

2011

Annual Report



Mental Health Ireland
Supporting Positive Mental Health



Mental Health Ireland
Supporting Positive Mental Health

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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

Auditors JPA Brenson Lawlor,
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Date of Incorporation As a company limited by guarantee
22nd November, 1966.

Place of Incorporation Dublin, Republic of Ireland

Chairman's Address

It is with great pleasure that I introduce to you the Mental Health Ireland Annual Report for the year 2011. The past twelve months has required new and fresh approaches in the way we conduct our core business in the promotion of mental health and providing support to service users in need. Our 104 locally based Mental Health Associations operating in, what for all of us, has become a very difficult and challenging milieu have strived to meet the needs of our changing circumstances and their achievements and success are summarised elsewhere in this report. They are owed a deep debt of gratitude for all of their voluntary inputs into the work of our Association. The macro-economic circumstances facing our country, both now and into the medium term, is affecting in a negative way every household in the country with, regrettably, a potential for an increasingly damaging impact on the mental health and wellbeing of all age groups in our society. MHI is responding to these new demands and whilst we can be proud of what we have achieved, we recognise a lot more needs to be done.

As one of the biggest areas of Public Services Expenditure, the health services has traditionally been targeted to reduce expenditure in areas often referred to as non core elements of our health services. Mental Health Services, the traditional Cinderella of our core services have, over the years, lost considerable ground in relation to its percentage share of overall Health Expenditure. It was, in these circumstances, very pleasing to hear the current Government keep its promise to ring-fence a sum of €35,000,000 earmarked for development of Mental Health Services in its 2012 budget announced in December 2011. The €35,000,000 development sum, although welcome, had a greater psychological impact amongst volunteers and service users in the voluntary sector in that it reflected a reality understood by Government that Mental Health Services were, at last, regarded as a key core service area requiring supplementary investment to assist bridging the historical imbalance between investment in Mental Health Services and investment in other areas of our General Health Services. This is an important development particularly at a time of increased financial pressures on our Government where cutbacks and savings are headline phrases used in all discussions surrounding budgetary preparations.

In these economic circumstances, Mental Health Ireland wishes to acknowledge the continued financial support provided by the Health Service Executive, at a time when the HSE is required to scrutinise all areas of service delivery in order to effect savings in overall Health expenditure. Like most organisations in the voluntary sector, Mental Health Ireland has had to endure a further decrease in its core funding allocation for 2011. The continued investment in the activities of Mental Health Ireland through a Service Level Agreement with the HSE in difficult financial circumstances is welcomed. Mental Health Ireland will continue to ensure that the confidence of all of our funders in Mental Health Ireland

and its local Associations is well founded as we continue to strive to make a real difference to the people and their families we are privileged to serve.

The core activities of Mental Health Ireland – the promotion of mental health in all age groups and the representation of the interests of those who experience mental illness and mental ill health in our society continue to develop and adapt under difficult circumstances. With greater economic challenges facing this country, paradoxically, the traditional challenges encountered in informing and educating people of the importance of maintaining good mental health have resulted in a greater realisation that the maintenance of good mental health is necessary for all of us to overcome the pressures that severe economic circumstances present to all areas of our society. MHI continued to develop the conventional ways to engage with and inform the general public of mental health considerations through promotional material, seminars and a redeveloped and more accessible website. The adaptation and launch of an Australian model of promoting positive mental health by Mental Health Ireland titled 'Building Resilience' has attracted great levels of interest from all age groups during 2011 and this will be further developed in 2012. In this regard, Mental Health Ireland was particularly delighted that the ladies football and camogie sections of the Gaelic Athletic Association approached Mental Health Ireland with regard to a joint rolling out of a programme of Building Resilience with their members in 2011. This has



Mr. Michael Hughes, Chairman - MHI

developed quite substantially since its launch in Croke Park during the year to the extent that Mental Health Ireland is now planning to extend this model of mental health promotion to all areas of the Gaelic Athletic Association and indeed to other community and sporting groups throughout Ireland.

During 2011 the Minister for Health announced his intention to review the operation and the content of the Mental Health Act, 2001. Mental Health Ireland has engaged with this review process through the submission of its views on areas where it feels improvements could be made and we will continue to take an active part in this process of review.

Looking forward to 2012 and beyond, the development of mental health services as outlined in "A Vision for Change" by the statutory services present very difficult challenges and obstacles to overcome, for example, the continued moratorium of the filling of vacancies in the Public Service and the effects of the sudden ending of the employment of a sizeable number of health professionals through the implementation of an early retirement scheme throughout the Public Service. This has had a marked effect on staffing levels, in particular, of psychiatric nursing staff which has left significant gaps in service provision which will need to be kept under review. Mental Health Ireland and its affiliated local Associations, volunteers and staff will try to meet this challenge by providing appropriate care alternatives where necessary and will assist in any way it can to adapt

Chairman's Address

its activities and work, to fill gaps where necessary. This is a work in progress and this work will continue in consultation with the Health Service Executive and local service providers.

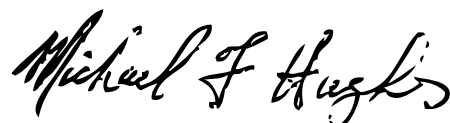
As mentioned in our Report of 2010, MHI will continue to press for the creation and development of coherent networks of alternative community mental health services as set out in our Government Policy Document 'A Vision for Change'.

MHI supports the aims and objectives of 'A 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 persons whole life and on recovery from the experience of psychological stress and mental ill health.

The staff of Mental Health Ireland and in particular, our MHI Development Officers continue to change to a broader and more varied role in response to a fast changing environment and I am sure they will remain nimble in their approach to developing a better mental health service provided by our Associations. This also applies to all of our other staff and I wish to place on record my appreciation of their dedication and flexibility, in difficult circumstances, to continue to work in ways to expand the important work of the voluntary sector in the mental health field.

In this regard, I also wish to pay particular and special praise and gratitude to all of our volunteers attached to local Mental Health Associations who continue to shoulder the burden of work at local level throughout each county and region and continue to provide great assistance to and complement the work of statutory and other voluntary services.

I wish everyone well in the year 2012 and hope that all sterling efforts meet with individual and organisational success.



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 throughout 2011, which was a very productive year for Mental Health Ireland and its 104 Mental Health Associations. This was due in no small part to the continued assistance from the HSE. Mental Health Ireland has three 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, West and South East. 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 fund-raising activities, however, some are laid out in the Local Mental Health Association Achievements 2011 section. Examples of fundraising initiatives during 2011 included race days, coffee mornings, table quizzes, golf outings, church gate collections and mini-marathon sponsorship.

The support of Health Service Executive has been particularly important in facilitating the continued development of local services.

Work of Development Officers and Local Mental Health Associations 2011

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 MHA's in their area before embarking on liaisons with other agencies, either voluntary or statutory.
- A resource to the local MHA's with the emphasis on local volunteer involvement in work, as opposed to the DO's carrying out the work directly.
- Attending meetings of local MHA's – 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 MHA's and encouraging an exciting programme of activities. Sharing of information on national projects and new developments taking place in other MHA's in the region/country.
- Implementation of the remit of MHI at national level through local MHA's.
- Serving the needs of local MHA's. In this regard, the Development Officer works with the volunteers of local MHA's to develop, facilitate and support them in their work and be a direct link to the national organisation. All DO's should adopt a consistent approach, where possible, bearing in mind local or regional priorities or needs, ensuring that information disseminated by local MHA's is of the highest standard and reflects best practice. DO's will be aware of the aims of MHI to guide local MHA's in their activities.
- Foster the development of active mental health education programmes by facilitating the local MHA's in their involvement with schools and community groups and supporting national mental health promotion activities.

- Assisting and encouraging local MHA's to enhance their profile within local communities by fostering community involvement with the possibility of attracting new members.

The Development Officer reports formally to the Deputy CEO, MHI. On an ongoing basis the Development Officer works in partnership with the local HSE Mental Health Services Managers and staff in pursuing the aims of MHI and the local Mental Health Associations.

Core Role of Mental Health Associations

Currently 104 local Mental Health Associations (MHA's) are affiliated to Mental Health Ireland (MHI). These share the same aims and objectives as the national body. Members of local MHA's 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. MHA's 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 MHA's welcome opportunities to work in partnership and to develop projects with other voluntary and statutory agencies in their region. Our MHA's 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 MHA's. 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 2011 by Region

Region: SOUTH DUBLIN / EAST WICKLOW

Development Officer : Michael Noble

No. of Local MHAs: 6

Arklow MHA, Wicklow

Bray MHA, Wicklow

Friends of Newcastle MHA, Wicklow

Wicklow MHA, Wicklow

Vergemount and District MHA, South Dublin

Dun Laoghaire MHA, South Dublin

ARKLOW MHA continued to support and enhanced the quality of life of those who attended the local Day Hospital, live in local residences and promote positive mental health within Arklow.

Other activities the Association were involved in included:

- Regular social outings were organised which included shopping trips, picnics, theatre outings, golf and riverboat trips. They organised a number of successful social dances to which other disadvantaged groups in Arklow were invited to.
- The Association was on the Organising Committee and participated in the activities of the 2nd Annual Youth Health Week for 2nd level students in Arklow, its theme this year was "Building Resilience". Student groups made presentations on resilience from a youth perspective. A large variety of speakers provided resilience in various local schools through talks, drama, laughter and other activities. An evaluation of the event showed that the event proved to be a huge success for the students and schools of the Arklow region.
- A Mental Health Information stand was placed in the local library; it is checked and stocked by persons attending the Portview Day Hospital.

BRAY MHA continued to support and enhance the quality of life of those attending the Lincara Day Hospital and living in the Bray area. Members also visited local HSE mental health units and residences. Other activities the Association were involved in included:

- Held a weekly social club that had a wide range of social/artistic activities.
- Organised a number of social outings including a respite holiday.
- Visits were arranged to local residential units.

- The Development Officer represented the Association on the Board of the County Wicklow Volunteer Bureau.

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 7.00 – 10.00 p.m. Approximately 35-40 members attended and enjoyed the social and recreational activities with light refreshments. Other activities the Association were involved in included:

- Actively supported "Active Minds", an arts and crafts group of senior citizens and persons managing a mental health difficulty. This activity won awards at the annual Dun Laoghaire Rathdown County Council Community activities exhibition.
- Participated in the Dun Laoghaire Rathdown County Council Social Inclusion week.
- Actively supported a weekly social club in Dalkey, the Club has an average attendance of 25-30 per week and is managed by its users who obtained local and Corporate donations of cash/materials to enhance its quality.
- Participated in the Dublin Housing Mental Health Association and helped with the management of a housing unit in the Dun Laoghaire area.
- Provided grants to the Coiscéim Residential Centre to provide additional comforts for the residents.
- Actively managed the initial and county rounds of the National Public speaking project in its area.
- Distributed mental health literature in its local area.
- Members of the Committee who are actively managing a mental illness sit on a local HSE Mental Health Services Advisory Group. They also commenced discussions on a job creation initiative with the HSE.
- The Association developed links with the Glencree Society to provide holiday accommodation for short weekend breaks once or twice a year for those managing a mental illness. The Association renovated a Glencree Society House in return for its use.

FRIENDS OF NEWCASTLE MHA continued to actively support local MHA's in the Wicklow area in their work through the provision of targeted funds. Other activities the Association were involved in included:

- Provided 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.

Summary of Events in 2011 by Region

- Considerable funds were raised through the annual Golf Classic. These funds are used to improve the environment of patients in Newcastle Hospital and residents throughout the county.
- The Association continued its support of the National Public Speaking Project.
- Raised funds for its work through its Annual Golf Classic.
- Funded the organisation of the National Public Speaking Project in County Wicklow.
- Suicide prevention events were funded through Wicklow MHA.

VERGEMOUNT AND DISTRICT MHA continued to provide financial support to individual clients, units and residences of the local mental health services. The demand for such supports increased this year. Other activities the Association were involved in included:

- Lobbying against the introduction of charges for medication to patients.
- Distribution of mental health and resilience awareness literature to local HSE units and at the public information events.
- Held information days in St. Vincent's Hospital and a local shopping centre.
- Supported the local rounds of the National Public Speaking Project.

WICKLOW MHA continued its regular social outings to cinemas, restaurants, shopping centres, theatres etc. Other activities the Association were involved in included:

- Supported the weekly social club which arranged various activities including rug making, photography, walking, with support from Wicklow VEC.
- Organised and ran the Wicklow rounds of the National Public Speaking Project.
- Published a regular newsletter; had various articles on mental health issues published in the local newspapers and discussed on local radio.
- Organised visits to local schools to educate students on mental health issues.
- Partnered with other local organisations and businessmen and organised a number of suicide first aid events including SafeTALK and ASIST.
- Launched a "Building Resilience Programme in association with Wicklow Sports Partnership, Wicklow VEC, and County Wicklow Volunteer Centres with a series of public meetings in which many local groups and associations participated.
- Organised a successful series of monthly talks on mental health issues for the local population. Each event was publicised in the local papers and local radio. The topics and speakers were:
 - Eating Disorders - Bodywhys

- Depression and the Plastic Brain - Dr. Harry Barry
- ADHD - Dr. Keith Holmes
- Resolving Book Series - Fiona McCausland
- Autism and Aspergers - John Campbell
- Alzheimers Association - Aileen Doran
- Mindfulness - Dr. Hester O'Connor

World Mental Health Week activities included:

- A series of events including a laughter event, a variety night, a film night, a choral event and closed with a Céilí Mór.

Region: NORTH DUBLIN

Development Officer: Michael Cummins/ Michael Noble

No. of Local MHAs: 6

Drumcondra and District MHA

Dublin 15 MHA

Finglas MHA

Fingal MHA

Friends of Kilrock House 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.

DRUMCONDRA AND DISTRICT MHA met every six to eight weeks in St. Vincent's Hospital, Fairview. There are eight volunteers in the Association. Other activities the Association were involved in included:

- MHI Public Speaking Project: The Association's volunteers are very supportive of this project and assist with the organising of the rounds.
- National Lottery / HSE Lottery Grant: A grant of €20,000 was received during 2011 and a mini bus based at St. Vincent's Hospital was purchased.
- Funds were provided during 2011 for social outings, day trips, Christmas parties and a gardening project.
- Mental Health Matters: volunteers expressed an interest in taking part in a training session.
- Public Speaking Adjudicators workshop held in September 2011 was attended by four volunteers..

Summary of Events in 2011 by Region

World Mental Health Week activities included:

- Information stands in the Ballymun and Millmount Libraries and local Health Centres for World Mental Health Week.
- The MHI Development Officer, Michael Cummins delivered a talk on "Building Resilience Together" at the Ballymun Library on Wednesday, 13th October at 3.00pm. The event was very well attended.
- An Open Day on "Building Resilience Together" for service users held on Wednesday, 12th October from 2.00pm to 4.00pm at Cluid Community Hall, Killarney Court, Killarney Street, Dublin 1.

Drumcondra MHA held a choral event during the afternoon of Thursday, 14th October at St. Vincent's Hospital, Fairview in the dining room. Choral Singing was provided by the Hospital Choir and some members of the audience. A pleasant event was held with refreshments provided.

DUBLIN 15 MHA met on two occasions this year. Other activities the Association were involved in included:

- Mental Health Promotion: A volunteer distributed leaflets locally.
- Social Housing: The Chairperson, Fr. Dan Joe O'Mahony is a Director of Dublin Housing Mental Health Association Ltd. Dublin 15 MHA may develop a social housing project in the area through leasing.
- Dochas (HOPE) - Bereavement Support Service - the Association supported this service.

World Mental Health Week activity included:

- An information stand was held at the Blanchardstown Shopping Centre on Saturday, 31st September from 9.30am to 4.00pm. The event was very successful with a lot of information requested and difficulties shared. A number of people benefited from receiving information on contact information on supports available.

FINGLAS MHA met every six to eight weeks at Church Road, Finglas. There are four volunteers in the Association. Other activities the Association were involved in included:

- HSE/National Lottery Grant - A grant of €3,000 will be received to promote Building Resilience Together during 2012.
- Funding was provided for social events and patient needs at Christmas time.
- The Association provided funds to assist with social activities within the Finglas Adult Mental Health Service.

World Mental Health Week activities included:

- Finglas MHA and Health Service Executive Primary Care Staff held a talk at the St. Helena's Resource Centre on Wednesday, 13th October. The talk was delivered on "Building Resilience Together" by MHI Development Officer, Michael Cummins and was well attended.
- Mental Wellness for Young People in Finglas: The Association's Chairperson attended a seminar on Tuesday, 11th October. A follow up meeting will be held in January 2012.

