.

- Social Inclusion Activities - Portumna and District Mental Health Association funded a pottery programme for clients from the East Galway Mental Health Services Day Centre in Portumna. Up to eleven clients participated in the designing of an array of products including bowls, mugs and plates.
- Health Promotion Initiatives – the MHA, in partnership with the Health Forum in Portumna, produced a quarterly community health information/fact sheet covering a range of topics including the benefits of physical activity, cancer support information, heart health, depression and asthma.
- The MHA began the process of linking with a local post primary school in the area to develop an essay writing competition for junior cycle students to increase awareness of promoting mental health. This is a work in progress.
- World Mental Health Week - the Association held a coffee morning to celebrate World Mental Health Week in the Alor Star Day Centre and raised some funds to support the MHA activities and distributed MHI literature. The MHA also held a table quiz during that week which was very successful.

Summary of Events in 2010 by Region

- The MHA provided funding for the framing of artwork that was on display in the Pride without Prejudice art and creative writing exhibition.

TUAM AND DISTRICT MHA set a target of events for the year 2010 covering fundraising, social needs and education in addition to maintaining its social housing programme and sponsoring the Mental Health Community Employment Scheme funded by FÁS.

A number of local organisations benefit from Mental Health Community Employment Scheme through 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% of scheme participants are or have been, service users. Some other activities of Tuam & District MHA included:

- The funding of a pilot project in early Spring in collaboration with the local Occupational Therapist and an Art therapist. Six sessions were agreed, with an extension to this, if approved by the local HSE services. The six weeks were completed but no extension was granted.
- Fundraising – the MHA again held their annual church gate collections this year.
- Tuam MHA provided funding towards the framing of the artwork by service users that was on display in the Pride without Prejudice art and creative writing exhibition.
- The AGM was held later than usual in April and a number of new members were brought on board and onto committees to relieve the demands placed on longer serving members. This has been very beneficial to the Association and has provided some new input and drive.
- Networking with other local services and service providers has been successful in building more awareness of the available support services and personnel in the community. A second Tuam Community Awareness event was hosted again in September and this time a seminar with a community SWOT analysis was organised with some 14 local clubs and organisations represented. The input of Jigsaw in this was most helpful and the data gathered should be useful for future planning.

- A SafeTalk training course was also organised in collaboration with the Tuam Lions Club and Mary O’Sullivan HSE co-ordinator. The training was given by Nicola Morley, Development Officer, Mental Health Ireland to approximately 30 people. Two members also attended an ASIST course in Claremorris.

- World Mental Health Day was marked with several events commencing with a Sunday Mass highlighting mental health issues and information. A focus on visitation has commenced a dialogue with the local Parish Council who is in the process of drawing on their pool of volunteers to arrange visitation to service users in the community and in residential homes. Other activities included:

- A coffee morning was held during the Week in the Corralea Court Hotel and the funds that were raised helped towards the cost of the social outing for service users held on the Friday evening. An Exhibition of MHI and library literature was held in the Tuam Library promoting the concept of Bibliotherapy.
- Attempts to arrange a short break holiday for service users has been stymied by staff shortages and reorganisation of the local services but it is hoped to carry out this event in early spring 2011.
- The CE scheme was re-approved for 2010/2011 and is to run up to July 2011. The procurement of a new van has enhanced the efficiency and safety of the workforce. The funding was a donation from three sports organisations that have benefitted from the scheme in the past few years and realised the value it offers to the community.
- Work was completed on a walk-in shower and wheelchair accessible toilet at our independent living support house.
- A local community centre has been identified as a likely location for a drop-in information and advice centre for Tuam & District Mental Health Association. Work is ongoing in planning the layout and preparing the training for volunteers and employees from the CE scheme to man the Centre. This is an exciting project that has a huge potential to build a partnership with the service providers and the community in general.
- Several delegates from the Association also attended the Annual Conference in Galway in June and were glad to meet many old friends and meet new ones also.

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 2010 by Region

BALLAGHADERREEN MHA was founded in June 2007. There are twelve members on the committee. These consist of community leaders, politicians and HSE workers. The MHA is set up within the Community Development Project (CDP) of which the Development Officer is an active member. This year the MHA:

- Set up **Living links** for the county with volunteers in place.
- Received Dormant Accounts Funding for its suicide prevention projects. The Association with the CDP are organising **A.S.I.S.T. Training, Tune Up** and **Living Links** training for the County which is due to commence in the Spring 2011.
- The local Association entered a Signage Float for the St Patrick's Day Parade. Well known Irish Times columnist, Patsy McGarry, provided the commentary and spoke very highly of the Association and its work in the town.
- **Social Housing:** There are four residents in the MHA house in Ballaghaderreen. The company has plans to develop a project in Roscommon town. The Social Housing project is receiving good support from the local HSE staff and the County Council Housing Officer. The Social Housing company has been reorganised with new Directors recruited.
- Launched a useful telephone leaflet for Ballaghaderreen in March. A press conference was held for the launch. Photos and story featured in the local papers.
- World Mental Health Day - the Association, in partnership with Living Links and the Northwest Roscommon CDP, organised a Public Vigil for the Suicide Bereaved on October 13th. The event was held in the Garden of Remembrance and was attended by 80 people. The Bishop of Achonry officiated and lit the Symbolic candle. Christine McHugh, Editor of the Roscommon Herald launched the event. The MHA Chairman hosted the event and the Development Officer also spoke. The event had a half page feature on the Roscommon Herald. The Association has enjoyed good media coverage for its projects throughout the year.