FRIENDS OF KILROCK HOUSE MHA continued to enhance the quality of life of the residents of Kilrock House. Other activities the Association were involved in included:

- 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.
- These Associations continue to support the local HSE Mental Health services where possible with social outings and such activities.
- The National Public Speaking project was supported, where possible.
- Links were made with the local Foroige group and the Development Officer represented the local Associations on the Ballybriggan Youth Wellbeing Working Group. The Group which published a report in October 2010 on the mental health needs of young people in North Dublin "A Voice Being Heard" succeeded in having a Youth Mental Health Officer recruited and the winning of a local Jigsaw project in 2011, the Development Officer represented the Associations at various meetings concerning these events.

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. Other activities the Association were involved in included:

- Supporting the National Public Speaking Project.
- Contact was made and mental health promotion literature was distributed to all Health Centres in the region.

Summary of Events in 2011 by Region

Region: KILDARE / WEST WICKLOW, WEST DUBLIN

Development Officer: Michael Cummins

No. of Local MHAs: 9

Athy MHA, Kildare

Ballyfermot MHA, West Dublin

Celbridge MHA, Kildare

Celbridge Housing MHA, Kildare

Friends of Larine House MHA, Kildare

Naas, Newbridge and Kildare MHA, Kildare

St. Loman's MHA, West Dublin

Tallaght MHA, West Dublin

ATHY MHA met four times in 2011. There are five volunteers in this Association.

Other activities the Association were involved in included:

- Held an Easter Egg Raffle and a Christmas Raffle.



Athy MHA Volunteers and their Easter Egg Raffle 2011. L-R: Christy Brogan, Ber Philips, Carmel Kelly, Hazel Thompson, Tony Heffernan.

- Christmas Party for service users was held on 6th December in Baltinglass.
- Funds were provided for social activities and mental health promotion.
- A people carrier was available for social outings.
- The Association received funds as part of the proceeds from a local bingo event. Fundraising over the last year generated over €3,000.



stresscontrol

Face your fears; be more active; watch what you drink

- Stress Control Programme: a six week programme one evening per week started in September. This project was adopted from Glasgow University and developed for delivery by two primary care psychologists in both Athy and Newbridge. The Association supported the programme by providing funds for the printing of

material and were involved in its delivery. Seventy-two people attended the first night with an average of sixty attending thereafter.

- National Public Speaking Project: The Association continues to support this project.
- 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 (Someone to talk to Someone to listen) added to the back page. The leaflet was distributed in Co. Kildare.

BALLYFERMOT MHA met four times in 2011. There are four volunteers in the group. The Development Officer was in regular contact with the Chairperson. Other activities the Association were involved in included:

- Purchasing of computer equipment for the Photographic Project by the Association as part of a recovery programme in the Ballyfermot sector and the St. Loman's Rehabilitation Service.
- Funds were provided for the services social activities with clients including a young person's social club.
- Mental Health Ireland – Regional Consultation meeting was held on Saturday, 18th February 2011, volunteers of the Association attended.
- Palmerstown Community College - the Association provided support during 2011 to the Community College; literature and materials were made available to students and staff. Three students attended the MHI Young Mental Health Conference in Glasson, Athlone during the Easter Break.
- Ballyfermot Carers Day - the Association provided funds to assist with this event, which was held on Saturday, 19th June in Cherry Orchard Hospital.

World Mental Health Day activities included:

- Ballyfermot MHA provided funds to support a Promoting Positive Mental Health Day for Service Users Seminar at Ballyfermot Resource Centre from 11.00am to 4.00pm. An information stand was provided.

CELBRIDGE MHA met three to four times in 2011. There are twelve volunteers in Celbridge MHA. This group is well known in the Celbridge area and is well supported at its Annual Church Gate Collection. Other activities the Association were involved in included:

- Support the maintenance of the people 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. The Association also supported the purchase of a new set of garden furniture for the Day Hospital Garden.

Summary of Events in 2011 by Region

- **Fàilte Isteach Drop in Club:** The Club was held on Monday mornings from 10.30am to 12.00pm. The residents from Grove House were the main attendees. The main interest was bingo, and a chat with refreshments. The Club was not held during primary school holidays. Two to three volunteers are present at each event. A Christmas Party was held on 19th December.
- **Turas Le Chèile Bereavement Support Group:** This support group is based in Kilcock. A number of the Association's volunteers are members. The groups insurance continues to be listed under Celbridge MHA.
- **Church Gate Collection:** Held on Saturday, 17th and Sunday, 18th September. €950 was collected.

World Mental Health Week activity included:

- A workshop on "How to Smile our way through Stress" was delivered by Sheila Russell, Psychologist and Mindfulness teacher at 8.00pm on Thursday, 13th October at Celbridge Library. Thirty eight people attended. Feedback was very positive. An information stand on "Building Resilience Together" was provided at the event.

CELBRIDGE HOUSING MHA 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. Other activities the Association were involved in included:

- Proposal to develop 12 individual independent units at a site on Grove House, Celbridge continues into 2012.
- During 2008 the design team received approval from the Department of the Environment to proceed to tender. The planning permission for a further five years was granted in June 2010. The Health Service Executive agreed to 250 year lease in November 2010. Kildare County Council submitted a request for funding in November 2010, as no capital assistance is currently available. The Association plan to meet in early 2012 to consider options available.

CRUMLIN AND DISTRICT MHA met on ten occasions during 2011. There are twelve volunteers with a number of other people who support the Association's projects. The Association's members work hard to promote their aims and are always keen to be involved with other activities locally. Other activities the Association were involved in included:

- Annual General Meeting was held on Wednesday, 5th May.
- **Cairde Le Chèile (Friends Together) Social Club:** Club meets on two Wednesdays a month. Social Outings are organised every second Sunday if possible. Halloween and Christmas parties were held. The annual trip to the Red Cow Pantomime was held in January.
- The holiday to France in June was a great success, ten members travelled to Normandy. An article and photographs were submitted to the HSE 'Vision for Change' magazine for publication.

- A Befriending Project; started on a small scale during 2009. 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.
- Mental Health Ireland – Regional Consultation meeting was held on Saturday 18th February, 2011. Two volunteers attended.
- Twinning with Ballinasloe Mental Health Association - both MHA's kept in touch during 2011.
- People Carrier Vehicle was available for the Association's social activities and was also used by St. Columba's Day Hospital and High Support Hostel. The vehicle was made available to the St. Martha's Day Hospital on South Circular Road for social outings. This Day Hospital is part of the St. James's Hospital Adult Mental Health Service.
- Bru Chaoimhin, Cork Street is an adult mental health service day centre and is part of the St. James's Hospital service. The Association is donating €800 to support the Centre's social activity programme.
- Public Speaking Adjudicators Workshop: Three volunteers attended the workshop in the Clarion Hotel, Liffey Valley on Wednesday, 21st September.
- The Association supported the Dublin Mental Health Housing Association Ltd. social housing unit at Village House which was opened in December, 2008. Five residents are accommodated at the house. The Association's Chairperson, 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 scheduled to take place at the Andrews Lane Theatre on Friday, 15th January 2012. 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.
- MHI National Public Speaking Project: Four local secondary schools entered the project in 2011 / 2012.

Requests for funds were received from:

- Crumlin Service Users Group - donation to assist with refreshments and material for a meeting.
- The St. Agnes Social Club – meets on Monday, Wednesday and Friday mornings. A request for funds to support social outings.
- The Adult Mental Health Service Day Hospital - to support social outings.
- Art Project – Acute Unit Tallaght – to support framing of pictures for art exhibitions.

Mental Health Promotion: The Association, in partnership with the Adult Mental Health Service in Dublin 12 and the Rathmines Pembroke Partnership organised a series of talks.

Summary of Events in 2011 by Region

The first talk was on "Building Resilience Together" followed by "Mental Health" and the third talk was on "Recovery".

- Wednesday, 23rd March - Building Resilience Together
Speaker – Michael Cummins, MHI Development Officer
- Wednesday, 30th March - What is Mental Health?
Speaker - Dr. McMonagle
- Wednesday, 6th April - 'Recovery Happens' Self Experience and the WRAP Programme
Speaker –Fionn Fitzpatrick

World Mental Health Week activities included the following:

- Annual Essay Project for 5th Class Primary School Schools in Dublin 12. Information was sent to all primary schools in the Dublin 12 region during World Mental Health Week. The theme was – *"A funny thing happened to me..."* Closing date for entries was 25th November with reading of entries held on Wednesday, 29th November. 120 entries were received from five schools. Prizes and certificates were delivered to schools on 16th December.
- Annual Church Gate Collection at St. Agnes Church, Crumlin Village was held on Saturday, 14th and Sunday, 16th October. €1,048 was collected.
- Fun Table Quiz as part of World Mental Health Week activities was held on Thursday, 20th October at 8.30pm in the Village Inn, Crumlin. This event co-ordinated by Mr. Brendan Madden, Chairperson, Crumlin and District MHA and Board member, MHI. The MHA's volunteers worked hard to get support for the teams and prizes for the raffle. The event was a great success.
- Choral Event - Musical Evening at St. Agnes Church, Crumlin held on Saturday, 8th October at 8.00pm. Admission was free. Choral singing was provided by St. Agnes Musical Society Senior Choir with Soloists. A pleasant night's entertainment was organised.



Soloists performing at the choral event in St. Agnes Church.

FRIENDS OF LARINE HOUSE MHA met three times during 2011. The Association is affiliated to Mental Health Ireland. The MHI Development Officer is available to assist the Association.

Other activities the Association were involved in included:

- Assistance with the provision of funding which is used to provide social outing and activities for the residents living at Larine House Hostel.
- Health Service Executive / National Lottery Grants 2011: A grant of €3,000 was received for social activities.
- Health Service Executive / National Lottery Grant aid awarded for 2012: includes €3,000 for social activities and €17,000 for the replacement of a mini bus with a people carrier vehicle.
- Christmas Craft Fair was held at Naas Hospital on 6th December, €1,800 was raised.
- The Association had a mini-bus available for transport requirements and shares vehicle with the Larine Court Centre.
- Weekly bowling sessions in Palmerstown, day trips and the Annual Trip to Knock.
- Parties for the residents are held at Christmas, Halloween and when residents have a birthday.

NAAS, NEWBRIDGE AND KILDARE MHA held a six week programme one evening per week which started in September. This project has being adopted from Glasgow University and developed for delivery by two primary care psychologists in both Athy and Newbridge. The Association supported the programme by providing funds for the printing of material and were involved in its delivery. Seventy-two people attended the first night with an average of sixty attending thereafter. Other activities the Association were involved in included:

- Six meetings were held during 2011.

Summary of Events in 2011 by Region

- The Kildare local Mental Health Associations (not Celbridge MHA) transferred ownership of their people carriers / mini buses to the Health Service Executive. 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 (Someone to talk toSomeone to listen) added to the back page. The leaflet was distributed in County Kildare. Kildare Youth Services make the leaflet available through their services.
- HSE/National Lottery grant 2012: €5,000 to assist with social activities.
- A request for funding was 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.
- MHI National Public Speaking Project: The Association supports this project in County Kildare.
- Funds were provided through Health Service Executive/National Lottery Grants and small fundraising events were held, where possible.
- The Association has two people carrier vehicles, based at St. Loman's Hospital, and Teach Ban Hostel in Newcastle. The vehicles were 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.
- The Association pays the rent to South Dublin County Council for an allotment in Clondalkin. Services users are involved in a project supervised by the Rehabilitation team. Other requirements for this project are funded as required.
- Social Activities: The Association funded social activities / respite breaks and a Christmas social event during 2011. Over €5,000 was provided.
- Health Service Executive / National Lottery Grants 2012: A grant of €4,000 was provided for respite / social activities.

TALLAGHT MHA held nine meetings during 2011. The AGM was held on 8th June at 3.30pm.

Other activities the Association were involved in included:

World Mental Health Week activities included:

- Naas/Newbridge/Kildare MHA with Harvest Centre and Rehab Care held a Mental Health Awareness Day on Thursday, 6th October at Euro Spar, Kildare Town from 10.00am to 4.00pm.
- Naas/Newbridge/Kildare MHA with HOPE (D) held an Information Stand at Dunne's Stores, Newbridge Shopping Centre on Saturday, 8th October. Information leaflets and pens/rulers were available. There was an excellent response from shoppers, a lot of interest. People expressed the need to be aware of resources to support wellbeing.
- Naas/Newbridge/Kildare MHA with HOPE (D) held a Young People and Mental Health Information Stand and Enter Draw for a free iPod at Whitewater Shopping Centre, Newbridge. On Saturday, 15th October – World Mental Health Day. Over ninety young people entered the raffle, having approached the stand for material. It was a very successful event.
- Naas General Hospital Health Promotion Department: Information stand held during World Mental Health Week in the main entrance. The co-ordinator was Mary Connolly.
- The Association is linked with Threshold Training Centre, Main Street, Tallaght. Threshold Training used the Association's people carrier on occasions for social outings.
- Request from Tallaght Mental Health Service Day Centre for €1,600 to assist with six patients having a holiday in Wexford for three nights in October was granted. An article on the event will be included in the Association's January 2012 Newsletter.
- Funding to support Christmas social activities were given to ten applications, including the day hospital, day centre and Cedar unit to a value of €1,970.
- A grant of €2,000 was granted for social activities and €20,000 to replace mini bus with a people carrier vehicle which is based at Beaufort High Support Hostel.
- Bank of Ireland 365: Following MHI health promotion material being provided during World Mental Health Week a donation of €500 was made from a staff raffle along with a top up of €500 from local management giving a total of €1,000.
- Purchase of People Carrier Vehicle: The Association sold its mini bus and purchased a second hand people carrier in June.
- Speed networking event held on 17th May to promote the activities of the Association. Invitations were sent to statutory and voluntary organisations. Twenty five organisations attended. Mental Health promotion information leaflets were provided.
- Supported 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.

ST. LOMAN'S MHA held meetings on six occasions during 2011. The Development Officer was in regular contact with officers. Other activities the Association were involved in included:

Summary of Events in 2011 by Region

- Creative Beginnings - The Association supports art projects and exhibitions of patients work through the Occupational Therapy Department at the Psychiatric Unit, Tallaght Hospital. An exhibition held on 17th February had Brent Pope attend as a special guest. The Association provided funds for framing.
- Tallaght Institute of Technology Mental Health Awareness Week: This event held in November 2011 was supported by the Association by providing pens and rulers with mental health messages along with information on Building Resilience.
- Killinarden Tallaght Drugs Task Force Event: An information stand was provided on 21st July.
- Friends Together Social Club: Due to a volunteer moving on, the Association was required to discontinue this social club. The members transferred to a new club "The Well Being Café". The Association supports this arrangement and will provide funds for projects.
- MHI Annual Regional Consultative Meeting: Held in the Clarion Hotel, Liffey Valley in February. The Association supported this event and a volunteer attended.
- Integrated Youth Mental Health West Tallaght: The Association was represented by the Development Officer at these groups meetings. An application for a Jigsaw site was granted during 2011.
- HSE Primary Care organised Health Fairs in Tallaght: The Association provided an information stand and materials at the Springfield Health Fair on Wednesday, 11th May. Jobstown / City West Health Fair was held on Wednesday, 18th May. Fettercairn / Brookfield Community Health Fair was held on Tuesday, 24th May. The attendance at the fairs was excellent with very positive feedback from services, general public and service users.
- Through The Lens – at the RUA RED, South Dublin Arts Centre, Tallaght. The special season is aimed at medical professionals, students, service users, artists and filmmakers interested in discussing and challenging perceptions of mental ill health and how the issues are represented within film. Each evening included refreshments and a screening followed by a panel discussion a discussion Q&A with medical professionals and service users. The films screened included:
 - » "A Beautiful Mind" shown on Monday 21st November at 7.00pm
 - » "Lars and the Real Girl" shown on Monday 28th November at 7.00pm
 - » "Away From Her" shown on Monday 5th December at 7.00pm

The Association provided an information stand at each event.

World Mental Health Week activities included:

- Tallaght MHA arranged a talk at Tallaght Library on "Wellbeing" delivered by Frank Shaughnessy Coaching Psychologist and Wellbeing Trainer from 1.15pm to 2.00pm. Over sixty people attended.
- Tallaght MHA and Tallaght and Meath General Hospital Health Promotion Department: held an information stand on Wednesday, 10th April and Wednesday, 7th October (World Mental Health Week). 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. Pens and rulers with a mental health message and contact details for the Association were distributed at the information stands. MHA's Building Resilience material was made available at the World Mental Health Stand in October.

Region: MIDLANDS

Counties: Laois, Longford, Offaly, Westmeath

Development Officer: Finola Colgan

No. of Local MHAs: 8

Athlone MHA, Westmeath

Birr MHA, Offaly

Longford MHA, Longford

Mullingar MHA, Westmeath

Portlaoise MHA, Laois

Portlaoise MHA, Laois

Rathdowney MHA, Laois

Tullamore MHA, Offaly

ATHLONE MHA - continued their support of social activities for the service users living in the community. Other activities the Association were involved in included:

- Athlone Institute of Technology Students Union – Mental Health Awareness Week. Co-ordinated by Lisa Butterley, Service User spoke on her experience of coping with mental health.