BOYLE MHA was set up by the Development Officer in May 2005. New volunteers have been recruited from the HSE and Co. Roscommon Supported Employment by the Development Officer to ensure its sustainability. Meetings are scheduled for early 2011 at the request of the members.

CASTLEREA MHA - The 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 has attracted positive media attention with its local projects: The Association held a seminar in Castlerea in March. Dr. Tyndall, local child Psychiatrist, spoke on mental health issues in adolescents. The lecture attracted forty members of the public. The lecture was very stimulating and the questions and answers session was very lively. The local Association is planning to have further talks in 2011. The

Development Officer has developed links with the Assistant Director of Nursing for the local mental health services. The Association is working in partnership with the HSE for some of its projects for people with enduring mental illness. The local volunteers are funding the refurbishment of a HSE house for people with enduring mental illness.

- The Association is sponsoring 10 young participants of the Neighbourhood Youth Project, Foróige, for Level three Kayaking. The ultimate aim of the project is that the young people will be trained to become kayaking instructors to their peers. This is an excellent project as the MHA realises the importance of outdoor activities for the promotion of mental health, social development and social inclusion.
- Activities celebrating World Mental Health Day included: Presentation of Level 3 Kayaking Certificates to Foróige participants. Dr Greg Kelly Chairman of the MHA and the MHI Development Officer spoke to the participants on the connection between good mental health and physical activities. This event was sponsored by the MHA.
- On October 21st an Art Gallery of young people's art and digital photography was launched. The theme was **"What Makes Me Happy"**. The event was sponsored by the MHA. Dr Greg Kelly spoke on the importance of good mental health. Thirty members of the public attended this event. MHI Information Stand and leaflets were displayed.
- The annual walk with the Peacock Ramblers was also held.

ROSCOMMON MHA meets on a monthly basis in Roscommon town. The membership of the Association has been sustained. There are up to twenty members and a core group of ten members. The Association has been involved in new health promotion initiatives and they attracted great media coverage. Regional meetings were reactivated in 2010 by MHI. Some other MHA activities included:

- **Easter Parade** - the Association entered a float for the parade on Easter Sunday in Roscommon town. The commentator spoke about the great work of the Association in promoting positive mental health.
- **Consumer Panel:** The Development Officer set up a Consumer Panel for Roscommon. The panel consists of people with self-experience, carers and voluntary groups. The MHA funded the first two meetings. Recently the Chairman and the Development Officer met with the HSE and were informed that there will be an allocation of €1,000 to the project. The funding will be distributed by MHI at the request of the HSE.

Activities celebrating World Mental Health Day included:

- The launch of an Art and Digital Photography Exhibition titled "Picture of Health" in the County Library, Roscommon. The exhibits displayed were produced by the local HSE service users. The launch was sponsored by the MHA and the Roscommon Integrated Development Company (RIDC). Approximately 150 members of the public attended.

Summary of Events in 2010 by Region

The Development Officer spoke about World Mental Health Day and how the exhibition of creative art linked in with this year's theme "Building Resilience". The MHI stand and leaflets were displayed for the week.

- The annual Roscommon MHA Church gate collection was held and on the 10th October. The Sacred Heart Church Choir held a recital in Roscommon.
- The MHA, in partnership with Roscommon Sports Partnership, hosted the 10 kilometre Mote Park Walk entitled "Be Active". It attracted over fifty five people. Refreshments were served afterwards in the Girl Guides centre. The Development Officer, the Assistant Chairman of the MHA and the co-ordinator of the Sports Partnership spoke to the participants after the walk.
- Coffee mornings were hosted in various venues in Roscommon Town with MHI leaflets on display.
- All the county events enjoyed a page and a half of local media coverage outlining this year's World Mental Health Day theme "**Building Resilience**". The Development Officer was interviewed by Mary Clare Greally, broadcaster, Shannonside Radio.

Other activities Roscommon MHA are involved in include:

- Befriending activities.
- Funded visits to the cinema, theatre, concerts and social events etc. Funding is also donated to various mental health service centres.
- Supporting HSE social activities in the town and a Yoga course for young participants attending Foroige.
- **Peer Support** - this peer initiative includes a co-operative which oversees another project entitled the Melting Pot which includes a charity shop and a restaurant. This is managed by a committee consisting of various groups in the town including the Roscommon Integrated Development Company, HSE, MHA and other organisations. This project also includes internet access for young people. Clorina House participants are very involved in this project and receive training. One of the local volunteers is representing the MHA on the committee as a Director. Roscommon MHA donates €2,000 annually to the project.
- Roscommon Advocacy Project - the Association is a member of the Roscommon Advocacy Network which has a mental health agenda. A professional advocate works on behalf of people with disabilities. The Secretary of Roscommon MHA is the Chairman of the network. The Development Officer is also on the committee. The Association advocates for people with mental illness through its various projects.

COUNTY MAYO MHA has five active Associations, collectively known as County Mayo MHA. The County MHA meets monthly and all local Associations are invited to attend. The MHA membership has grown in the last few years. This has been achieved through the work of the Association through its many projects and through the networking activities of the Development Officer. The well known Midwest Radio Broadcaster, Tommy Marron, has become a patron of the Association.

Information Centre: The Association has employed a part-time Resource Worker to support the provision of information to the public. The Centre has a central location in Castlebar town. The MHA has hosted many meetings throughout the year in its Information Centre including:

- MHI Regional Meetings with the HSE.
- Youth Mental Health Project Planning.
- Consumer Panel.
- Social Befriending Project.
- Preliminary rounds of Public Speaking Project.
- World Mental Health Week Events.
- Public Talks on mental health.
- Wellness Promotion Action Planning.
- Living Links Training.