World Mental Health Day activities included:

- Athlone Institute of Technology held a Mental Health Information and Awareness Day.

Summary of Events in 2011 by Region

BIRR MHA hosted their holiday project – this was a self-catering holiday in Galway for twenty 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 “Birr’s Got Talent”. Other activities the Association were involved in included:

- Celebrating Volunteerism to acknowledge 2011 being International Year of the Volunteer, a social evening was hosted by Birr MHA in Dooley’s Hotel on the theme “It is in giving that we receive”. Guest Speakers were Darren Hanniffy, Goal and Mr. John Bannon – “Rewards of Volunteering”.
- Social and sing-along social morning in the Community Mental Health Centre, Wilmer Road for service users and volunteers.
- Helpful Reading” - Mental Health Awareness/ Information and Book Display in Birr Library.

LONGFORD MHA hosted their ‘Monthly Birthday Bash’. Birthday Lunch Project for persons in the community who may not have anyone to share their birthday with. Celebrants were invited through contact with the Community Mental Health Centre Staff. Each birthday person was given a birthday gift. Venues included a local restaurant. During the Summer months, the ‘Birthday Bash’ was held as a picnic in the local town park. Other activities the Association were involved in included:

- The Christmas social afternoon for service users at Longford Slashers GAA Club.

World Mental Health Day activities included:

- Sing-along Social Afternoon Community Mental Health Centre for service users, their families and staff.
- “Nourish Your Mental Health Through Reading” - Mental Health Awareness and Book Display in local and County Libraries.
- “Birthday Bash” Celebration of service users birthdays for the month of October.



MULLINGAR MHA celebrated St. Loman’s Day with service users, staff and family members. It is an ecumenical service in the Hospital Church. Other activities the Association were involved in included:

- Sponsorship of tickets for service users to attend local concerts in Mullingar Arts Centre.
- On going support to service users on a needs basis for residents in the Mullingar Sector community based services.
- TURAS project – fund the transport on a fortnightly basis of service users participation in the National Learning Network Athlone based programme.
- Annual subscription to Belvedere House and Gardens for use by service users and other MHAs when requested.
- Support for Holiday and Day trips as organised by HSE Staff.
- Ongoing support for facilities and activities in EALA (Education, Art, Learning Activities) – St. Loman’s Hospital.
- Fund allocation to each ward at St.Loman’s Hospital for gifts for patients.
- Support to TEAM – Temporary Emergency Accommodation Mullingar.
- Garden project at the Community Mental Health Centre.
- **Building Resilience Together:** Launch of www.aisling.ie: Mullingar MHA and Mullingar Soroptimist Mullingar and District in the Greville Arms Hotel by Mr. Gerry Duffy UK Ironman Champion. This was a popular event and included significant exposure for Mental Health Ireland in the local media both print and radio.



- Mr Brian Howard, CEO, Mental Health Ireland spoke at the event as well as doing an interview with Midlands Radio 3. The [aisling.ie](http://www.aisling.ie) project is now an on-going development. Further information at www.aisling.ie. There is also a link to it from MHI’s own website.
- Involved in developing an information card with 10 Tips for Positive Mental Health which has been widely distributed to local groups and communities. Soroptimist Ireland has adopted it as their national project along with Suicide Prevention for the next two years.

Summary of Events in 2011 by Region



PORTARLINGTON MHA provided regular support to patients and organised social functions in St. Fintan's Hospital and St. Brigids Hospital, Portlaoise.

World Mental Health Day activities included:

- Information Stand and Fund raising event located at Supervalu.
- Liaison with Portarlington Primary Health Care Team who promoted awareness of the Day through their services.

PORTLAOISE MHA held a number of socials, holiday and day trips for patients and community residents. Other activities the Association were involved in included:

- Monthly Social Club - *Friendly People's Club* – meets third Saturday of the month and meets in Portlaoise Social Services Centre.
- Public Cemetery – maintenance of memorial centre to former deceased patients from St. Fintan's Hospital.
- Celebrated St. Fintan's Day and social evening.

RATHDOWNEY MHA held a number of socials, holiday and day trips for residents in Erkina House.

Other activities the Association were involved in included:

- Holiday Project – Ballybunion.
- Birr and Portlaoise MHA Social evenings.
- Portlaoise – St. Fintan's Day celebration.
- Birr – Riverstown Halloween Party.
- Birr, Dooley Hotel Christmas Social.
- **Primary Minds Art Project** Rathdowney MHA Theme "Hard Times" over 300 entries were received and all were awarded Certificates and various prizes and medallions.

World Mental Health Day activities included:

- Sing-along Social afternoon in Erkina House for residents and Day Centre service users and friends of the MHA. Finals of Boca Competition and presentation of medals to participants from Erkina House and Day Centre services at Moreville.

TULLAMORE MHA held monthly social evenings for their service users. Many activities were planned including ten pin bowling and a day trip to Dublin City which included the Guinness Brewery. Other activities the Association were involved in included:

- Annual Christmas Social Evening in Birchwood House

- The monthly social club for service users continues with a variety of activities.

World Mental Health Day activities included:

- Stepping Out for Mental Health - Annual 10k Canal Walk launched by Ms Molly Buckley Tullamore UDC. It was also held as a fund raising activity.
- Launch of Helpful Reading Project partnership project with Offaly County Library, and the HSE.

Region: MID-WESTERN

Counties: Limerick City and County

Development Officer: (Currently Vacant)

No. of Local MHAs: 5

Kilmallock and District MHA

Limerick MHA

North Liberties MHA

Raheen and District MHA

West Limerick MHA

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

- 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 organizations, such as the VEC, to access education opportunities for clients.

LIMERICK MHA based its work on the south side of the city. Its programmes attract people from all over the county and countryside. 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 2011 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.

Summary of Events in 2011 by Region

- 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 Belfield Day Centre. Other Activities the Association were involved in included:

- Volunteers regularly organise 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.
- Each year, at Christmas time, a huge party is organised in the Greenhills Hotel in Limerick city, catering for approximately 80 service users in the local area.

RAHEEN AND DISTRICT MHA has just completed another very busy year with the main focus on supporting and promoting positive mental health. Support is provided to residents who reside in or attend the facilities 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 and activities designed to engage people who are hesitant and fearful about social and personal interaction and community engagement.

Other activities included art therapy, arts and crafts groups as well as quizzes, crosswords, swimming, bowling, kayaking, canoeing and go-carting.

Other Activities the Association were involved in included:

Extended the range of activities to areas such as Enquire Assisted Psychotherapy for those who are ready to engage at that level. An advanced Ceramic's group has also been developed while continuing to maintain the beginners/basic level group for new entrants and those not yet ready

to progress further. Laughter Yoga, Go for life and Walking programmes have recently been introduced.

- The Summer Gardening Group recommenced in April and had its regular members as well as a few new participants. Specific groups such as the Young men's Group and the Women's Group are also supported by the Association.
- Endeavoured to support and promote activities that take place in the natural and mainstream community and that encourages people to engage in activities of active citizenship.
- People transitioning to more independent living either from hospital or from supported settings within the statutory or voluntary agencies are supported in various ways from practical support to help them move their belongings to support in developing hobbies and meaningful life activities or to link in with their new community.
- Continued support is available to help with the development and printing of "the Spot so Fair" Newsletter. This newsletter for and about Recovery in Mental Health continues to be successful and popular with service users and staff alike.
- In November 2011 the Association supported and organised one of the preliminary round of Mental Health Ireland's 31st National Public Speaking Project and were pleased to see Colaiste Na Trocaire Rathkeale advance to the Regional final stage.

World Mental Health Week activities included:

- The Association supported a series of Smoking Cessation Programmes called Freedom from Smoking; these groups were open to service users and staff of the Mental Health Service. The programme utilises Cognitive Behaviour Therapy interventions to help people to give up smoking. A public awareness meeting on the links between Smoking and Mental Health was organised during Mental Health Week 2011.

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. Other activities the Association were involved in included:

- 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 2011 by Region

Region: MID-WESTERN
Counties: Clare, Tipperary North
Development Officer: (Currently Vacant)
No. of Local MHAs: 7
Ennis MHA, Clare
Nenagh and District MHA, Tipperary N.
North Clare MHA, Clare
Roscrea MHA, Tipperary N.
Shannon MHA, Clare
Thurles MHA, Tipperary N
West Clare MHA, Clare

ENNIS MHA serves an urban population of 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 wellbeing in the community. 2011 was a busy year for the Association members involved in existing and developing new projects. Other activities the Association were involved in 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 provided 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.
- The Association provided ongoing 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 financial support for 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.

World Mental Health Week activities included:

- The theme for the 2011 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.
- 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**.

NENAGH AND DISTRICT MHA supports people with mental health difficulties in the North Tipperary Area and promotes positive mental health in the community. Other activities the Association were involved in 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 esteem 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 Plan) and development of self advocacy 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.

Summary of Events in 2011 by Region

Target Groups of Peer Support Centre

- **Family Support Group** – This group represents parents and relatives of people experiencing mental health illness. The purpose of the group (approx 15 people) is to promote their own wellness and to inform themselves and seek relevant information that will be of assistance to both themselves and their relatives.
- **Nenagh Social Circle** – The purpose of this group is to enable people with mental health difficulties reconnect with their peer group, promote wellness and reduce social isolation. Their aim is to increase their skills through socialisation and self advocacy as well as improve their abilities to lead a better quality of life.
- **GROW** – A support group for people who have suffered or are suffering from depression. Consisting of about 12 people the aim is to assist each other to recover from all forms of breakdown or prevent such happening.
- **Women's Support Group** – A support group for women who are experiencing mental health difficulties as a result of domestic violence.
- **Young Mothers Support Group** – Young mothers who are at risk of or experiencing mental health issues in relation to pregnancy or childbirth or isolation, relationship or family problems.
- **'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 Plan) – 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 ongoing 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. Other activities the Association were involved in included:

- 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 wellbeing 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 ongoing.

Summary of Events in 2011 by Region

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.)

Expected long-term outcomes of the programme:

- Improved physical and mental wellbeing.
- 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 met 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 ongoing support for people who attend the Day Centres and provide financial and other support for social and community activities.
- Public Awareness: In 2011 North Clare MHA co-ordinated events during Mental Health Week including a Choral Event and the annual, very popular, Burren Walk. The Association also worked closely with local schools to promote positive mental health through their Essay Competition for primary schools and the National Public Speaking Project.
- Continues to support the annual Christmas party where all clients are encouraged to attend together with supporting staff and friends of the Association.
- The main fundraising activity is the annual Church Gate Collection end of year, which struggled considerably in the last few years and may necessitate other events being organised in 2012.

Other activities the Association were involved in included:

- In the summer two members attended training in Limerick to become WRAP facilitators. Two people also attended training in delivering Peer Support and Advocacy Training. It is hoped that this will lead to a peer support group starting in Roscrea early in 2012.
- The Association continued to establish links with similar groups in Tipperary including Aras Follain Peer Support Centre in Nenagh and WRAP Groups in Thurles.

- The Association continued to advocate for a better positive mental health provision in Roscrea and worked closely with the Primary Care Team, Roscrea. Roscrea Mental Health Association has been proactive in trying to establish a community counselling project in Roscrea with the help of funding from section 39 and a grant from the Mid-West Regional Drugs Task Force.

SHANNON MHA - The 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 Befriendeds and the Befrienders. There are currently 4 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.

New Horizon's Mental Health and 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. 2011 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 and 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 and Social Club is supported by the MHI Development Officer through the processing of funding applications to the HSE and the National Lottery.

THURLES AND 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

Summary of Events in 2011 by Region

promotes positive mental health and assists participants in socialisation and integration through its various activities. 2011 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 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 the Summer, the Club hosted outdoor activities including picnics in the park.
- Attending musical and theatre events were also popular activities.
- 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 ongoing and very popular with the more reflective members, with some entering a literary competition. Funding for this course came from the North Tipperary County 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 ongoing 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 contributed together with Embrace to facilitate a drama teacher in skills in order to enhance the clients performance in the show called Colours of My Mind which looks at Mental Health issues through drama and song. This was supported and facilitated by an artist who was funded by West Clare Mental Health Association and Embrace which supports arts for members with disabilities. The show was performed at Teach Cheoil Kilrush, Regina House Kilrush

and Lisdoonvarna Day Centre and we also made a video of same which was presented at a conference in Naas. Other activities the Association were involved in included:

- Supported the Gardening Group in their ongoing work from which the clients enjoy great benefits throughout the year.
- Funded a day of Mindfulness Meditation for users of Kilrush Day Hospital which the clients greatly benefit from.
- Supported the ongoing Music Sessions for clients of Kilrush Day Hospital and Avonree House.
- Continue to support a Young Persons Group which helps younger people with mental health difficulties to re-integrate into their community and reduce social isolation.
- Contribute to the cost of Christmas Party for the clients in our area.

Region: NORTH EASTERN

Counties: Cavan, Louth, Meath, Monaghan

Development Officer: Sean McKiernan

No. of Local MHAs: 13

Bailieborough MHA, Cavan

Ballybay MHA, Monaghan

Carrickmacross MHA, Monaghan

Castleblaney MHA, Monaghan

Cavan MHA, Cavan

Cootehill MHA, Cavan

Drogheda MHA, Louth

Dundalk MHA, Louth

Dunshaughlin MHA, Louth

Kells MHA, Meath

Monaghan MHA, Monaghan

Navan, Meath

South Meath, Meath

BAILIEBOROUGH MHA again helped to sponsor the County Cavan Public Speaking Final in January 2011. Bailieborough Community School got through to the Regional Final from County Cavan. Other activities the Association were involved in included:

- Productive working relationship by the MHA with the staff and clients of the Bailieborough Mental Health Day Centre. The Association has organised or sponsored regular parties, day trips and holidays over the years. A delayed Christmas outing and party in Carnaross Inn took place in February 2011. Service users were also taken on a Summer Holiday to Westport.

Summary of Events in 2011 by Region

- As part of the Building Resilience Together Project, Bailieborough MHA hosted a Regional Conference on Suicide – A Community Response. It took place on Saturday, 21st May from 9.30am to 4.00pm. George Hook, TV and Radio personality and rugby pundit, as well as author, officially opened it. There were 4 back to back workshops as well as other local and national keynote speakers. There was a high level of cooperation from the local HSE Suicide Resource Officer, Garreth Phelan.



L - R: Dr. Paddy Halligan, local GP; Peter McKenna, Bailieborough MHA committee member; George Hook, TV and radio presenter; Sean McKiernan Jnr, MHI Development Officer, NE Region and Winston Turner, Chairman of Bailieborough MHA.

- East Cavan Primary School Essay Project for 5th and 6th class students going from strength to strength, this year's theme is "Friendship is Cool". 100 entries from 7 local Primary Schools. Prize giving to take place in February 2012, hoped that Minister Kathleen Lynch TD will attend and present prizes.
- Main source of funding is Annual Round Table Quiz and National Lottery grant; this year's Quiz took place on the 10th February 2012.
- Regular monthly meetings were held in the Bailieborough Community Resource House.
- Bailieborough Community Resource House to include a 'Building Resilience Together'/Suicide Prevention theme in their 2012 literature.

BALLYBAY MHA continued their befriending project at St Josephs Nursing Home. Other activities the Association were involved in included:

- Church Gate Collection, an important fundraiser for Ballybay MHA, areas include Ballybay, Latton, Tullycorbet, Doohamlet and Ballintra. There was a very big response from the community.
- Ballybay Community College TY class took part in Public Speaking again this year.
- Former Mental Health Ireland Development Officer, Michael McGinn has been devoting his time as a volunteer to Ballybay MHA and spoke at a seminar in Monaghan in October 2011.

- Charlie Barker, local volunteer, has been Adjudicating for Public Speaking at local, regional and national semi final level.

CARRICKMACROSS MHA continued their befriending project at Castleross Nursing Home, St Marys Castleblaney, and Clones Nursing Home.

Other activities the Association were involved in included:

- Lottery grant major funding source.
- Befriending to Castleross Nursing Home, St Mary's Castleblaney, and Clones Nursing Home.
- Participated in "Building Resilience Together" inspired Volunteer Day at Carrickmacross Workhouse in early October 2011.
- Held Coffee Morning to mark World Mental Health Day 2011.
- Youth Club supervision by MHA volunteers, weekly activities included for local youth include:
 - » Basketball
 - » Soccer
 - » PoolTable
 - » Tennis
 - » Air Hockey
 - » X-box/Playstation
 - » Computer access
 - » Dance mats
 - » Beautician
 - » Board games
 - » Cookery Classes
- Well done to all involved in the above and especially Marion Marron, local MHA Secretary for her great work with the youth of the area.
- Long established Carrickmacross/South Monaghan Primary School Essay Project ran again successfully in 2011 with good local media coverage.
- Volunteers promote Monaghan MHA's Cavan/Monaghan Art Project and MHI national projects locally.

CASTLEBLANEY MHA continued their befriending activities with St. Mary's Hospital and for World Mental Health Day they distributed literature to key local public places.

CAVAN MHA continued their social club every Tuesday and Thursday evenings which is going from strength to strength; new pool tables acquired; average turnout of 50 people. Development Officer attended, when possible, to provide advice and support. Other activities the Association were involved in included:

Summary of Events in 2011 by Region

- Social Housing for 6 people at Flowerhill, Navan – making a huge difference to their lives.
- Knights of Columbanus have expressed interest in supporting Associations with a new bus. This will be a huge help to the running of the Social club, Social housing, and summer holiday trip.
- Over 20 service users were brought on Holiday to Westport during the summer.
- Now regular “High Nellie” cycle on St. Patrick’s Day in aid of MHA held again in 2011.
- Proceeds of €1,000 from Navan Fair Day in summer donated to MHA also.
- Christmas Party held in the Newgrange Hotel on Thursday 15th December 2011.

World Mental Health Day activities included:

- World Mental Health Day 2011 featured a concert with the Garda band in Sept. 2011 in the Ardboyne Hotel and a party in Oct. 2011 in the Newgrange Hotel.

CAVAN AND WEST CAVAN MHA - Ongoing liaison with Disabled GO, CRAIC Advisory Group, Cavan Community and Voluntary Forum, Dept. of Community and Enterprise, Cavan County Council, Cavan Wheelchair Association, Comhairle na Oig Youth Forum, and Cavan Youthreach on mental health issues. Activities the Association were involved in included:

- New Cavan/Monaghan Mental Health Services Director of Nursing, Pádraig O’Beirne addressed a meeting of Cavan County Council on World Mental Health Day 2011 to raise awareness of services and help defeat stigma.
- Minister of State at the Department of Health, Kathleen Lynch, T.D. addressed members of Cavan County Council and held a round table discussion at the suggestion of the Development Officer in November 2011.
- Meeting of Development Officer and Winston Turner of Bailieborough MHA with County Council officials took place on Thursday, 3rd February 2011 to advance Social Housing agenda in the County.
- Development Officer was heavily involved in West Cavan Spring Fair run by Cavan Community and Voluntary Forum, which helped recruit some new volunteers. The event took place on Saturday, 2nd April. Brian Howard, C.E.O., Mental Health Ireland launched the day which got good local media coverage.

COOTEHILL MHA continued their Befriending to Cavan General and St Davnet’s Hospital, Monaghan. Other activities the Association were involved in included:

- Public Speaking, co-sponsor Co. Cavan Final with Bailieborough MHA.
- World Mental Health Day distribution of literature to local public places.

- Christmas Party and Summer Tea Party for clients.
- Sponsorship for service user needs as requested.

DROGHEDA MHA - Efforts to relaunch Drogheda MHA mainly focussed on the local day centre run by former AWARE Development Officer, Rose Marie Murphy. Development Officer visits day centre every 6 to 8 weeks to conduct a service user focus group. Contact was made with the local Volunteering Bureau and an expression of interest notice was advertised seeking new volunteers for the befriending project.

DUNDALK MHA continued their Befriending and Bingo projects in the local hostels every two weeks for clients. Other activities the Association were involved in included:

- Public Speaking project – Dundalk MHA sponsors the Co. Louth final each year.
- MHA has produced a bookmark with top tips for mental health and contact info for local distribution.
- 2011 Essay Project night took place in Co. Library in April.
- Main fundraiser “Rose Day” held in August 2011.
- New Year Party for 100 clients in Oriel Park took place in February 2011.
- Life skills course ran for young men for 8 weeks, feedback very positive, between 8-12 young men each night.
- Regular monthly meetings.

KELLS MHA - Befriending to Climber Hall Day centre on regular basis. Other activities the Association were involved in included:

- Donations towards flower arranging again in winter 2011.
- Horticultural Tunnel donated by MHA now being used towards ongoing horticultural project.
- MHA Volunteer helped with art class making greeting cards for Christmas.
- World Mental Health Day: Distribution of literature in public places.
- Lottery grant sanctioned but still awaited.
- Development Officer facilitated regular service user involvement groups.
- MHA sponsored Christmas party in 2010 had to be deferred owing to poor weather and became an Easter 2011 party. 2011 Christmas party went ahead in December 2011.
- Donations to service users in need ongoing.
- Regular meetings.

MONAGHAN MHA sponsors the County Monaghan National Public Speaking Project every year. Two well attended heats and County final took place in early 2011.

Summary of Events in 2011 by Region

Another two heats took place in December 2011 and Co. Final for 2011 were completed. Castleblayney represented Co. Monaghan in the Regional Final. It was hoped their speeches will be broadcast on local radio station Northern Sound radio. Other activities the Association were involved in included:

- Essay/Poetry project which always attracts several hundred entries from local primary schools took place again in December 2011. Over 200 young people and parents attended.
- Church gate collection took place in October 2011. A generous response from the local community again reflecting the good work of the organisation and its strong local reputation.
- Cavan/Monaghan Art Project which is open to all 2nd level schools in Cavan and Monaghan took place again in 2011. The theme this year was "Hope for the Future". Good coverage in Northern Standard for this event also.
- Building Resilience Together Project: Seminar for newly unemployed was held in the Westenra Hotel as part of Mental Health Week. Volunteers also manned a stall in Monaghan Shopping Centre with literature and a listening ear.
- The MHA also maintains good relations with the SOLAS service user run centre in the grounds of St. Davnet's Hospital and exhibited at their World Mental Health Day event which the Development Officer also helped advise on the organisation.

NAVAN MHA held their Social club every Tuesday and Thursday evenings, going from strength to strength. New pool tables were acquired, average turnout of 50 people. The Development Officer attended whenever possible to provide advice and support.

Other activities the Association were involved in included:

- Social Housing for 6 people at Flowerhill, Navan – made a huge difference to their lives.
- Knights of Columbanus expressed interest in supporting the Association with a new bus. This would be a huge help to the running of the Social club, Social housing, and Summer holiday trip.
- Over 20 service users brought on Holiday to Westport during the summer.
- Now regular "High Nellie" cycle on St. Patrick's Day in aid of MHA was held.
- Proceeds of €1,000 from Navan Fair Day in the Summer were donated to MHA also.
- Held a Summer BBQ, which the members enjoyed good food and entertainment.



Some of the Navan MHA members enjoying themselves at the Summer BBQ.

- Christmas Party held in the Newgrange Hotel on Thursday 15th December 2011.

World Mental Health Day activities included:

- World Mental Health Day 2011 featured a concert with the Garda band in Sept. 2011 in the Ardboyne Hotel and a party in October 2011 in the Newgrange Hotel.



Garda Band shone brightly once again for WMHD and National Choral week with an extravaganza of fun and music at the Newgrange hotel.

SOUTH MEATH MHA continued to Befriend every fortnight at the Tara Suite, Dunshaughlin. Activities the Association were involved in included:

- Work of MHA has led to new shower unit at the Tara Suite and an independent alarm system. This allows the Tara Suite to open and provide services over the Christmas and other public holidays when the main health centre is shut.
- Development Officer invited by Eugene Tarbert of Tara Suite to host a service user involvement group. It started in October 2010 and meetings were held during 2011. Feedback from service users on how they want services delivered is vital for statutory services and local volunteers alike.
- Volunteer recruitment drive took place in local media, church newsletters and local notice boards etc., as part of World Mental Health Day/Week events.

Summary of Events in 2011 by Region

Region: NORTH WESTERN

Counties: Donegal

Development Officer: Bill Vaughan

No. of Local MHAs: 10

Ballyshannon and District MHA

Buncrana and District MHA

Carrick MHA

Clonmany MHA

Cloughaneely MHA

Donegal Town MHA

Dungloe MHA

Killybegs MHA

Letterkenny MHA

Moville MHA



GTI Social Club members on their trip to Enniskillen.

BALLYSHANNON AND DISTRICT MHA has been rebuilding throughout 2011 and has been meeting on a monthly basis. The group have begun to organise a monthly social evening for people from the Ballyshannon area. The group are trying to start a weekly social club in the town in partnership with Atlantic View CDP. The group had a successful church gate collection and were the lead in organising a boat trip for World Mental Health Week. The group received Lotto funding and received a donation from the Mayor's Ball in December which the group attended.

The GTI (Buncrana/Carndonagh MHA) is facilitated by Worklink North West in Carndonagh and it continues to be a very active social group. Get Together Inishowen is made up of members who mostly have completed the Worklink programme. The club is well structured and supported well by the Worklink staff. During the year the group have had over night trips, visited Glenveagh, several trips to the theatre in Derry – all of which they organised and paid for themselves out of the club fund. The group met monthly to plan future events and are a very vibrant group. There was a regional meeting of all the groups in March at which the C.E.O. of Mental Health Ireland spoke as well as a guest speaker from Donegal Youth Council. At a second meeting held in April it was decided to leave the regional meeting as some people found it hard to attend. The Development Officer keeps the groups updated on current issues by emails and at their own meetings.

CARRICK MHA has strong links with the local community – providing support and voluntary work to the local housing project and Day Centre. The group met regularly to plan ahead for such things as Mental Health Week, Church Gate collection and Public Speaking Project. The group have supported Tir Boghainne – a community group in Carrick.

CLONMANY MHA supported the Colmcille Housing Project and Day Centre which provides an excellent service to families in the community. The group members assisted the project financially as well as providing voluntary help. The Association have been involved in bringing Jigsaw to County Donegal and have given financial support to various mental health projects in the area such as the National Public Speaking Project and Mental Health Week.

CLOUGHANEELY MHA supported clients using the Mental Health Day Centre at Falcarragh; visiting the centre and providing entertainment. There were regular Tuesday visits. Falcarragh MHA supported the local Day Centre by providing financial assistance for entertainment for the users of the centre. The group have strong links with the local Solas Programme and provided financial support for an activity that both groups organised during Mental Health Week. The group have a new member who manages the local Pobal Le Chéile community project and are looking forward to his input. The group recently had its annual Christmas party for all the users of the Day centre in Falcarragh.

DONEGAL TOWN MHA AND KILLYBEGS MHA - Donegal Town MHA supported the Day Centre in Rowanfield House through fund raising activities throughout the year. The group found it difficult to meet formally, as many members are nurses and do shift work. For Mental Health Week the group paid for users of the Day Centre to go on a boat trip where there was also entertainment and food provided. The numbers in the Killybegs MHA have been low in the past few years but they did manage to have a Church Gate Collection and the group supported the local Alzheimer's Association in the county. The Development Officer has been talking with Eimear O'Connor from Foroige and will also be meeting with a community development worker early in 2012 to discuss promoting the Association in the area.

Summary of Events in 2011 by Region

DUNGLOE MHA had their Church Gate Collection and continued to provide financial assistance to the local Day Centre in Dungloe and to the Get Together Rosses group when requested. There is only one member in the Dungloe group and the Development Officer is making efforts to support this member to increase membership.

World Mental Health Week activities included:

- Held an information evening in Dungloe and during Mental Health Week the Development Officer spoke at a launch of an information leaflet by the GTR group in Dungloe.

LETTERKENNY MHA maintains strong links with Cara House. Throughout 2011, members have supported Cara House to continue to provide essential services for many people in the Letterkenny area – some of whom have had, or are recovering from mental health difficulties. Cara House provides a range of services e.g. computer classes; dancing classes; crèche facilities; homework clubs; walking group and many more.

World Mental Health Week activities included:

- Held talks on Building Resilience Together and organised a night walk in Glenveagh National Park. Letterkenny MHA also supported the National Public Speaking Project.

MOVILLE AND DISTRICT MHA continued to provide support to many people throughout Inishowen as well as people from Derry. The group met on a monthly basis in Serenity House. This year was very busy. The group organised two mental health events for the community in May and July at which over 200 people attended. The group organised events in Serenity House for every day during Mental Health Week. The group helped with organising and gave financial support to mental Health Ireland's Public Speaking Project for post primary schools.



A Group of walkers from the Serenity house fitness club getting their blood pressure taken before a walk.

World Mental Health Week activities included:

- This year for the first time in Co. Donegal a co-ordinated approach was taken.

- In total there were 51 different events throughout the week, and 9 Mental Health Associations organised or supported many of these.
- Moville MHA (Serenity House) had various activities including coffee mornings, keep fit sessions and an information day.
- Get Together Inishowen had a pub quiz to raise funds.
- Clonmany MHA organised talks on positive mental health and Building Resilience for the public in Buncrana and had a coffee morning in the Colmcille Centre.
- Falcarragh MHA linked up with Solas – a HSE programme that supports people with mental health issues. The Association also had a walk and talk, followed by lunch.
- Cara House in Letterkenny had a Trilogue meeting, a talk on positive mental health and Building Resilience. Cara House also supported Parentstop to deliver Resilient Parents, Resilient Children.
- Dungloe MHA supported the local GTR group with the launch of their information leaflet that tells what the group does. They also supported a coffee morning in the day centre in Dungloe.
- Carrick MHA had two Walk and Talk events, which were open to everyone. The Development Officer gave a talk on Building Resilience Together at one of these sessions.
- Donegal town MHA and Ballyshannon MHA organised a boat trip and music session on 19th October.

Region: NORTH WESTERN

Counties: Leitrim, Sligo

Development Officer: Rachel Reilly

No. of Local MHAs: 7

Ballinamore MHA, Leitrim

Ballymote MHA, Sligo

Breffi MHA, Leitrim

Easkey MHA, Sligo

Manorhamilton MHA,

Sligo MHA, Sligo

Tubbercurry MHA, Sligo

BALLINAMORE MHA has become defunct since the failure of the proposed new Housing Association to take shape.

BALLYMOTE MHA is a well established Association and has very strong connections with HSE Mental Health Service staff and with service users in the area. Volunteers continued to provide ongoing 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

Summary of Events in 2011 by Region

Linden House or regularly attend The Rock Day Care Centre. The building previously in use as a day care service was an unsuitable, damp and dreary building which was 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. These improvements were carried out in 2011 and an excellent premises now replaces the old one. Other activities the Association were involved in included:

- Financial assistance was provided 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.

BREFFNI MHA 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. Other activities the Association were involved in included:

- Distribution of mental health literature in schools and information stands for the general public in the local shopping centres during World Mental Health Week 2011.
- Social events and fundraising for service users including organising a barbeque for the residents of Ashbrook House, taking residents on day trips and out for social outings.
- Providing financial support to projects relating to mental health and to individuals with a particular financial need as required.
- Building Resilience Together: An event was organised to raise awareness of the MHI Building Resilience campaign. As the message behind the campaign is to encourage people to "Sign up, Link in, Get involved" in activities in their local areas, a range of organisations including community groups, family resource centres, mental health services, youth groups etc. came together to showcase to the general public what they had to offer in relation to helping build people's resilience. This ranged from courses to workshops to service provision to volunteering opportunities amongst others. There were also talks on the evening by 3 guest speakers, on alcohol and mental health, building your resilience, and managing your money in a recession. People from all walks of life were invited to come along to find out what was on offer.
- MHA sponsored a bus to transport young people from Leitrim to attend the Young Mental Health Ireland Conference in Athlone.
- Public Speaking Project: Breffni MHA supported the Development Officer in the organisation of the project at local level and sponsors the Leitrim County Final every year.

EASKEY MHA - Volunteers have a close working relationship with the HSE mental health service staff. 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 were very active in maintaining the house and providing general care and support to the residents.
- Residents were involved in a horticultural project. They have a polytunnel on site in which they grow their own vegetables and plants. They are assisted in maintaining this project by two rural social scheme workers.
- Recreational and social activities for the residents of Radharc Na Mara. These include regular outings, art and crochet classes.
- Financial assistance for people with mental health problems in the Easkey area.
- Distribution of mental health literature in local schools.

MANORHAMILTON MHA work 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. Activities the Association were involved in included:

- Manorhamilton MHA link 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 Rosssnowlagh, 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.
- The MHA sponsored a creative writing session where service users could explore their poetry writing and artistic sides.
- MHA engaged with the Building Resilience project and hosted an information day in the local Bee Park Resource Centre. A range of information stands from around the Manorhamilton/North Leitrim area came along to inform the public of the services and activities they have to offer which can help to build resilience.
- Christmas dinner is provided every year in Manorhamilton.