Mayo MHA volunteers and the Development Officer organised and promoted events to celebrate World Mental Health Day in the County. Some of these events included:

- Gracenotes Choir launch of CD "Ave Maris Stella" in Ballyhaunis Co Mayo.
- Sacred Heart Hospital Choir recital at Supervalu Mall, Castlebar.
- Cor Mhaigheo Recital in Castlebar.
- Wellness Promotion Action Planning to HSE Staff.
- Information Stand Sacred Heart Home.
- Presentation in information Centre by VEC Youth Officer regarding the Youth Mental Health Initiative for Mayo.
- Coffee Day for the General Public in the Information Centre.
- Presentation on Practice of Self-Care to members of MHA and service users by the Development Officer.
- Students from Davitt College visited the Information Centre for a questions and answers session on Mental Health.

Summary of Events in 2010 by Region

- A seminar titled “Confronting Bullying” was held in Broadhaven Hotel, Belmullet. This was a seminar organised by Mayo MHA and Iorras Le Chéile Community Development Project. The Keynote speakers were Dr Tony Byrne, Sr Kathleen McGuire and John Lonergan. The seminar attracted over 160 members of the public. Mayo MHA volunteers organised and supported the seminar. An information stand and MHI leaflets were on display throughout the night.

All the activities highlighting World Mental Health Day were featured as news items on the local radio.

Other Activities Mayo MHA is involved in:

- **Social befriending** - the MHA has developed a formal Social Befriending Project which was launched on World Mental Health Day last year on Midwest Radio. The volunteers have completed a formal training programme and are active in the community. There has been a second intake of volunteers for the project and the training took place recently. The feedback from volunteers and befriendees has been very positive. The Development Officer works alongside the volunteers and facilitates workshops on self-care.
- **Social Housing** - the Association has a good social housing project with housing in Castlebar, Ballina, Westport and plans for Ballinrobe. The Association has acquired three Apartments (Lios Na Circe) from the County Council for the Social Housing Project. These are occupied.
- **Fundraising** - the Western Vintage Tractor and Engine Club named Mayo MHA as a co-beneficiary for this year's rally and a substantial sum of money was received from the proceeds of the rally recently. Muintir Maigheo donated the benefits of its auction. The Association held a successful Church Gate Collection in September. The MHA also receives private donations from time to time. The Association gives grant aid to local HSE projects.
- **Living Links** is a volunteer led outreach project offering support to people bereaved by suicide. In 2010 training was provided over four days to potential volunteers who will now go through a selection process. Mayo MHA set up this project for County Mayo. The Development Officer feels this is a good and timely project and recommended it to the Association. It is expected that Daniel O'Donnell, a patron of Living Links, and well known celebrity will launch the project in early 2011. Over one hundred people applied for twenty places on the Living Links project.
- **The Consumer Panels** are going well in Mayo with regular meetings taking place with the local HSE. The Chairman of the MHA is on the panel.
- **Bookmarks** - the Association has recently designed creative bookmarks. A service user was very involved in their design and her artwork features on the front of the bookmark. It is a very good promotional initiative. A formal launch date will be announced in early 2011.
- **Poster Competition** - the Development Officer and the volunteers developed a pilot poster competition on positive mental health for national schools in the Castlebar area. The objective of the project was to create an awareness of positive mental health through the medium of art. The entrants were invited to create a slogan depicting mental health. The award ceremony took place on March 24th. John Maughan, well known sports personality, presented the prizes. He spoke about sport and its impact on positive mental health. He also commended Mayo MHA for its great work on promoting mental health. The Chairman of the Association and the Development Officer also spoke. The project will be expanded next year to include more schools. The feedback has been very positive. The MHA is preparing special packs on mental health for all the students who entered. The volunteers and the Development Officer will visit the schools in the coming months to distribute the packs and certificates of participation to the students.
- **Website** - the Association is currently designing a Web Page.
- **Youth mental health** - the MHA Chairman and the Development Officer are on the steering group of the Mayo Youth Mental Health group. A researcher has been appointed to do a feasibility study in the county on the need for a Jigsaw Project. All the meetings are held in the centre.
- **Wellness Promotion Action Planning** - volunteers have commenced training on this project. Service users and HSE Staff are participating in the training which has recently commenced.
- The Chairman and Development Officer are members of the **Suicide Response Group Committee** which was set-up recently in Mayo.

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.

Building Resilience Together Campaign

In 2010 Mental Health Ireland launched its Building Resilience Together Campaign 'Sign up, Link in, Get involved' to coincide with World Mental Health Week in October.

The idea for the campaign originated in Australia where the Mental Health Association of New South Wales (NSW) which is based in Sydney ran a similar campaign over a three year period promoting the concept of resilience throughout the many communities both rural and urban in NSW. Mental Health Ireland forged links with the MHA in NSW and decided to adapt the campaign to the Irish context. The campaign was very well received both locally and nationally during Mental Health Week. The Building Resilience Together campaign is currently being promoted by the Development Officer team through the network of community fora in each area. The aim of the campaign is to promote awareness and understanding of Resilience at an individual and community level and to increase the capacity of communities to enhance their resilience. This campaign will run over the next three years.

For further information on the Building Resilience Together Campaign in your area contact Mental Health Ireland or your local MHI Development Officer.

See sample of the leaflet supporting this project below.

Building Resilience was the central theme for World Mental Health Week.