Summary of Events in 2011 by Region

SLIGO MHA - 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 housing project has taken up a considerable amount of volunteers' time in 2011 with the general upkeep of the houses and meeting the needs of the residents. Some new volunteers were recruited by the Development Officer during 2011 which helped expand the other activities of the MHA. Other activities the Association were involved in included:

- 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. A social activity was organised monthly and up to 30 people regularly attended.
- National Public Speaking Project: Sligo MHA supports the MHI Development Officer in the organisation of the project at local level and sponsors the Sligo County Final every year. 2011 proved to be a very successful year for Sligo, as the team from Summerhill College went on to win the National Final in April.
- MHA sponsored a bus load of young people from Sligo to attend the Young Mental Health Ireland Conference in Athlone.
- Seminar: Sligo MHA hosted a seminar entitled "Minding Your Mind in Tough Times". A large crowd turned out to hear Psychologist Mark O'Callaghan talk about how the recession can impact on our mental health. This event was organised in conjunction with the Research and Education Foundation in Sligo General Hospital.



Rachel Reilly, MHI Development Officer, Sligo/Leitrim area with Dr. Ed O'Mahony, Consultant Psychiatrist, Sligo Mental Health Services and Mark O'Callaghan, Principal Psychologist, Sligo/Leitrim/West Cavan.

- The MHA hosted the first of a series of small group information talks in September by Dr. Ed Deevy entitled Psychologically Surviving the Recession. There was a very interactive discussion with the audience following the talk.
- A Facebook page for the Association was set up by one of the new volunteers to attract new interest.
- Building Resilience Together: An event was organised to raise awareness of the MHI Building Resilience campaign. As the message behind the campaign is to encourage people to "Sign up, Link in, Get involved" in activities in their local areas, a range of organisations including community groups, family resource centres, mental health services, youth groups etc came together to showcase to the general public what they had to offer in relation to helping build people's resilience. This ranged from courses to workshops to service provisions to volunteering opportunities amongst others. People from all walks of life were invited to come along to find out what was on offer.

World Mental Health Week activities included:

- MHI information leaflets were distributed by volunteers.
- Be Well Balloon Project: One hundred helium balloons helped deliver messages about mental health to the population of Sligo during WMHW. Sligo MHA marked the beginning of WMHW 2011 by placing these balloons around Sligo town and county. 100 people from a variety of different groups were asked to think on something (person, place or thing) they felt greatly supported and enhanced their mental wellbeing and to paint it onto a helium balloon. Groups included participants from VEC courses, primary and secondary school students, Clubhouse members and users of the mental health services, all of which contributed greatly to the campaign and came up with an interesting range of ideas.



MHI DO Rachel Reilly with Volunteer Ciara Banks celebrating Be Well Balloon Project.

Summary of Events in 2011 by Region

TUBBERCURRY MHA was renamed South Sligo MHA in 2011 as it gave the group more scope to cover a greater area. Regular meetings were held throughout 2011 with a core group of volunteers. However, it was felt that in order for the group to be successful, more people needed to join. A talk was delivered by local Suicide Resource Officer, Mike Rainsford in the hope of attracting new volunteers. A few new people joined and work is being planned for 2012 to promote 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: 7

Kilkenny MHA, Kilkenny

South Tipperary MHA, Tipperary

West Tipperary MHA/Tipperary Town MHA

Carlow MHA, Carlow

Waterford MHA, Waterford

West Waterford MHA, Waterford

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.

KILKENNY MHA is a long established MHA, with very proactive volunteers. Social Housing is one of the key projects of this organisation. It operates 5 family type houses throughout Kilkenny providing accommodation for 44 residents. The houses enjoy 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. Other activities the Association were involved in included:

- Kilkenny MHA in partnership with HSE are responsible for the running of these homes and hostels on a day to day basis.
- Annual participation in the schools Public Speaking project by hosting local and regional rounds of the event. Supports the Art project in Primary schools in the county.
- Distribution of MHI promotional leaflets in various locations throughout the county.
- Provide social occasions for mental health service users – dinner dance at Christmas and the summer B.B.Q. – day trips and activities in the day centres through the catchment area.

- The Christmas dinner dance was held on Thursday, 20th January. The Springhill Hotel was the venue for the occasion. 130 service users attended; music was by the Rockies and an excellent night was had by all. They also funded Christmas gifts to those in need.
- Provide social housing for people with mental health difficulties.
- Hosted the annual summer Barbeque in Hotel Kilkenny. 100 service users attended. Congratulations to the organisers of the event Christina and Bernie for all their commitment and hard work. Well done!!
- A Sponsored Cycle in conjunction with The Sean Kelly Tour. This gave the event a high profile and attracted much interest. Sponsorship cards were printed and distributed. An enthusiastic and indeed an energetic group of volunteers took part. There were participants in all three disciplines – 50km, 90km and 160km cycle.
- Networked with other organisations to mark World Suicide Day. They organised an event with the local airport – a parachute jump. It was attended by people from many counties who have been touched by suicide and others who wanted to lend support on the day.

World Mental Health Week activities included:

- Several choral events took place throughout the county.
- **LINK-UP** forum of volunteers and Kilkenny/Carlow MHAs - held a very successful mental health awareness day with the theme of "Building Resilience Together" in Mac Donagh Junction one of Kilkenny's premier shopping centres. 17 stands from different voluntary agencies and the HSE who are members of Link-Up adorned the square at the centre from 12pm to 8pm. Ossary Youth services performed a mini play based on MHI's 10 steps of the Building Resilience project. Poetry Reading on the Move was performed by service users, which was very empowering for all involved. An Art Exhibition for service users, schools and youth groups was also a part of the day. Kilkenny Credit Union kindly agreed to sponsor a calendar for 2013 with 12 of the paintings. The proceedings were opened by Marion Aceman- Mac Donagh Junction. The MC for the occasion was David Heffernan- HSE, Paul Cuddihy, Chairman Kilkenny Co. Council was first to address the audience. Dr. Frank Kelly Clinical Director Carlow/Kilkenny/S.Tipperary Mental Health Services outlined the pathways to the future for mental health services. Mike Watts National Co-ordinator GROW gave the perspective of service user involvement. Linda Thorpe MHI, Southeast DO – chair of Link-up spoke on the advantages of building resilience and positive mental health. Mayor David Fitzgerald formally opened the event. He has made mental health one of his priorities for his term in office. Brian Hogan captain of the Kilkenny All Ireland winning hurling team was in attendance and brought along the Mc Carthy Cup which created great excitement. Such was the success of the event that Mac Donagh Junction has invited us back next year.

Summary of Events in 2011 by Region



Frank Kelly, Mike Watts; Grow, David Fitzgerald; Mayor, Linda Thorpe; MHI Development Officer holding the Liam McCarthy Cup, David Heffernan; HSE and Brian Hogan; Kilkenny Hurler.

Regional Consultative Meeting:

- Regional Consultative meeting for MHA's in the Southeast was held in Kilkenny on Thursday, 24th February. The event was hosted by Kilkenny MHA. Christina Hickey, Honorary Secretary, Kilkenny MHA chaired the proceedings. It was a very well attended meeting with over thirty representatives from all six established MHA's in attendance.
- The keynote address was given by Mr. Brian Cody, Manager of the Senior Kilkenny Hurling Team. His address was interesting, informative, motivating and passionate.
- DO Linda Thorpe made a presentation on "Building Resilience Together" campaign. This stimulated much interest and debate.
- MHI Deputy C.E.O., Mr. Ted Tierney addressed the audience on MHI's Strategic Plan 2009-2013. Also included information on the Charities Act. A lively Q&A session followed.
- DO Linda Thorpe made a presentation to Brian Cody.



Linda Thorpe, MHI Development Officer, Alice Doyle, Wexford MHA, Brian Cody, Kilkenny Senior Hurling Manager, Maureen McCafferty, Wexford MHA, Ted Tierney, Deputy CEO, MHI, Evelyn Moulton, Peadar Moulton and Francis Murphy, Wexford MHA.

SOUTH TIPPERARY MHA is a long established Association with a very active core group of volunteers. 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. The Association have been invited to have a proactive link with this project when it is up and running. Other activities the Association were involved in included:

- Annual holidays for two weeks from 5th June for 16-20 service users in Ardmore Co. Waterford, with the support of S.T.MHA. 5/6 volunteers give up 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 the hotel being sponsored by the HSE. Pocket money drinks and treats are sponsored by S.T.MHA.
- In mid June the annual fundraiser GOLF classic was held. 39 teams took part this year and again it was a huge success. Maura and her team put their hearts into this event every year.

World Mental Health Week activities included:

- Cluain Training Centre had a coffee morning with the emphasis on creating awareness about positive mental health. MHI literature was distributed.
- Talks in Second Level Schools by Mental Health Professionals. Very good response to this initiative with schools eager for more awareness training.
- Art Competition well subscribed which again created interest through creativity.
- Mental Health Promotion articles in local newspapers which stimulated interest and created awareness of positive mental health.
- Music marathon was held at various locations in Clonmel. This unique initiative created much good will and awareness about positive mental health.
- STAN - South Tipperary Action Network is a mental health network of voluntary and statutory services in South Tipperary. It was launched at a conference on mental health on the 10th of October for service providers to celebrate WMHW.
- A need had been identified within the field of mental health and well being, to bring mental health organisations and support groups together with the community and voluntary groups in the South Tipperary Area. To achieve this we are hoping to create a network of organisations, South Tipperary Action Network – STAN.

STAN was formed with a view to organise networking meetings so that we can collaboratively improve the lives of all those effected by Mental health issues which is all of us. STAN is a network of mental health service providers established to provide networking and sharing opportunities for people and organisations working in the mental health area in South Tipperary. Currently there is a STAN Steering

Summary of Events in 2011 by Region

Group in place to help establish STAN with membership from Service Users, Mental Health Ireland, Grow, Community and Voluntary Forum, County Council and HSE Mental Health and Community Development Services.



Attending the Launch of S.T.A.N. were David Greene, Maeve Martin, Linda Thorpe, Angela Joy, Maureen Howl, Julie White and Ann Ryan.

WEST TIPPERARY MHA/ TIPPERARY TOWN MHA was established in 2009. It is a very vibrant Association with a core group of very active and dedicated volunteers. Libby Carew-Eichholz, Public Relations Officer and volunteers of West Tipperary MHA were in attendance at the PWDI mental health conference on Friday, 21st January in Clonmel. They made a Powerpoint presentation of the 'Rock the Boat' project which won them a place in the Guinness book of records. Libby addressed the gathering about the necessity of Positive Mental Health promotion. It was a very good presentation and very well received by the audience. Other activities the Association were involved in included:

- The West Tipperary Mental Health Association and the Friends of Mount Sion Community Residence hosted a Health Promotion Evening under the heading of 'Building Resilience Together' on Wednesday, August 31st at 8pm at Ballykisteen Hotel and Golf Resort, Limerick Junction, and Tipperary. The event was opened by the Tipperary Gospel Choir. This was followed by a number of presentations from some Guest Speakers and an Open Forum to facilitate Questions and Answers from the audience. Guest Speakers - Presidential Candidate Sean Gallagher (well known from RTE's Dragon's Den), Actress Mary McEvoy ('Biddy' from RTE's Glenroe), Dr. Alan Moore (Consultant Psychiatrist), Martin Quinn, National President of Muintir na Tire and Dr. Iver Hanrahan (General Practitioner). Following refreshments, the event moved to the Palatine Suite at the Hotel where a great night of cabaret and entertainment were provided. Proceeds from the sale of tickets will benefit the West Tipperary Mental Health Association. A huge crowd attended and a wonderful night was had.

- West Tipperary MHA, in partnership with the National Office for Suicide Prevention, held a training programme for 23 volunteers in December on **safeTALK, a suicide first – aid intervention programme**. It was very successful and has created much awareness within the community.

World Mental Health Week activities included:

- West Tipperary MHA celebrated World Mental Health Week in Tipperary on the 21st October. They had a very successful day commencing in the morning from 11am - 12 noon in the excel Theatre in Tipperary with Laughter Yoga. Approximately 40 people gathered to support and participate in the experience which was facilitated by Paul Maher and Maggie Cross both very well known yoga teachers in the Tipperary area. The research as well as the benefits of laughter yoga to both physical and mental health was discussed and then the fun began.
- The Lundbeck Art Exhibition was opened in the Excel and this gave the participants the opportunity to enjoy the wonderful art pieces on display.
- At 8.00 p.m. people congregated for a Ceremony of Light in St. Mary's Church Tipperary. The Theme for the evening was Light and Hope. The evening was opened by Rev. Dean Knowles who spoke on importance of hope and direction for people in difficult times. The evening was very uplifting with music, poetry and a reflection.
- The Tipperary Gospel Choir lifted the church ceremony with song to get the mood started and Pat and Fran Marnane and Anthony O'Connor also performed.
- Following the Service People enjoyed their first Musical Bingo in Tony Lowry's Pub. This took people on a musical journey from the 50's to present day as well as a nostalgic journey of television and film.

Carlow MHA is the newest MHA in the Southeast established in February 2010. Their focus is to get Carlow MHA established and recognised within the community. The organisers have contributed to newspaper articles on MHI and Carlow MHA and also gave a radio interview. Both activities have created an awareness of the organisation and a new awareness and openness to positive mental health. Other activities the Association were involved in included:

- The sale of the mental health promotional Finbar Wright C.D. is being used to fund raise for the organisation.
- Launched their FACEBOOK PAGE in June 2010. It is very well received with 30 – 50 hits weekly.

Summary of Events in 2011 by Region

- Organised a fun and varied programme in 2011 to promote positive mental health in the Carlow area throughout the year. Participated for the first time ever in the Carlow St. Patrick's Day Parade. This was followed by a table quiz in Eire Óg which also generated some much needed funds for mental health. Both events helped create a more positive outlook towards mental health issues; encouraged frank and open discussions about mental health and lessened the stigma of mental health difficulties through building community relations and alliances.
- Education begins with the young and continues for life and one of the annual projects is a bookmark competition for children in primary schools. The aim this year, as in other years, was to educate children on the importance of having a healthy mind as well as physical well-being in order to develop a holistic outlook on health. Children from schools throughout Carlow competed in a bookmark design competition to highlight 'talking about feelings', 'thinking happy thoughts' and 'having fun'. All designs were of an exceptionally high standard, with the overall winner being Miranda Faul from 5th Class in Askea Girls School.
- Tractor Run in June was a hugely successful fun day with a great atmosphere that generated some much needed funds also.
- 10th September was World Suicide Prevention Day and a tree was planted with a plaque erected in Carlow Town Park in remembrance of all who have died by suicide in Carlow.
- In July 2011 Carlow Mental Health Association and Carlow Suicide Awareness Committee joined together. This has been a very successful union with both groups bringing their own dynamic to the organisation. The group has worked very well together, which is reflected in their calendar of activities for 2011 and their plans for 2012.
- Food for the Brain Nutrition Talk was a fantastic night of information on foods that your brain needs to support concentration, memory, and mood and mental health. We all learned a lot from this which took place on Tuesday, 11th October.
- Happiness workshop Wednesday, 12th October. This consisted of activities, exercises and discussions in a safe, fun and relaxed atmosphere. It was all about creating a positive happy environment and focusing on what it is that promotes a feeling of wellbeing within ourselves.
- Self Esteem in families took place on Thursday, 13th October; it was a Workshop for parents on promoting self esteem within the family.
- SafeTalk - Friday, 14th October was provided for leaders of local organisations, frontline workers, youth leaders and teachers. This useful workshop on suicide first aid was in high demand.
- Walk for your Mental Health was a river and countryside walk with John Murray (RTE Radio 1 Presenter), where we enjoyed the 8km (approx.) loop from Leighlinbridge to Bagenalstown.
- Singing Our Cares Away helped us to sing to celebrate positive mental health on Saturday, 15th October. The session was open to everyone, regardless of singing ability and age, where a range of easy-to-learn, uplifting and inspiring songs were sung.
- Mensana Family Fun Day, Sunday 16th October in the grounds of St. Dymphna's Hospital was a day of activities for all the family. With Music by Free Yoga Sessions and Indian Head Massage, Bouncy Super Slide, Sumo Wrestling, Space Hopper Garden, Face Painting and lots more. Information stand and refreshments were available.

World Mental Health Week activities included:

- To celebrate World Mental Health Day it was decided to have a festival of positive mental health, different events aimed at the different groups in our community. The festival was called 'Mensana Fest'.
- Light up the Barrow for positive mental health took place on Sunday, 9th October to launch Mensana Fest floating lantern where people could write their intentions before they were lit and sent out onto the barrow. Music was provided by Carlow Regional Youth Services and they had refreshments in the Rowing Club.
- Cup Cake Conference took place on Monday, 10th October. This was an evening of music, dancing, information and cup cakes to promote positive mental health for young people.