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

- Advocacy Project.
- National Public Speaking Project.
- Mental Health Matters.
- Young Mental Health Ireland Project.
- Recruitment of new volunteers.
- Training programme for volunteers.
- Service Users consultation process.
- Development and review of information data, new website.
- M.H.I Merit Awards.
- National Choral Singing Project for World Mental Health Week.

Examples of Mental Health Promotion projects developed by MHI

MHI Choral Project

This project has now become synonymous with World Mental Health Day on the 10th October. Choirs from around the country big and small get together to sing and celebrate positive mental health.

- 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

The Mental Health Ireland Merit Awards were introduced in 2009 to mark noteworthy achievements of local MHAs.

- Projects submitted are judged by an independent panel and presented at the MHI 2010 Annual Conference.
- Aims to honour particular achievements.
- Presents an opportunity to create awareness of new projects which could be replicated by other MHAs.

See below some pictures of the Merit awards

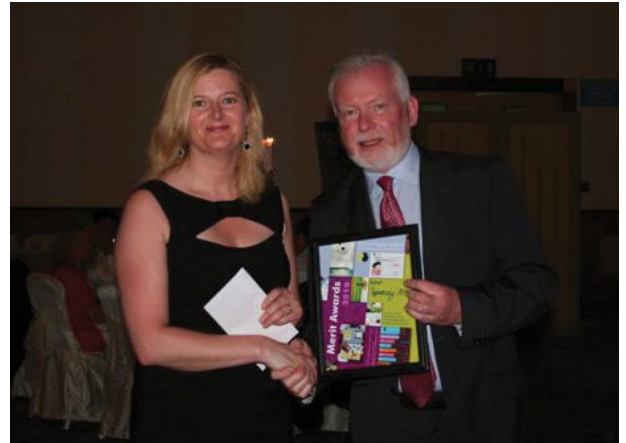


First Prize was awarded to Aras Folláin Peer Support Centre. Pictured receiving a cheque for €500 and a certificate is Margot O'Donnell-Roche, volunteer coordinator for Aras Folláin Peer Support Centre.



Second prize was awarded to Dun Laoghaire MHA Active Minds Art Group. In this picture is Anthony Doyle, founding member of the Active Minds Art Group and committee member of Dun Laoghaire MHA receiving a cheque for €300 and certificate for

Dun Laoghaire MHA.



Third prize was awarded to West Tipperary MHA for their world record breaking Rock the Boat endeavour. Libby Carew is pictured accepting a cheque for €300 and certificate for West Tipperary MHA.

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 other statutory bodies. They have developed effective and professional working relationships with them. These relationships 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 on the next page.

MHI Key Projects & Activities

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 DOs are trained to deliver the ASSIST 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).



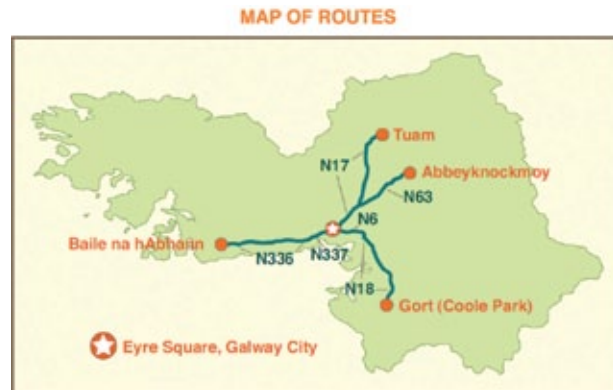
Jigsaw Galway is a partnership between Mental Health Ireland, Headstrong and the HSE. Developed by Headstrong - the Jigsaw model is an innovative, evidence-based approach for organising services and supports to enhance the mental health and well-being of young people. It is designed to promote systems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

In April 2010 Jigsaw Galway held a community cycle to raise awareness about the new service. Teams of families, friends, colleagues and community members showed their support for the mental health and well-being of Galway's young people by cycling from four different points in Galway into the heart of the Galway City. Each route was 28Km in distance and were selected to illustrate the breadth and diversity of the communities throughout Galway.

As well as sending out the message that the mental health of young people is important to the people of Galway, the local community members worked hard at raising essential

funds for the provision of the Jigsaw services. All funds raised went directly towards Jigsaw Galway, which has provided assistance for over 1,000 young people (aged 15 – 25) with emerging mental and emotional health difficulties since its inception in 2009.



Group Photo of some of the Cyclists in Eyre Square after the cycle.

Routine needs and resource assessments are critical to the Jigsaw model. In May 2010 Jigsaw Galway carried out research for the second needs assessment in Galway as part of the on-going evaluation process. By the end of 2010, over 1,000 young people had used the service, with a notable balance between male and females (49.6% Male, 50.4% Female). The top 10 presenting issues were as follows:

- Anxiety/ tension/ worry
- Anger
- Stress
- Family problems
- Depression
- Use of alcohol
- Low Self esteem
- Isolating from others/ withdrawal
- Anger control
- Parent/youth conflict

There was a prominent peak between the ages of 16 and 18 years in terms of those using the service with 2-in-5 of the total services delivered to this age group.

As well as providing one to one support, Jigsaw Galway also ran groups throughout 2010 which focused on stress and life skills management and anger management.

National Office for Suicide Prevention

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 on many of our sheltered housing initiatives.

MHI Caring for the Carers Programme

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

Caring for the Carers Programme is a comprehensive programme, developed by Mental Health Ireland, which looks at the many issues identified by carers. The aim of the programme is to provide informational and practical supports for carers with an emphasis on mental health thereby improving the carer's ability to care for themselves as well as the person they are looking after. The Programme is delivered on a regional basis throughout the country. Some of the programme modules included are:

- Looking after your mental health
- Personal Stress Management
- Entitlements
- Accessing Services
- Coping with Grief and Loss
- Complementary therapies
- Spiritual Health

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, had 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 programme's 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.

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 centering 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

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)

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

MHI Key Projects & Activities

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 2010 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

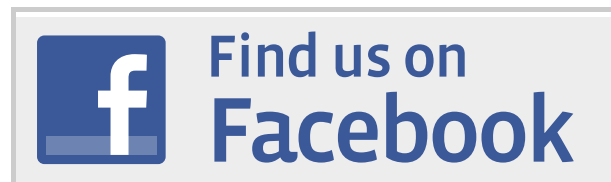
Mental Health Ireland launched in October 2009 its new user-friendly website to replace the original site which was introduced in 1999. The new site features some of the original information together with additional news items and a broader range of subject areas. The website also offers an attractive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

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 1,160 fans of Mental Health Ireland on Facebook.



Media

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 2010

Conference 2010: Promoting Positive Mental Health in Young People

Having launched its inaugural Young Mental Health Ireland Conference in October 2009, Mental Health Ireland once again focussed on young people at its Annual Conference which was held in the Radisson Hotel, Galway from Friday 21st to Sunday 23rd May, 2010. The Conference theme was "Promoting Positive Mental Health in Young People".

The event was attended by 170 representatives of local Mental Health Associations, youth leaders and representatives from national youth organisations and health service providers from all over Ireland.

On Saturday morning, 22nd May, Dr. Kieran Moore, Consultant Child and Adolescent Psychiatrist spoke about young people and mental health. He delivered shocking statistics to the audience and informed them that Irish children with severe mental health conditions are still being admitted to adult psychiatric hospitals where there is no specific treatment for them. He said that although this practice was due to end by December 2011 under an amendment to the Mental Health Act 2001, 15- and 16-year-old children were still being treated in this way. When it came to more day-to-day common depressive disorders, the main treatment for children and adolescents was generally psychological while sometimes medication was used, he explained.

Dr Moore said that staffing of child and adolescent multidisciplinary teams around the country is woefully inadequate due to lack of investment in this area. Mental illness is a very common and under-diagnosed problem, with one in five children or adolescents found to have a mental illness or mental distress at any one time and 8-12 per cent of these sufficiently severe to need to see a psychiatrist. "Even when it is picked up, it's hard to get services. The lack of investment means the services are not there. Only 7 per cent of our total health spend is spent on mental health and there is the whole stigma around mental illness," he said.

Conditions such as anxiety, depression, eating disorders, autism spectrum disorders and schizophrenia caused huge distress, not only for the child who was diagnosed with the illness but for their parents and wider family, Dr Moore said. Dr Moore's presentation left the audience in no doubt that there was a lot to do in Irish Mental Health Services and that Mental Health Ireland's theme for their conference was of particular importance as an awareness raising issue.

After a strong conference opening, the audience were treated to some graphic drama. The members of Wexford Youth Theatre wrote the script of their own play which they then performed. The play explored what it is like to be a teenager in post-celtic tiger Ireland. The play was at times shocking, sometimes disturbing and brutally honest but it was also poignant and very truthful to the brave young people who explored the themes of mental illness, bullying and self harm. Their vibrant performances will stay with all who saw it for a long time.



Photo courtesy of Matt Kavanagh, The Irish Times

The conference included four workshops with a heavy emphasis on mental health issues and support activities relevant to young people. Below is a flavour of what occurred in each of them. Full details of each presentation is available from Mensana House or at

<http://www.mentalhealthireland.ie/news-events/annual-conference>

MHI Key Projects & Activities

Workshop 1: Bridging the Gap – Working Together

Presenters: Mairie Cregan, Psychiatric Social Worker and Dick Page, Mental Health Advocate

MITS (Minds, Issues, Talks, and Solutions) are Mental Health Workshops based on the importance of promoting positive mental health in young people. The uniqueness of these workshops is that it is a collaboration between an ex user of the mental health services and a mental health professional. Topics begin with an introduction to the difference into mental health and mental illness, the importance of maintaining good mental health, to understanding and exploring how and what can cause our mental health to deteriorate. The workshops are ninety minutes long and run over a six week period one day a week.

Workshop 2: Treating Behavioural Problems in Young People

Presenter: Gillian Hetherington, Clinical Nurse Specialist

Gillian Hetherington presented a workshop on 'Treating Behavioural Problems in Young People' focusing in on ADHD/ADD (Attention Deficit Hyperactivity Disorder/ Attention Deficit Disorder) and the common problems parents and teachers often experience. Gillian explained the common symptoms of ADHD and ADD and there were practical tips and advice on how to manage them. Gillian spoke of the importance of time management, behaviour management and organisational skills to support the parents and young people. Young people living with ADHD or ADD need these supports to best respond to their environment.

Workshop 3: The Young Mental Health Ireland Movement

Presenters: Alison Murphy & Holly O'Callaghan, Young Mental Health Ireland; Camille Afchain, Acting Information Officer, MHI; Caroline Dowling, Aoife Coyle, Maggie Wallace, Bronwyn McDermott and tutor Chris Forde, National Public Speaking Winners 2010, Athlone Community College.

YMHI is a new initiative from MHI which aims to open a 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 mental health.