Irene Ryan, Joanne Donoghue, Olive Fanning at Carlow MHA Family fun Day

Summary of Events in 2011 by Region

Wexford MHA is a very active Association with a core membership of 20 individuals. Social Housing is one of the key projects of this Association. It operates 25 family type houses throughout Co. 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. Wexford MHA, in partnership with HSE, are responsible for the running of these homes and hostels on a day to day basis. Other activities the Association were involved in included:

- KTAC- Killagoley Training Activation Centre under the auspices of Wexford Mental Health Association has been redesigned and refurbished to a very high standard and is now the hub of day services for Wexford Mental Health Services. It is now the base for both the Rehabilitation and Outreach Teams. Both teams are fully established with all health disciplines being represented. It is the centre of activities with the establishment of the new Day Centre. 35 to 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 with the use of newly erected tunnels. Recreational and social activities also form a large part of the programmes. 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.
- Held a gigantic Summer BBQ, over 100 service users, family members and staff of Wexford Mental Health Services attended. A great day was had by all.
- KTAC facilitated work experience for TY students of local schools. This proved to be a successful venture both for the students who learned so much and were empowered and stimulated by the experience and for the service users who enjoyed the interaction.
- Bishop of Ferns, Denis Brennan supported Wexford MHA by hosting a coffee morning on Wednesday, 6th July in his residence in Wexford. Between 350–400 people attended what was a very enjoyable and interactive occasion. Catering was provided by the Bishop's own staff and volunteers of Wexford MHA. The MHI Development Officer held a slide show of the activities of MHI in the entrance hall. MHI literature was distributed to all.
- All Ireland Semi-final of the MHI Public Speaking Project held in Riverside Park Hotel Enniscorthy. The event was attended by the C.E.O. of MHI, Mr Brian Howard and Board member of MHI, Mr. Joe Casey. Almost 300 people were in attendance. It was a tremendous afternoon, with very enlightening speeches from all nine participants. Colaiste Eoin, Hacketstown emerged the winners and represented the Southeast in the MHI National Public Speaking Final.

- The Ladies Mini-Marathon, when the ladies of Co. Wexford took to the roads around the village of Oylgate on Bank-Holiday Monday to support Wexford Mental Health Association. The event was once again organised by Evelyn Moulton and was well supported.

WATERFORD MHA is a long established Association, with a very active core group of volunteers who have over 40 volunteers and they are all registered with National Service Users Executive. The main objective of the project is peer support, social inclusion, independence and the continued opportunity to develop social networks, friendships, self-esteem and confidence. A group of trained volunteers actively support this group. Other activities the Association were involved in included:

- Funding was provided for parties, Christmas, Easter and other social occasions, as well as providing funding for outings and for the provision of funds for those service users who find themselves in hardship.
- Waterford MHA actively participates in the National Public Speaking Project for second level schools.
- Waterford MHA hosted one of the regional finals of the National Public Speaking Project.
- A very successful Flag Day was held in Waterford city in August to raise funds for the Association.

World Mental Health Week activities included:

- WIT- Waterford Institute Students Union honoured the 527 people who died by suicide by releasing a pink balloon for each person, as part of WMHW. The event created huge awareness and stimulated much debate in the college.



WIT Students celebrate World Mental Health day by releasing 527 pink balloons in memory of those who died by suicide.

Summary of Events in 2011 by Region

WEST WATERFORD MHA

West Waterford re-established in January 2011 and has been busy recruiting new volunteers to the Association. Links have been strengthened with the local community services.

The Association activities included:

- DO held meeting with Consultant Psychiatrist Anne Landers and the MDT for West Waterford where she presented a presentation on MHI and its activities. She informed the meeting of the newly established MHA in West Waterford and outlined some of their ideas and planned activities. MHI literature was also distributed.
- Fundraising – some members of the Association who are also members of the local Flower Arranging Club held a display during the local food festival in Dungarvan and raised some much needed funds.



Members of the newly formed West Waterford MHA together with Linda Thorpe, MHI Development Officer.

World Mental Health Week activities included:

The Association was very active throughout WMHW and created huge awareness about positive mental health.

- They were active participants in the visit of the Minister Kathleen Lynch, T.D. and many of the members travelled from the West of the county to attend the event.
- A very successful coffee morning was held in Dungarvan. It was well attended and provided a platform for social networking of the group.
- Local members contacted the three libraries in the locality, Dungarvan, Lismore and Cappaquin and they agreed to distribute MHI literature with their books for the week. This venture proved to be a success and created huge awareness.

Region: SOUTHERN

Counties: Kerry

Development Officer: Dan O'Connor

No. of Local MHAs: Kerry MHA + 9 branches

Kerry MHA

Castleisland MHA

East Kerry MHA

Iveragh MHA

Kenmare MHA

Killarney MHA

Killorglin MHA

Listowel MHA

Tralee MHA

West Kerry MHA

During the past 12 months the Kerry Mental Health Association has been very active in pursuing its aims and objectives, in a variety of ways, throughout the county. This is done through the activities of our nine local branches and our DO in response to various needs that are identified at local level.

Activities of the associations' included the following;

- Continued the provision of social housing in the county. 15 tenants took up residency at the new €2.8 million Community Housing Facility at Upper Lewis Road, Killarney on 15th December 2011. The facility is now named Cherryfield House.



The new look of Cherryfield house.

Summary of Events in 2011 by Region



Reception area of Cherryfield house.

- The current number of units of accommodation provided by the KMHA stands at 61 and this will increase to 65 on completion of a Killorglin Project.
- The Associations have continued to provide funding for transport related activities both for social and recreational purposes through the Social Activities Department at St. Finan's Hospital and towards transport costs for the clients attending Kilgarvan day centre.
- The Associations provided funding for weekend breaks, social activities such as day trips, shopping trips, trips to football matches, tea dances, cinema, meals out and refreshments on a regular basis, befriending activities and gifts and parties for residents in community residences to celebrate birthdays and other special occasions. The Association also supported a house Mass, trips to Lourdes and Knock Shrine, annual social events, lunch vouchers, hampers and barbeques, the provision of daylight simulation lamps, membership to leisure centres, provided funding for clients attending community mental health facilities to participate in the St. Patrick's Day parade as well as visits to art exhibitions and various places of interest.
- The Associations have provided funding for a wide range of occupational, rehabilitation and recreational activities as well as health and wellbeing programmes and adult education programmes at the various community mental health day facilities and Adult Education Centres throughout Kerry. Some of these include literacy and numeracy classes for service users, horticultural projects, materials for arts and crafts, music and drama, educational based groups such as computing and learning packages including brain training games, games for developing concentration and cognitive games, books, relaxation classes and CDs, reflexology and massage sessions, hairdressing, aromatherapy oils, mindfulness based stress reduction courses, Dance for the Young at Heart, recovery and wellness groups, anxiety management and social skills training.
- The KMHA also donated some funding to other relevant worthy charities such as Jigsaw Kerry and St. Vincent de Paul and for activities at the Acute Psychiatric Unit as well as providing a house security alarm and a church radio for residents in the community.
- The Associations have continued to promote positive mental health in a variety of ways. These include talks to second level students throughout the county and to various support groups, care groups, PLC students, members of the public, Women in Farming, FAS trainees, tutors and attendees at Tech Amergin Waterville, members of the Community and Voluntary Fora, Women 2000, Killarney Soroptimists, a meeting of Guidance Counsellors, the IFA County Executive and to attendees at a Suicide Awareness Seminar in Killarney.
- The Associations have also provided leaflets and information materials to various groups, organisations and centres countywide, provided information stands at specific events and participated in a variety of activities to celebrate World Mental Health Day as well as on radio.
- Seven schools from Kerry entered a team in the Mental Health National Public Speaking Project with a number of students also entering the Design a Cover National Art Project and the National Photographic Project. Sarah Courtney, a student from St. Brigid's Secondary School Killarney won the Photographic Project and Colaiste Ide Dingle progressed to the Public Speaking National Semi Finals.
- The Associations also liaised with the GAA at County Board level with a view to getting the organisation to become partners in promoting positive mental health through its network of clubs countywide.

Summary of Events in 2011 by Region

- Fund raising activities take many shapes and forms and they include Church Gate collections, publication and sale of a poetry book as well as other book sales, table quizzes, plant sales, back packing, flag days, sponsored walks and swims, coffee mornings and the production of Christmas cards for sale. Once again the Association also received a generous donation from Killarney Town Council as well as donations from various other groups and organisations including a local race committee and donations for talks and presentations delivered to various groups.

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

BALLINSLOE MHA had a very busy year indeed. One of the biggest events for Ballinasloe MHA this year was being successfully granted funding from Galway Rural Development in the region of €10,000. The project, which included three strands consisted of a public Trialogue meeting held on World Mental Health Day, a community arts initiative that involved 25 different community groups in Ballinasloe town and a community wellness event. The project was hugely successful. Other activities the Association were involved in included:

- Continued support of social outings for service users throughout the year.
- Supported the roll out of the National Public Speaking Project.
- The Association held their annual recital in December which is also part of their fundraising portfolio.

World Mental Health Week activities included:

- Ballinasloe MHA held a Trialogue meeting in Hayden's hotel, Ballinasloe which was facilitated by Liam Mac Gabhann and Paddy McGowan from DCU.
- Ballinasloe MHA also launched their Schools essay project- the ADA English Memorial prize. This initiative is a partnership between Ballinasloe MHA, Ballinasloe Library and Mountbellew MHA.

Ballinasloe MHA also started their Community Arts initiative during October in preparation for the Craft your Wellness event in November. As part of this initiative they worked collaboratively with the HSE and invited a number of primary schools from Ballinasloe Town to visit Creagh Training Centre to see what arts and crafts service users make in the centre.

CLIFDEN MHA organised half day workshops for staff and service users on the importance of physical and mental health linking, the importance of diet, exercise and fitness and positive mental health.

GALWAY MHA held regular monthly meetings throughout the year. Galway MHAs Social Housing initiative continued to run very successfully. Other activities the Association were involved in included:

- A housing support worker is employed by the Association 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.
- MHA Volunteers continued to attend Ceim Eile day centre in Galway city. The monthly outings to the cinema with service users followed by a meal in McDonalds were maintained throughout the year and are a great source of enjoyment for the clients from Céim Eile and Danesfield. These outings are funded by the Association.
- Lorna McMahon 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.



Lorna McMahon's Garden in Ardcarraig.

- 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 continued to support the role out of the National Public Speaking Project locally and hosted the Galway county final in 2011.

Summary of Events in 2011 by Region

- The Association again ring fenced €1000 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.

World Mental Health Week activities included:

- Galway MHA had their annual choral event to celebrate mental health week. Wellness information days were held throughout the day centres in Galway. Galway MHA also sponsored prizes in the Resilience Project in NUI Galway.

GORT MHA undertook a restructuring process during 2011 with support from the Development Officer and the MHI head office.

LOUGHREA MHA has also been busy recruiting new volunteers to the Association. The Association has continued to hold regular meetings and has been very successful on a number of grant applications.

World Mental Health Day activities included:

Loughrea MHA organised two church gate collections and a coffee morning with a special guest appearance by Josephine Helly from ICA Boot Camp during World Mental Health Week.

MOUNTBELLEW MHA has been active and busy throughout the year. The Association continued to support the role out of the National Public Speaking Project locally.

Other activities the Association were involved in included:

- The MHA provided financial aid for clients and supplied fuel to four houses.
- Social activities/ outings - a trip to Bundoran with Ballinasloe MHA and other outings during the year.
- This year the MHA again joined up with Ballinasloe MHA to provide a joint Christmas party in the for service users.
- Fund raising - the MHA continued to hold church gate collections during 2011 to raise funds for the MHA to support their activities.
- Mountbellew held a public awareness information session by Mr. John Lonergan which was attended by over 100 people on the night.

World Mental Health Day activities included:

- Mountbellew MHA held a coffee morning in the day centre during World Mental Health Week.

TUAM AND DISTRICT MHA

This year was an exceptionally busy year for Tuam and District MHA. As well as maintaining its social housing programme and sponsoring the Mental Health Community Employment Scheme funded by FAS, the Association worked relentlessly throughout the year to open an information centre in Tuam. Other activities the Association were involved in included:

- The MHA held their annual church gate collections.
- 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. The Association has played a key role in developing the Tuam Jigsaw network.
- Continued to play a vital role in the community in sponsoring suicide awareness training through the regional suicide officer. The Association again sponsored SafeTALK training and continue to promote both this course and ASIST in Tuam. The Association also supported a local schools initiative during World Mental Health Week.
- Tuam MHA sponsored the publication of a community Directory in Tuam for all community groups.

World Mental Health Day activities included:

- Tuam MHA opened their information centre on World Mental Health Day. The MHA also celebrated 25 years in existence and held a celebration to acknowledge the achievements of the volunteers over that time period.

Region: WESTERN

Counties: Mayo, Roscommon

Development Officer: Myra Walshe

No. of Local MHAs: 9

Ballaghaderreen MHA, Roscommon

Boyle MHA, Roscommon

Castlerea MHA, Roscommon

Roscommon MHA, Roscommon

Ballinrobe MHA, Mayo

Ballina MHA, Mayo

Ballintubber MHA, Mayo

Castlebar MHA, Mayo

Westport MHA, Mayo

Summary of Events in 2011 by Region

BALLAGHADERREEN MHA

The committee has a membership of 12 consisting of community leaders, politicians, and HSE workers and is set up within the Community Development Project which the Development Officer is an active member. Other activities included:

- Provided a Living Links training program for the county and set up the Living Links support project for the county in 2009. It has recently followed on with more training in Living Links, ASIST and Tune Up. This Association and the DO, work very closely with the Resource Officer for Suicide HSE West.
- The local MHA compiled a leaflet listing useful telephone numbers for the general public. The initiative was launched in 2010. It is very popular with the general public. The MHA distributed the leaflets at its Church gate collection held in November.

World Mental Health Week:

The Association completed the training for ASIST, Tune Up, and 2nd Living Links for the county during World Mental Health Week.

BOYLE MHA - The Development Officer set up this Association in Boyle in May 2005. There were some problems around sustainability due to volunteer work commitments. The DO recruited volunteers from the local HSE and Co. Roscommon Supported Employment to ensure its sustainability. The Association is undergoing a transitional period at present. The DO has met with some of the volunteers and potential volunteers to progress to the next level.

CASTLEREA MHA - This vibrant Association was set up in May 2003 by the Development Officer. The Association has a special interest in the promotion of mental health in young people. The membership is 12 with a core group of 8 from the local community. The Association is also interested in the National Public Speaking Project and has worked alongside the Development Officer in sustaining the project in the local school. Other activities the Association were involved in included:

- The Association has grant aided the refurbishment of a HSE house in the locality costing over €2000 and has sponsored the HSE lead organic garden project in Castlereah with an initial donation of €3000.

- This year the Association as part of its ongoing drive to promote positive mental health in young people, sponsored level 3 kayaking for 10 young people attending the HSE funded Neighbourhood Youth Project with the ultimate aim of training the participants as Kayaking Instructors who when qualified will train their peers. This is an excellent project as the MHA realise the importance of outdoor activities for the promotion of mental health, social development and social inclusion. The Level 3 certificates were conferred recently. The Association partnered Roscommon in organising the recent seminar "Climbing Out Of Depression in These Challenging Times."



Level 3 Kayaking course participants.

- Set up Organic Garden Project. Organic Gardening course was completed and participants received their certificates at an open Garden day which was held in July. The MHA is funding the start up of the project by €3000 to provide an instructor for extra hours to support service users on site. The project has great potential and aims to maintain organic status for the garden in Knockroe, through planting, seeding and cultivation of same.

World Mental Health Week activity included:

- Oct 14th; Coffee and Information morning held in Foroige NYP, Castlereah.

Roscommon MHA - This Association meets on a monthly basis in Roscommon town. The membership of the Association has been sustained with up to 20 members with a core group of ten members. The DO is on the committee of this organisation. The retention of the volunteers is due to the work of the Development Officer in supporting and motivating local volunteers in the development of initiatives and the sense of involvement volunteers have achieved in these developments.

Summary of Events in 2011 by Region

The Association activities also included:

- The MHA has attracted public interest and membership due to the health promotion initiatives which enjoyed great media coverage, the media campaign, the advocacy work and the community partnerships developed by the Development Officer. The DO and the MHA are stakeholders in the local community radio, Ros FM.
- The Association has participated at the Regional Meetings with the HSE which have been re-activated by MHI. This Forum has provided a platform for local volunteers to voice their opinions on matters pertaining to the development of the mental health services and other aspects of Mental Health Promotion and Advocacy and has facilitated discussions of mutual interest.
- Current befriending activities include:
 - » Funded visits to the cinema, theatre, concerts and social events in town centres throughout the county.
 - » Funding is donated to various mental health service centres.
 - » Supporting HSE social activities throughout the county.
- Roscommon volunteers and the Development Officer are involved in a Peer support initiative which was set up in collaboration with the Roscommon Integrated Development Company, Mental Health Support Groups and Roscommon Mental Health Service. The Peer Support Project has two strands:
 1. Peer Befriending-Social and recreational based programmes aimed at making and developing contact with individuals undergoing treatment in the local mental health service facilities. Peer volunteers have received accredited training. The Waterford Befriending Project has been used as a model for the peer befriending. A co-ordinator drives the project. Some of the volunteers have participated in the Wellness Recovery Action Planning project in Roscommon and have been providing training when requested
 2. Activity Based Engagement/ Drop in Centre Supports-A Drop in Centre Independent social, activity and recreational projects has been developed in a centre not directly associated with mental health service provision and which caters for other groups (e.g. youth, ethnic groups, etc.) but which is accessible to people experiencing mental health difficulties. The project is ongoing and a building is being leased and refurbished to accommodate a Charity Shop and a drop in Centre Restaurant with internet access. Roscommon Retail Service is the title of the cooperative which is driving the project. The Melting Pot is the name of the shop and the Café. The project has three main dimensions Coffee shop, Internet Café and Performance Venue.