Around 70 young people, youth leaders and representatives from national youth organisations attended the inaugural YMHI conference last year and some of its attendees came to Galway to address conference attendees on their thoughts on how MHI can engage further with young people. The students explained that they have become involved because they are interested in promoting positive mental health among their peers.

The girls went onto explain that feedback from YMHI delegates would suggest that YMHI should continue as an arm of MHI

- YMHI should have its own membership with representatives on the Board of MHI
- The YMHI conference should be an annual event
- The MHI website should have a dedicated section for YMHI information.

Workshop 4: Community Action Response in an Emergency

Presenters: Ted Tierney, Deputy CEO, Mental Health Ireland and John Fitzmaurice, Programme Manager, Jigsaw, Galway.

CARE is a community based Mental Health Awareness Programme

Positive mental health is "a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (WHO, 2001).

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.

The programme is for all members of the general public, but will be particularly useful for key personnel within local communities e.g. youth leaders, support workers and voluntary and community groups. The programme is designed to be flexible depending on the time and availability of the participants. Typically it will be delivered over six two hour tutorials or over two full training days. It is delivered by the staff of MHI and guest tutors from the Healthcare Industry.

Many thanks to board members Maria Molloy, PJ Murphy, Brian Glanville and Joe Casey for facilitating the workshops.

Please note if readers are interested in further information copies of the presentations are available from Mensana House and on our website

<http://www.mentalhealthireland.ie/news-events/annual-conference>

Principal speakers on Sunday morning were the members of Jigsaw Youth Panel. Jigsaw is a free and confidential (private) support service for young people, aged 15 - 25. 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.

World Mental Health Day 2010

NATIONAL CHORAL SINGING EVENTS

Mental Health Ireland ran two national campaigns this year for World Mental Health Day and we continued to support local Mental Health Associations with their annual local activities. Both National Campaigns ran very successfully and the **Building Resilience** campaign will be supported by Mental Health Ireland throughout the year.

The Building Resilience Campaign

The National Campaign "**Building Resilience**" received the attention of our National Press and was rolled out by our Development Officers, Local Mental Health Associations and volunteers. The '**Building Resilience, Sign up, link in, get involved**' campaign focused on building resilience in developing individuals' strengths and abilities to bounce back from the challenges and setbacks that life presents us with. This initiative was replicated from a successful project pioneered by the Mental Health Association of New South Wales, Australia.

Mental Health Ireland asked the general public to protect their mental health and well-being by - Signing up, Linking in and Getting Involved.

Suggestions to the public included:



Sign Up – for a course, learn a new language, how to paint or improve your computer skills. Teach yourself a new skill, Sign up for some physical activity which enhances both physical and mental well-being and reduces the effects of stress.



Link in – with local services. Seeking help early can help you bounce back to health more quickly. If you have a mental health problem you may like to join a support group. Link in with family and friends as a source of support and protection for

mental well-being. Take time to nurture close relationships, Expand your social networks. Reach out to someone you know is isolated, an elderly neighbour or friend or colleague living alone, you will enrich your own life as well as theirs.



Get involved: Volunteering is an excellent way to get involved and help out in your local community. Find a cause you are passionate about that matches your interests and skills. Practice random

acts of kindness, small, regular acts of kindness have been shown to improve both mental and physical health. Get involved in community. Start your own special interest group.

National Choral Singing Project

For the third year running Mental Health Ireland collaborated with the Association of Irish Choirs to highlight the positive benefits of choral singing to people's mental health. Choirs took part nationwide organising workshops, open rehearsals, performances in the street, shopping

centres, hospitals and day care units, and 'sing from scratch' events. National Choral Singing Week is the joint initiative of the Association of Irish Choirs, Wexford County Council Arts Office and Mental Health Ireland.

Local Mental Health Associations and Development Officers helped choirs to organise and to publicise their events. Volunteers around the country linked with local Choirs and came up with unique ideas to get people to celebrate positive mental health by joining together in song.

Our local Mental Health Associations also completed their usual unique local events, many of which have been running for many years and have become traditional in their local areas and these are highlighted in the Summary of Events by Region section of the Annual Report. An example of some of these are:

- Information stands in prominent local public areas manned by volunteers who can answer the public's queries and provide them with local and national mental health information and support.
- Positive Mental Health Talks in schools, Active Retirement groups, Hospitals, Local Community Groups, Libraries etc.
- Local Radio - Information sharing about positive mental Health. Supporting listeners, thought for the day etc.
- Leaflet distribution, Art competitions and essay writing projects in schools with the theme 'Positive Mental Health'.

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.

MHI Key Projects & Activities

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 2010, over 175 schools participated in the National Public Speaking Project. The Final in Trinity College, Dublin was held on 24th April, 2010. The Midlands Region of Ireland were the winners with Athlone Community College 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 still is very popular. Development Officers throughout the country can train teachers in its use and recently there has been a marked increase in other organisations within the HSE, Community groups, the voluntary sector, Fetac and Youthreach enquiring about facilitator training. This will be rolled out in 2011.

Design a Cover Project

This National Art Project for students in Post Primary Schools & Colleges was once again well supported. Out of over 1,000 entries received from students around the country, five 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. Kathryn O'Connor, St. Augustine's College, Dungarvan, Co. Waterford was the National Winner. Her artwork was used on the front of the 2011 Calendar. 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

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

2010. Anita Sadowska, Bishopstown Community School, Bishopstown, Co. Cork was announced as the National Winner.



Mr. Brian Howard, CEO presents Anita Sadowska with a trophy to mark her winning the 2010 National Photographic Project.

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.

At the end of 2010 there were over 400 members of Young Mental Health Ireland.

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 2010

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
Anna Ogarek	Administrative Officer
Paula Moore	Accounts Officer

Development Officer Team

Anne Buckley (until Nov 2010)	Mid West (Clare, Tipperary North and Limerick)
Finola Colgan	Midlands (Laois, Longford, Offaly, Westmeath)
Michael Cummins	East (Kildare/West Dublin/West Wicklow, parts of Dublin North)
Michael Noble	East (Dublin South / Wicklow parts of Dublin North)
Bill Vaughan	North West (Donegal)
Rachel Reilly	North West (Sligo & Leitrim)
Nicola Morley	West (Galway)
Sean McKiernan	North East (Cavan, Louth, Meath, Monaghan)
Linda Thorpe	South East (Carlow, Kilkenny, Tipperary South, Waterford, Wexford)
Myra Walshe	West (Mayo, Roscommon)

Also supporting Mental Health Ireland is Development Manager

Dan O'Connor	Kerry Mental Health Association
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New Development Officer

We are delighted to welcome our new Development Officer, Bill Vaughan – County Donegal.



The Board and staff wish Anne Buckley, former Development Officer, Mid West (Clare and Tipperary North), a very happy retirement.



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 2010

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

Directors	Michael Hughes, Chairman Brian Glanville, Hon. Secretary Brendan Madden, Hon. Treasurer Joe Casey John McGetrick P.J. Murphy Fidelma Ryan Maria Molloy
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.
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) CONTENTS

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Cash flow statement	7
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MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) DIRECTORS' REPORT FOR THE YEAR ENDED 31 DECEMBER 2010

The directors present their report and financial statements for the year ended 31 December 2010.

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 2010:

Michael Hughes, Chairman

Brian Glanville, Hon. Secretary

Brendan Madden, Hon. Treasurer

Joe Casey

Dr. John Connolly (Resigned 12 March 2010)

Dr. Timothy Lynch (Resigned 12 March 2010)

John McGetrick

P.J. Murphy

Fidelma Ryan

Maria Molloy

Denis O'Dwyer (Resigned 23 April 2010)

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, Michael Hughes, P.J. Murphy and Fidelma Ryan retire by rotation and, being eligible, offer themselves for re-election.

**MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2010**

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 surplus or deficit 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

Michael Hughes, Chairman
Director
1 April 2011

Brendan Madden, Hon. Treasurer
Director

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) INDEPENDENT AUDITORS' REPORT

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 2010 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)

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 2010 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.

Emphasis of matter

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 continued funding being available in the future and the resolution of pension claims as outlined in note 1 to the financial statements. The financial statements do not include any adjustments that would result from a failure to obtain necessary finance and any adjustments resulting from an inability to discharge pension liabilities arising. Details of this matter are described in the notes to the financial statements. Our opinion is not qualified in this respect.

JPA Brenson Lawlor,

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 2010

	Notes	2010 €	2009 €
Income		920,311	1,804,506
Expenses		(1,506,256)	(1,819,716)
Deficit		<u>(585,945)</u>	<u>(15,210)</u>
Income and expenditure account at beginning of the year		<u>235,860</u>	<u>251,070</u>
Income and expenditure account at end of the year	7	<u><u>(350,085)</u></u>	<u><u>235,860</u></u>

Approved by the board on 1 April 2011

Michael Hughes, Chairman
Director

Brendan Madden, Hon. Treasurer
Director

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
BALANCE SHEET
AS AT 31 DECEMBER 2010

	Notes	2010		2009	
		€	€	€	€
Fixed assets					
Tangible assets	3		200,989		203,260
Current assets					
Debtors and prepayments	4	114,810		117,906	
Cash at bank and in hand		177,067		787,767	
		<u>291,877</u>		<u>905,673</u>	
Creditors: amounts falling due within one year	5	<u>(650,004)</u>		<u>(680,126)</u>	
Net current (liabilities)/assets			<u>(358,127)</u>		<u>225,547</u>
Total assets less current liabilities			<u>(157,138)</u>		<u>428,807</u>
Reserves and accumulated surplus					
Other reserves	7		192,947		192,947
Income and expenditure account	7		<u>(350,085)</u>		<u>235,860</u>
	8		<u>(157,138)</u>		<u>428,807</u>

Approved by the board on 1 April 2011

Michael Hughes, Chairman
Director

Brendan Madden, Hon. Treasurer
Director

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2010

	2010	2009
	€	€
Operating deficit	(585,945)	(15,210)
Depreciation of tangible assets	3,384	9,381
Decrease/(increase) in debtors	3,096	(54,056)
(Decrease)/Increase in creditors within one year	(30,122)	26,150
Cash generated from operations	(609,587)	(33,735)
	-	-
Application of cash		
Payments to acquire tangible assets	1,113	4,981
	(1,113)	(4,981)
Net decrease in cash	(610,700)	(38,716)
Cash at bank and in hand less overdrafts at beginning of year	787,767	826,483
Cash at bank and in hand less overdrafts at end of year	<u>177,067</u>	<u>787,767</u>
Consisting of:		
Cash at bank and in hand	177,067	787,767
	<u>177,067</u>	<u>787,767</u>

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2010

1	Reconciliation of operating deficit to net cash outflow from operating activities	2010	2009
		€	€
	Operating deficit	(585,945)	(15,210)
	Depreciation of tangible assets	3,384	9,381
	Decrease/(increase) in debtors	3,096	(54,056)
	(Decrease)/Increase in creditors within one year	(30,122)	26,150
	Net cash outflow from operating activities	<u>(609,587)</u>	<u>(33,735)</u>