Roscommon MHA is part of the cooperative. The DO was invited on to the management committee during the year.

The shop has been opened and is managed by a person who has experience in this area, with support from the users of the local community mental health centre. Roscommon Mental Health Association made an initial donation of €2,000 to the project.

World Mental Health Day activities included:

- The MHA and the DO worked on this initiative for the county. The events got great media coverage. The Roscommon Herald devoted a full page to the press release and featured photos of events.
- Oct 11th - A coffee and information morning was held in the Primary Care Unit Roscommon. MHI Display erected with leaflets, posters organised by HSE and DO
- Oct 11th - DO spoke on Ros FM Community Radio on mental Health and work of MHI.
- Oct 12th - Talk on Positive Mental Health, Family Resource Centre, Castlerea Prison by the DO
- Oct 12th - Talk on Positive Mental Health to the Carers Group Ballinasloe by DO.
- Oct 14th - Mote park 10k walk in association with Roscommon Sports Partnership was held with over 50 participants. Photos featured on local papers.

Seminar: Climbing Out of Depression in These Challenging Times.

The DO and the local Association organised the seminar on November 17th last. The event was held in the Abbey Hotel and attracted over 200 members of the public. There was massive publicity of the event in the local media. The seminar was organised by all three Associations in the county. The speakers included:

- **Carol Hunt**, freelance journalist and columnist with the Sunday Independent. Carol took a personal holistic approach to good mental health to help us cope better and become happier in ourselves particularly useful in times of recession. She addressed two topics (1). Knowing the difference: The importance of being able to differentiate between "The proper sorrows of the soul" and clinical depression. (2) Know thyself: How she coped with serious depression by integrating drugs, introspection, counselling, exercise, education and forgiveness to treat the mind, body and spirit.
- **Shane Martin** is a psychologist dedicated to teaching people how to be healthier and happier. His Mood Watchers course has been delivered at community venues throughout the country. He spoke with hope and humour in his presentation and had words of wisdom and inspiration for people finding life challenging at the moment. He stated that he passionately believed in everyone's ability to embrace a better quality of life and he outlined ways in which we can harness our strengths to cope better.

The Seminar was chaired by well known Shannonside radio broadcaster Mary Clare Grealy. The questions and answers session was chaired by Mary Clare and included the

Summary of Events in 2011 by Region

Chairman of Castlereagh, MHA local GP, Dr Greg Kelly. There was a lively exchange during this session. Some members of the audience spoke of their own struggles. The DO spoke about the great work of all the Association in the county. She also invited members of the public to support the local Associations by becoming volunteers. Three people signed up as volunteers on the night. The event was covered by the local media and featured two pages in the local paper. The DO organised a telephone link in with one of the speakers and Shannonside radio. The DO was interviewed on local radio.

Minding Minds

The DO in partnership with the Regional Drugs Task Force, HSE and Jigsaw Roscommon developed a training programme aimed at parents of teenagers on the topics of drugs and alcohol misuse and mental health issues. The training commenced on December 6th 2010 and followed on in April 2011. It is hoped to continue it next year.

COUNTY MAYO MHA

There are five active associations:

1. Castlebar.
2. Ballinrobe.
3. Ballintubber.
4. Ballina.
5. Westport.

They are collectively known as County Mayo MHA. The County Mayo MHA meets monthly and all local Associations are invited to attend. These meetings are aimed at supporting local groups in identifying possible projects and new areas of interest. This year the Association supported by the DO has been very busy with the development of the new Information Centre located in New Antrim St. Castlebar. The Association activities also included;

- The Information Centre is now open. The MHA moved its business interests there on World Mental Health Day 2008. The house has been refurbished to a very high standard with very up to date meeting rooms and technological equipment. The initiative is an outstanding achievement by the local volunteers. The building serves as the central location for information on mental health issues.
- The ongoing development of the Befriending Project for the county. The new project is based on the Waterford model. Volunteers have attended a training programme and are currently befriending people with mental health problems identified by the HSE. A management committee was set up to oversee the project and one of the MHA volunteers is the co-ordinator. The DO is part of the steering group and has supported the training. The project was launched on MIDWEST Radio on WMHD 2009.

- Since 1976 Mayo MHA has been involved in social housing. The Association currently owns five houses in Castlebar and is renting 3 one bed roomed apartments from Mayo Co. Council. The five group homes provide accommodation for 20 people with mental health difficulties. Over the last two years, Mayo MHA in partnership with the Health Service Executive has purchased three houses in Ballina. Two of these group homes provide accommodation for seven people. The third house provides housing for 3-4 people. In 2006, the MHA purchased a house in Westport overlooking Clew Bay. This house provides a home for four people.
- **Meitheal Mhuigheo;** Mayo MHA was the recipient of this very prestigious award for its great work in mental health promotion, social housing and other projects. The Chairman, Mr. P.J. Murphy, received the award on behalf of the Association at a ceremony in the Burlington Hotel. This annual award is presented by Muintir Mhuigheo Dublin in recognition of great service to the people of Mayo.



A.J Prendergast, President, The Mayo Dublin Association, presenting the 2011 Meitheal Award to P.J. Murphy, Chairperson Mayo MHA, surrounded by members of the Association with their friends and supporters.

- The Association has designed creative bookmarks. A service user was very involved in its design and her artwork features on the front of the bookmark. It is a very good promotional initiative.
- Organised and funded social events in various local towns e.g. trips to the cinema and concerts.
- Financial support for holiday programmes and social outings. Westport MHA has been very involved in providing social outing support to the local mental health sector.
- Funding is donated for Christmas parties at the request of the local Mental Health Service.
- Volunteers visit clients in Day Centres and in their own homes. The Development Officer supports all events when invited to do so.

World Mental Health Day activities included:

- A Press Release was sent to all local media outlining the Building Resilience Together campaign and events due to take place in the county.

Summary of Events in 2011 by Region

- Mayo Travellers Support Group and Castlebar Resource Centre celebrated World Mental Health Day with a coffee morning in the Family Resource Centre in Castlebar on 10th October, 2011. The MHA Chairman gave a short talk on the work of Mayo Mental Health Association and mental health issues.
- An information stand for Mayo Mental Health Association was on display in the Supervalu Foyer on 10th October, 2011.
- The Chairman of Mayo MHA spoke on Midwest Radio on the Tommy Marron Show. This broadcaster is patron of the Association.
- A coffee morning was held in the Mayo Mental Health Association Information Centre from 10.30am to 2.30pm. Members of the public called to the Centre and were briefed on the work of the Association.
- Mayo MHA Information Stand was on display on 14th October, 2011 at 7pm in Hotel Ballina for the HSE "Choose Life – Reach Out" event. The volunteers distributed leaflets and were there to talk to members of the public.

MHI Key Projects and 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 2011, Mental Health Ireland continued 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.

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
- Employment 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 of information data, new website
- MHI Merit awards.
- National Choral Singing Project for World Mental Health Week
- Mental Health Ireland and Ladies GAA

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, this included:

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

MHI CORE ACTIVITIES WITH HSE and NATIONAL PARTNERSHIPS

Health Service Executive

Mental Health Ireland continued 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 below.

Applied Suicide Intervention Skills Training (ASIST) and Training for Trainers

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

HSE "Better Mental Health" Working Group

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

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

Jigsaw

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.



Martin Rogan, HSE; Bob Illback, Headstrong; Ted Tierney, Mental Health Ireland and Clare O'Neill, Jigsaw Galway.



An Taoiseach Enda Kenny, Thelma Sugrue and Nicola Morley.

MHI Key Projects and Activities

Jigsaw Galway/Roscommon... an Update

Mental Health Ireland is delighted to be associated as one of the core partners in the Jigsaw project in Galway/Roscommon.

The integration of Roscommon Jigsaw into the project is further evidence of the vision and innovative thinking behind this best practise model of Youth Mental Health.

This innovative project is going from strength to strength. It is now firmly established as the benchmark for delivery of Youth Mental Health Services in Ireland. The project has been developed by the partners in consultation with Young People at every step of the way. This has proven to be the core of the project, listening to Young People on their thoughts, opinions and suggestions on how the project should be developed and delivered.

The other essential element of the success of the project is the extraordinary commitment and dedication of the staff. This talented team has gone the extra mile at all stages of the project development to ensure the delivery of high quality care and information to the Young People of County Galway.

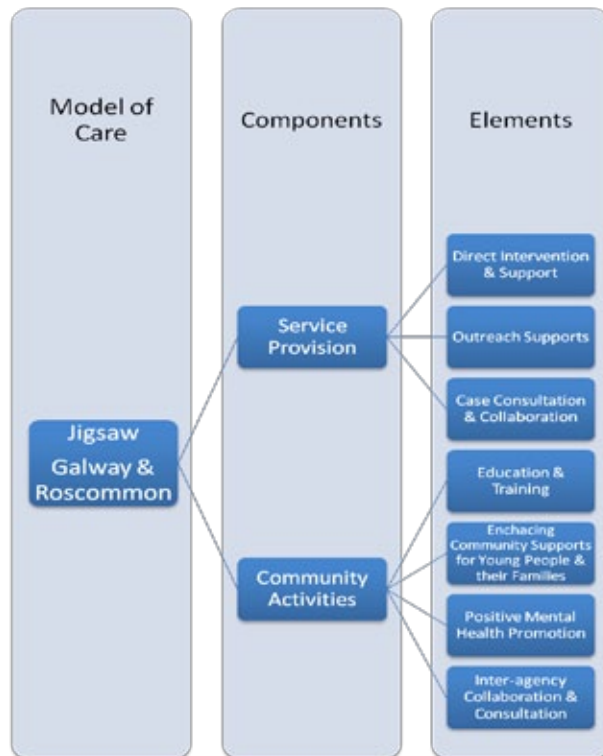
MHI is committed to the project and we look forward to the time when each county in Ireland has its own replica project.

Operation plan for Amalgamation of Jigsaw Galway-Roscommon 2011-2012

- 1. Governance Structures** – Single governance structure for Galway and Roscommon in line with HSE Integrated Service Area
- 2. Change Management group** – Agree representation and Terms of Reference e.g. governance, HR, policies and procedures, timelines, review business plan, partners/stakeholders etc
- 3. Scope of the project**
- 4. Hub plans**
 - Draft plans 19.1.2012
 - Presentation to management group and Youth panel
 - Finalise plans 3.2.2012
 - Work commence 20.2.2012
 - Work complete 23.3.2012
- 5. Youth Advisory Council**
 - Meeting between YAC and John Fitzmaurice, Ted Tierney, Maria Costello and James Barry (end of January)
 - Separate youth panel for Galway and Roscommon
 - Review T.O.R etc.
 - Meeting with Galway Youth Panel (Easter 2012)

- 6. Open Space event** - developing a sustainable Jigsaw model that will compliment, support, and enhance support systems for young people and families throughout Roscommon county.

Jigsaw Model – Galway and Roscommon



National Office for Suicide Prevention

- Mental Health Ireland regularly liaises with the National Office for Suicide Prevention in coordinating efforts to impact on reduction of incidences of suicide and suicidal behaviour.

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 (EEAB) to inform them on Strategy and Objectives centering on the best way forward in the Irish Mental Health arena. The EEAB comprises of mental health campaigners and research experts and service-users countrywide.

Spunout.ie



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

INTERNATIONAL

World Federation for Mental Health (WFMH)

Mental Health Ireland is a member of the World Federation. The WFMH was founded in 1948 to advance, among all peoples and nations, the prevention of mental and emotional disorders, the proper treatment and care of those with such disorders, and the promotion of mental health.



Mental Health Europe (MHE)

Mr. Brian Howard, CEO, is a member of the Board of Mental Health Europe. MHE is a representative organisation of Associations and organisations in the field of mental health in Europe, including consumers, volunteers and professionals of many disciplines. MHE has members in 28 European countries. All the member states of the European Union are represented in its 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 MHA's are actively involved in the development of social housing programmes. At present, local MHA's 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 MHA's.

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 come 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 2011, one edition of Mensana News was published and widely circulated. These summarised some of the work undertaken by local MHA's 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.

The website was further enhanced during 2011 and has been praised by its users on its content.

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

MHI Key Projects and Activities

FACEBOOK

The Mental Health Ireland Facebook Page 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 1646 fans of Mental Health Ireland on Facebook and 155 members on our Young Mental Health Ireland page. This is up over 500 new fans since 2010 and is increasing every day.



MEDIA

In 2011, Mental Health Ireland received its 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.

A permanent feature on our website homepage is the Headline weekly news update.



YMHI CONFERENCE 2011

Young Mental Health Ireland and Westmeath Comhairle na nÓg

“My Mind Matters” Conference 27th April 2011

Following the great success of the Inaugural Young Mental Health Ireland Conference in 2009, Mental Health Ireland was delighted to join forces with Westmeath Comhairle na nÓg and co-host the “My Mind Matters” Conference in the Glasson Hotel and Country Club, Killinure, Glasson, Athlone, Co. Westmeath on Wednesday, 27th April, 2011 from 10am to 5pm.



Minister for Children and Youth Affairs, Frances Fitzgerald, addressing the conference attendees.



Minister for Children and Youth Affairs, Frances Fitzgerald, Micheal Dollard, Westmeath Councillor and Michael Hughes, Chairman of MHI.

The Conference was aimed at young people in the age group 15 to 25 years. The Conference Programme had been specifically designed in conjunction with members of Young Mental Health Ireland and Westmeath Comhairle na nÓg, who prioritised youth mental health as one of their most important topics for 2011. Consultation with young people was a cornerstone to the success of the Conference to meet the needs of young people and deal with issues relevant to them.



Some members of Comhairle na nOg at the conference.

Around 200 young people, youth leaders and representatives from national youth organisations attended. Among the special guests invited to the conference were: Minister for Children, Ms. Frances Fitzgerald T.D., Cathaoirleach Cllr Michael Dollard from Westmeath County Council and MHI Chairman, Mr. Michael Hughes. They all addressed the Conference delegates stressing the importance of young peoples' mental health as they are the future of Ireland. The Keynote Address was delivered by Mike Ciesla on the topic of the importance of resilience to young people as a life skill. Master of Ceremonies for the day was Ted Tierney, Deputy CEO, MHI.

Other presentations included:

- **"Growing Pains – a Personal Perspective of Mental Health"** presented by Lisa Butterly.
- **"The Me Nobody Knows"** a Playlet/Drama on Youth Mental Health issues by Midlands Drama School.
- **"Bouncing Back – Harnessing Strengths during Challenging Times"** by Shane Martin, Psychologist and Director of Moodwatchers.
- Outdoor Activities – Graffiti painting.
- **4 interactive** workshops dealing with relevant issues for young people:
 - **"Body Image and Eating Disorders"** presented by Siobhan Foster, Regional Co-Ordinator SPHE
 - **"You are Involved...Why Young People Should Become Volunteers"** presented by Sinead Hardiman, Volunteer Manager Barnardos; Cy Cleary and Deirdre Campbell, Comhairle na nÓg.
 - **"Are you under Pressure?"** presented by Finola Colgan, Nicola Morley, Mental Health Ireland; and Edweena Dully, Midlands Regional Youth Services.
 - **"Youth Organisations – What they can do for Young People"** presented by John Gilmore, President Youth Work Ireland.
- Music by Paul Boyle and the winners from Mullingar and Athlone Teen Factor competitions: Drina Golding and Jenny Brady and Sky is the Limit.

WORLD MENTAL HEALTH DAY 2011 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 Together** campaign will be supported by Mental Health Ireland throughout the year.

The National Campaign **"Building Resilience Together"** 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.

MHI Key Projects and Activities

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 activities. Start your own special interest group.

National Choral Singing Project

For the fourth 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.



Lampert girls performing at the Wexford MHA concert celebrating WMHD.

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. Examples 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 MHA's, the Association of Irish Choirs, the Health Service Executive and many other local and community groups.

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 MHA's, Development Officers and Central Office staff. We are particularly indebted to the members of the National Steering Committee for their ongoing commitment to the Project. In 2011, over 175 schools participated in the National Public Speaking Project. The Final in Trinity College, Dublin was held on 9th April, 2011. The North West Region of Ireland was the winner with Summerhill College, Sligo being successful on the evening.



Michael Hughes, Chairman of MHI, Kieran Blake, Thomas Endersby, Barry Brennan and Cian Tuohy of Summer Hill College with Tutor Fr. Gerard Cryan and Mr. Brian Howard, CEO of MHI.

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.



Mental Health Matters Resource park

Design a Cover Project

This National Art Project for students in Post Primary Schools and Colleges was once again well supported. Out of over 1,000 entries received from students around the country, seven 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. Katie Ní Urmholtaigh (Hamilton), Meánscoil San Nioclás, Rinn ÓgCuanach, Dún Garbhán, Co. Phort Láirge was announced as the National Winner. Her artwork was used on the front of the 2012 Calendar. The Project complements the National Public Speaking Project in schools and affords students the opportunity to express their vision of mental health through the medium of art.



Mr. Brian Howard, CEO of MHI presents Katie Ní Urmholtaigh with a trophy to mark her winning this year's National Design a Cover Art Project.

Photographic Project

The Photographic Project was introduced in 2009 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 2011. Sarah Courtney "(Reach for the Sky)" St. Brigid's Secondary School, New Street, Killarney, Co. Kerry was announced as the National Winner.

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

Review of Mental Health Law

During the year, Mental Health Ireland made a submission to the Minister for Health and Children in respect of a review of the Mental Health Act 2001 which the Minister is committed to. Mental Health Ireland advocated that while the primary focus on the Mental Health Act 2001 was on the human rights aspects of involuntary detention of mental health patients, the focus should now turn to voluntary admission of patients to in-patient facilities. MHI advocated the provision of a structured advocacy service for those who may be confused or unsure about the benefits of voluntary in-patient care. The focus on voluntary admission to hospitals in legislation would avoid frequent long delays in admissions to in-patient voluntary care which often leads to severe deterioration in the mental health of individuals and can lead to unnecessary involuntary care in emergency situations. Mental Health Ireland also requested that the relatively significant costs associated with the provision of independent review of decisions to detain be reviewed. While Mental Health Ireland supports this important provision in legislation, it did request that a more cost efficient method should be analysed. Other comments by Mental Health Ireland centred on the need to take into account those who suffer from personality disorder and the potential conflict between provisions of intended Mental Capacity Legislation and Mental Health Law.

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 2011

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

Position Vacant	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 and 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

Directors' Report and Financial Statements

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

Directors' Report and Financial Statements

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) CONTENTS

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MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
DIRECTORS' REPORT
FOR THE YEAR ENDED 31 DECEMBER 2011

The directors present their report and financial statements for the year ended 31 December 2011.

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 2011:

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

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, Joe Casey, Brian Glanville and Maria Molloy retire by rotation and, being eligible, offer themselves for re-election.

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.

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2011

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
7 June 2012

Brendan Madden, Hon. Treasurer
Director

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

TO THE SHAREHOLDERS OF MENTAL HEALTH IRELAND

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

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2011 set out on pages 5 to 12. These financial statements have been prepared under the accounting policies set out therein.

Respective responsibilities of the directors and auditors

As described in the Statement of Directors' Responsibilities on page 2 the company's directors are responsible for the preparation of the financial statements in accordance with applicable law and the accounting standards issued by the Accounting Standards Board and promulgated by the Institute of Chartered Accountants in Ireland (Generally Accepted Accounting Practice in Ireland).

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

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Acts, 1963 to 2009. We also report to you whether in our opinion: proper books of account have been kept by the company; whether, at the balance sheet date, there exists a financial situation requiring the convening of an extraordinary general meeting of the company; and whether the information given in the directors' report is consistent with the financial statements. In addition, we state whether we have obtained all the information and explanations necessary for the purposes of our audit, and whether the company's balance sheet and its profit and loss account are in agreement with the books of account.

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

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

Basis of audit opinion

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

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

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

Opinion

In our opinion the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of the company's affairs as at 31 December 2011 and of its profit 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 - Going concern

In forming our opinion, we have considered the adequacy of the disclosures made in Note 1 to the financial statements concerning the future viability of the company. The financial statements have been prepared on a going concern basis, the validity of which depends upon two factors, firstly, continued funding being made available to the company from the Health Service Executive "HSE", and secondly, the company resolving a dispute in relation to treatment of a number of current and former employees' pension arrangements.

These factors indicate a material uncertainty which may cast significant doubt on the company's ability to continue as a going concern. The financial statements do not include the adjustments that would result if the company was unable to continue as a going concern.

**for and on behalf of,
JPA Brenson Lawlor,**

7 June 2012

**Chartered Accountants
Registered Auditor**

Argyle Square,
Morehampton Road,
Donnybrook,
Dublin 4.

Directors' Report and Financial Statements

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2011

	Notes	2011 €	2010 €
Income		1,714,196	920,311
Expenses		(1,629,896)	(1,506,256)
Surplus/(deficit)		84,300	(585,945)
Income and expenditure account at beginning of the year		(350,085)	235,860
Income and expenditure account at end of the year	7	<u>(265,785)</u>	<u>(350,085)</u>

Approved by the board on 7 June 2012

Michael Hughes, Chairman
Director

Brendan Madden, Hon. Treasurer
Director

Directors' Report and Financial Statements

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) BALANCE SHEET AS AT 31 DECEMBER 2011

	Notes	2011 €	€	2010 €	€
Fixed assets					
Tangible assets	3		190,447		200,989
Current assets					
Debtors and prepayments	4	159,499		114,810	
Cash at bank and in hand		210,268		177,070	
		369,767		291,880	
Creditors: amounts falling due within one year	5	(633,052)		(650,007)	
Net current liabilities			(263,285)		(358,127)
Total assets less current liabilities			(72,838)		(157,138)
Reserves and accumulated surplus					
Other reserves	7	192,947		192,947	
Income and expenditure account	7	(265,785)		(350,085)	
	8	(72,838)		(157,138)	

Approved by the board on 7 June 2012

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 2011

	2011	2010
	€	€
Operating surplus/(deficit)	84,300	(585,945)
Depreciation of tangible assets	12,383	3,384
(Increase)/decrease in debtors	(44,689)	3,096
Decrease in creditors within one year	(16,955)	(30,119)
Cash generated from operations	35,039	(609,584)
Application of cash		
Payments to acquire tangible assets	1,841	1,113
	(1,841)	(1,113)
Net increase/(decrease) in cash	33,198	(610,697)
Cash at bank and in hand less overdrafts at beginning of year	177,070	787,767
Cash at bank and in hand less overdrafts at end of year	210,268	177,070
Consisting of:		
Cash at bank and in hand	210,268	177,070
	210,268	177,070

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2011

1	Reconciliation of operating surplus/(deficit) to net cash inflow/(outflow) from operating activities	2011	2010		
		€	€		
	Operating surplus/(deficit)	84,300	(585,945)		
	Depreciation of tangible assets	12,383	3,384		
	(Increase)/decrease in debtors	(44,689)	3,096		
	Decrease in creditors within one year	(16,955)	(30,119)		
	Net cash inflow/(outflow) from operating activities	35,039	(609,584)		
2	Analysis of net funds	1 January 2011	Cash flow	Other non-cash changes	31 December 2011
		€	€	€	€
	Net cash:				
	Cash at bank and in hand	177,070	33,198	-	210,268
	Bank deposits	-	-	-	-
	Net funds	177,070	33,198	-	210,268
3	Reconciliation of net cash flow to movement in net funds	2011	2010		
		€	€		
	Increase/(decrease) in cash in the year	33,198	(610,697)		
	Movement in net funds in the year	33,198	(610,697)		
	Opening net funds	177,070	787,767		
	Closing net funds	210,268	177,070		

MENTAL HEALTH IRELAND (A COMPANY LIMITED BY GUARANTEE) NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2011

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 provide funding to meet the day to day operating expenses of the company. Should the HSE suspend funding arrangements at any time in the future, the company will not be in a position to continue to trade.

Despite the uncertainties regarding the funding arrangements for the company, it is the view of the directors that the HSE will continue to support and fund the company for a period of at least twelve months from the date of approval of the financial statements.

There are claims pending against the company in relation to pension liabilities of certain current and former employees. The directors have been in discussion with the claimants in an attempt to reach a settlement in relation to these claims. The company has limited resources available to satisfy any potential claim and it is unlikely external funding can be obtained to settle liabilities arising. In the event that an acceptable outcome cannot be reached between the parties, the company may have no alternative but to cease trading.

The company made a cumulative provision of €575,000 in the financial statements for the financial years ended 31st December 2007 and 31st December 2008 in respect of this claim. This provision has been included in creditors and was based on reserves that the company had available to it at this time. The HSE subsequently made a claim against the company in 2009 and these reserves were subsequently depleted. The liability and any potential settlement of the pension claims will be contingent on the outcome of on-going discussions with the claimants.

The future viability of the company is therefore contingent on the outcome of these discussions. The directors are hopeful however that a satisfactory arrangement can be reached between the parties and the company can continue to operate and provide mental health services for the foreseeable future.

The directors conclude therefore that it is appropriate to prepare the financial statements on a going concern basis. Should this not be the case adjustments may need to be made to reclassify fixed assets and long term liabilities to current assets and liabilities, to reduce the carrying value of assets and liabilities in the balance sheet to their recoverable amount and to provide for any additional liabilities and costs which may arise on liquidation.

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
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MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2011

1 Accounting policies (continued)

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 surplus/(deficit)	2011	2010
	€	€
Operating surplus/(deficit) is stated after charging:		
Depreciation of tangible assets	12,383	3,384
Auditors' remuneration	6,660	6,552

3 Tangible fixed assets

	Land and buildings	Office furniture & equipment	Total
	Freehold		
	€	€	€
Cost			
At 1 January 2011	184,706	192,005	376,711
Additions	-	1,841	1,841
At 31 December 2011	184,706	193,846	378,552
Depreciation			
At 1 January 2011	-	175,722	175,722
Charge for the year	-	12,383	12,383
At 31 December 2011	-	188,105	188,105
Net book value			
At 31 December 2011	184,706	5,741	190,447
At 31 December 2010	184,706	16,283	200,989

4 Debtors	2011	2010
	€	€
Prepayments and accrued income	148,432	114,810
Other debtors	11,067	-
	159,499	114,810

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2011

5 Creditors: amounts falling due within one year	2011	2010
	€	€
Trade creditors	5,909	30,752
Other creditors	2	350
Accruals and other creditors	627,141	618,905
	<u>633,052</u>	<u>650,007</u>
Included in other creditors are amounts relating to taxation, as follows: P.A.Y.E. control account	<u>2</u>	<u>350</u>

6 Pension costs

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

7 Statement of movements on reserves

	Capital Reserve	Income and expenditure account
	€	€
Balance at 1 January 2011	192,947	(350,085)
Retained surplus for the year	-	84,300
Balance at 31 December 2011	<u>192,947</u>	<u>(265,785)</u>

8 Reconciliation of movements in reserves

	2011	2010
	€	€
Surplus/(Deficit) for the financial year	84,300	(585,945)
Opening reserves	<u>(157,138)</u>	<u>428,807</u>
Closing reserves	<u>(72,838)</u>	<u>(157,138)</u>

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2011

9 Employees

Number of employees

The average monthly number of employees during the year was:

2011	2010
Number	Number
21	21

Employment costs

	2011	2010
	€	€
Wages and salaries	991,488	983,766
Social security costs	92,311	87,300
Other pension costs	78,477	80,603
	<u>1,162,276</u>	<u>1,151,669</u>

10 Approval of financial statements

The directors approved the financial statements on the 7 June 2012.

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
MANAGEMENT INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2011

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
DETAILED TRADING AND PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2011

	2011	2010
	€	€
Turnover		
HSE East	937,646	217,000
HSE Sligo/Leitrim	67,586	63,457
HSE North East	44,190	45,000
HSE Donegal	35,002	35,625
HSE West	123,335	121,337
Subscriptions	14,013	21,176
Jigsaw Project	413,420	290,489
Other donations	13,981	56,533
Charicash & deposit interest	23	4,335
HSE Midland	65,000	65,359
	<hr/>	<hr/>
	1,714,196	920,311
 Administrative expenses	 (1,629,896)	 (1,506,256)
	<hr/>	<hr/>
Operating profit/(loss)	84,300	(585,945)
	<hr/> <hr/>	<hr/> <hr/>

MENTAL HEALTH IRELAND
(A COMPANY LIMITED BY GUARANTEE)
SCHEDULE OF DISTRIBUTION COSTS AND ADMINISTRATIVE EXPENSES
FOR THE YEAR ENDED 31 DECEMBER 2011

	2011 €	2010 €
Administrative expenses		
Salaries & employment expenses	991,488	983,766
Employer's PRSI contributions	92,311	87,300
Staff pension costs	78,477	80,603
Recruitment & training	613	5,061
Rent	70,000	-
Service charge	28,333	-
Insurance	13,803	23,700
Light and heat	4,001	4,205
Office sundries, cleaning & maintenance	18,145	12,514
Postage	18,689	17,037
Stationery & office supplies	5,599	5,280
Promotional & organising expenses	97,842	96,311
Telephone	25,389	24,476
Professional fees	17,769	28,746
Audit fees	6,660	6,552
Bank charges	727	697
National education programme	145,251	125,801
Website service & development	2,416	823
Depreciation on fixed assets	12,383	3,384
	<u>1,629,896</u>	<u>1,506,256</u>

Local Mental Health Associations and Honorary Secretaries

CARLOW

Carlow MHA

Ms. Avril Nolan
99 The Wallows,
Hacketstown Road,
Carlow.

CAVAN

Bailieborough MHA

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

Cavan MHA

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

Cootehill MHA

Ms. Nuala Carragher,
9 Maxwell Court,
Cootehill,
Co. Cavan.

CLARE

Ennis MHA

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

North Clare MHA

Ms. Maureen McGrath,
Mental Health Day Centre,
Ennis Road,
Ennistymon,
Co. Clare.
Tel: 065-7071915

Shannon MHA

Ms. Una Cahill,
154 Cluain Airne,
Shannon,
Co. Clare.

West Clare MHA

Ms. Noreen Kelleher,
McMahon and Williams Solicitors,
Frances Street,
Kilrush,
Co. Clare.
Tel: 065-9051009

DONEGAL

Ballyshannon MHA

Ms. Danielle Lyster,
28 Marian Villas,
Donegal Town,
Co. Donegal.

Buncrana and District MHA

Ms. Shirley Carlin,
GTI Club, Worklink Northwest,
Ard Cloghar,
Carndonagh,
Co. Donegal.
Tel: 074-9329718

Carrick MHA

Ms. Meabh Carr,
Day Care Centre
Carrick,
Co. Donegal.
Tel: 074-9737354

Clonmany MHA

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

Cloughaneely MHA

Ms. Teresa Kenny,
Ballyness,
Falcarragh,
Co. Donegal.
Tel: 074-9135236

Donegal Town MHA

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

Dungloe MHA

Ms. Deborah Hegarty,
Main Street,
Dungloe,
Co. Donegal.
Tel: 074-9521386

Killybegs MHA

Mrs. Mary Connaghan,
Five Points,
Killybegs,
Co. Donegal.
Tel: 074-9741968

Letterkenny MHA

Ms. Susan McCauley,
Cara Hse. Family Resource Ctre.,
Market Square,
Letterkenny,
Co. Donegal.
Tel: 074-9123986

Moville MHA

Ms. Mary Farren,
Serenity House,
Moville,
Co. Donegal.
Tel: 074-9382945

DUBLIN

Ballyfermot MHA

Ms. Kate Downey,
Unit 4,
Cherry Orchard Hospital,
Ballyfermot Road,
Dublin 10.
Tel: 01-6234040

Crumlin and District MHA

Mr. Stephen Yates,
C/o St. Columba's Day Hospital
Armagh Road,
Crumlin,
Dublin 12.
Tel: 01 455 9547

Drumcondra and District MHA

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

Local Mental Health Associations and Honorary Secretaries

Dublin 15 MHA

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

Dublin Housing MHA

Ms. Barbara Davis,
6 Adelaide Street,
Dun Laoghaire,
Co. Dublin.
Tel : 01-2841166

Dun Laoghaire MHA

Ms. Janice Huet,
32 Rowanbyrn,
Blackrock,
Co. Dublin.
Fingal MHA
Mr. Charlie Rogan, Acting Sec.,
164 Broadmeadows,
Swords,
Co. Dublin.
Tel: 01-8436337

Finglas MHA

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

Friends of Kilrock House MHA

Ms. Marie Kearns,
Kilrock House,
Howth,
Co. Dublin.

St. Brendan's MHA

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

St. Loman's MHA

Ms. Susan Kehoe,
Occupational Therapy Dept.,
St. Loman's Hospital,
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