2	Analysis of net funds	1 January 2010	Cash flow	Other non-cash changes	31 December 2010
		€	€	€	€
	Net cash:				
	Cash at bank and in hand	787,767	(610,700)	-	177,067
	Bank deposits	-	-	-	-
	Net funds	<u>787,767</u>	<u>(610,700)</u>	<u>-</u>	<u>177,067</u>

3	Reconciliation of net cash flow to movement in net funds	2010	2009
		€	€
	Decrease in cash in the year	(610,700)	(38,716)
	Movement in net funds in the year	(610,700)	(38,716)
	Opening net funds	787,767	826,483
	Closing net funds	<u>177,067</u>	<u>787,767</u>

MENTAL HEALTH IRELAND **(A COMPANY LIMITED BY GUARANTEE)** **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR ENDED 31 DECEMBER 2010**

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention.

The company is reliant on the Health Service Executive ("HSE") to fund ongoing activities. Funding arrangements have been agreed for 2011.

There is currently a claim against the company in relation to treatment of pension arrangements for certain current and former employees. In the event that this claim becomes payable and the company does not have resources to discharge liabilities arising, it may not be appropriate to prepare the financial statements on a going concern basis.

The company has provided an amount of €575,000 in the financial statements in respect of this claim.

The directors are of the view that the dispute can be resolved and it is therefore appropriate to prepare the financial statements for the year ended 31st December 2010 on a going concern basis.

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

	2010	2009
	€	€
Operating deficit is stated after charging:		
Depreciation of tangible assets	3,384	9,381
Auditors' remuneration	6,552	6,552
	<u>6,552</u>	<u>6,552</u>

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2010

3 Tangible fixed assets

	Land and buildings Freehold	Office furniture & equipment	Total
	€	€	€
Cost			
At 1 January 2010	184,706	190,892	375,598
Additions	-	1,113	1,113
	<hr/>	<hr/>	<hr/>
At 31 December 2010	184,706	192,005	376,711
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 January 2010	-	172,338	172,338
Charge for the year	-	3,384	3,384
	<hr/>	<hr/>	<hr/>
At 31 December 2010	-	175,722	175,722
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 December 2010	184,706	16,283	200,989
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 December 2009	184,706	18,554	203,260
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

4 Debtors

	2010	2009
	€	€
Prepayments and accrued income	114,810	117,906
	<hr/>	<hr/>

5 Creditors: amounts falling due within one year

	2010	2009
	€	€
Trade creditors	30,752	50,494
Accruals and other creditors	619,252	629,632
	<hr/>	<hr/>
	650,004	680,126
	<hr/> <hr/>	<hr/> <hr/>

6 Pension costs

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

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2010

7 Statement of movements on reserves

	Capital Reserve	Income and expenditure account
	€	€
Balance at 1 January 2010	192,947	235,860
Retained deficit for the year	-	(585,945)
Balance at 31 December 2010	<u>192,947</u>	<u>(350,085)</u>

8 Reconciliation of movements in reserves

	2010	2009
	€	€
Deficit for the financial year	(585,945)	(15,210)
Opening reserves	<u>428,807</u>	<u>444,017</u>
Closing reserves	<u>(157,138)</u>	<u>428,807</u>

9 Employees

Number of employees

The average monthly number of employees during the year was:

	2010	2009
	Number	Number
	<u>21</u>	<u>21</u>

Employment costs

	2010	2009
	€	€
Wages and salaries	983,766	1,045,064
Social security costs	87,300	87,109
Other pension costs	80,603	181,935
	<u>1,151,669</u>	<u>1,314,108</u>

10 Approval of financial statements

The directors approved the financial statements on the 1 April 2011.

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
MANAGEMENT INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2010

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
DETAILED TRADING AND PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2010

	2010	2009
	€	€
Turnover		
HSE East	217,000	1,013,977
HSE Sligo/Leitrim	63,457	74,998
HSE North East	45,000	39,520
HSE Donegal	35,625	38,033
HSE West	121,337	135,732
Subscriptions	21,176	25,763
Jigsaw Project	290,489	273,667
Other donations	56,533	26,211
St. Patrick's Day Initiative	-	59,319
Charicash & deposit interest	4,335	10,053
Western Alliance	-	13,926
HSE Midland	65,359	93,307
	<hr/>	<hr/>
	920,311	1,804,506
Administrative expenses	(1,506,256)	(1,819,716)
	<hr/>	<hr/>
Operating loss	<u>(585,945)</u>	<u>(15,210)</u>

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
SCHEDULE OF DISTRIBUTION COSTS AND ADMINISTRATIVE EXPENSES
FOR THE YEAR ENDED 31 DECEMBER 2010

	2010	2009
	€	€
Administrative expenses		
Salaries & employment expenses (incld secondment staff)	983,766	1,045,064
Employer's PRSI contributions	87,300	87,109
Staff pension costs (incld secondment staff)	80,603	181,935
Recruitment & training	5,061	685
Insurance	23,700	12,844
Light and heat	4,205	4,801
Office sundries, cleaning & maintenance	12,514	13,200
Postage	17,037	24,874
Stationery & office supplies	5,280	9,991
Promotional & organising expenses	96,311	111,071
Telephone	24,476	26,540
Professional fees	28,746	50,888
Accountancy & Audit	6,552	6,552
Bank charges	697	772
National education programme	125,801	232,359
Website service & development	823	1,650
Depreciation on fixed assets	3,384	9,381
	1,506,256	1,819,716
	1,506,256	1,819,716

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