

THE SOUTH WEST POST



'getting better together'

New CEO for Health Service Executive Announced

On September 22 last, it was officially announced that Professor Aidan Halligan has been selected as the new Chief Executive Officer of the Health Service Executive.

Mr. Micheál Martin TD, Minister for Health & Children, said: 'I am pleased to announce the selection of Professor Halligan as the Chief Executive Officer of the Health Service Executive. He is a person of the highest calibre and is very well qualified to lead the important work

of the Health Service Executive. I believe that Professor Halligan can play a critical role in achieving the Government's ambitious programme of reform for the health service.'

Continued inside on page 11

Minister Martin announces Health Service Executive Locations

The structure of the four HSE regional areas have been announced as follows: Dublin/Mid-Leinster, Dublin/North-East, Western and Southern.

Regions

The current health board areas which will be encompassed under the new structure are:

Dublin/Mid-Leinster: East Coast Area Health Board, South Western Area Health Board and Midland Health Board with the HQ in Tullamore, Co. Offaly.

Dublin/North East: Northern Area Health Board and North Eastern Health Board with the HQ in Kells, Co. Meath.

Western: North Western Health Board,

Western Health Board and Mid-Western Health Board with the HQ in Galway City.

Southern: Southern Health Board and South Eastern Health Board with the HQ in Cork City.

These regional centres will not be health boards but rather units which will assist in the co-ordination of services delivered through the local health offices. The regional offices will be responsible for performance management, translating national policies through the local areas and gathering and relaying information on a regional basis.

Interaction with local communities and their elected public representatives will also be a key function. It is planned to establish Fora which will allow for public representation in relation to the operation and development of health and social services. Members will be

nominated to the Fora by the City and County Councils in the area.

Headquarters

The headquarters of the HSE will be in Naas, and the interim HSE is considering various options in this regard at the moment. It is estimated that the staff complement for the HSE will be around 300.

The Health Information and Quality Authority (HIQA) will be based in Cork. Mr. Pat McGrath has been confirmed as the Chairperson of HIQA, which is being established to advance the key policy aim of the Health Strategy to deliver high quality services that are based on evidence-supported best practice.

These two organisations are due to be established on a statutory basis by January 1, 2005, and were announced as part of the Government's Public Service Decentralisation Programme.

This Issue:



3

A Sad Farewell to Former Board Members



8

Migraine - More Than Just a Headache



15

Love SHACK - Caring for the Children of Kenya



22

New Sensory Garden for St. Vincent's Hospital, Athy

Star turn for Social Inclusion Manager!

Justin Parkes, Social Inclusion Manager for Kildare / West Wicklow, is putting the finishing touches to his performance as long-suffering milkman Teyve, in the Coolmine Musical Society's production of *Fiddler on the Roof*.

The musical is set in the fictional Russian village of Anatevke and relates the story of Teyve's family at the time of the Russian pogroms at the turn of the twentieth century.



Justin Parkes, Social Inclusion Manager for Kildare / West Wicklow, preparing for his role in the Coolmine Musical Society's production of *Fiddler on the Roof*.



Justin Parkes and Kathy Kelly as Drake and Ida with their "ducklings" in the award-winning production of *HONK*.

This is Justin's fourth successive musical with the Coolmine Musical Society, his most notable being in 2002 when he won an Association of Irish Musical Societies (AIMS) nomination for his role as Colonel Pickering in *My Fair Lady*. Most recently, Justin appeared as Drake in the Teachers' Musical Societies' award-winning production of *HONK*. It tells the story of the ugly duckling and has some very modern-day 'social inclusion' resonances about people's

reactions to being different. The production won Best Show, Best Director and Best Actor for the Society at the AIMS annual award ceremony in Killarney last June.

Fiddler on the Roof is on in the Draíocht Theatre, beside the Blanchardstown Town Centre, from October 19 to 23 and bookings can be made by calling the box office on 01 885 2622.

Hacks Wanted!

Why not become a correspondent for the *South West Post*? If you'd like to become a regular contributor to the Post and help keep us updated as to what's going on in your area, then don't be shy! There's very little work involved and we'll give you all the back-up you need. Email us at thepost@swahb.ie or telephone 045 880 406.

Property for Sale

Four bedroom detached house facing green area off Sallins Road, Naas. Private cul-de-sac, rear garden courtyard, outside shed, en-suite off main bedroom. €380,000 ono – contact Anne Harris, tel.: 087 605 7264

A Sad Farewell to former Board Members

Following the dissolution of membership of the Boards, an informal get-together of Board members and senior staff took place in Oak House, Millennium Park, on June 15 last to mark the contribution and hard work of members over the past four years since the establishment of the South Western Area Health Board.

Membership of the Boards was dissolved in anticipation of the formation of a new unitary health system under the Health Service Executive from January 1 next. The new service will be responsible for delivery and streamlining of all health and personal social services. The goals of the new organisation are to provide better service to patients, clients and service-users, to create a better working environment for staff and to deliver better value for money for the taxpayer.

Speaking at the event, Mr. Pat Donnelly, Chief Executive Officer, commented that the legacy of the Board stretched beyond the past four years to the work of the former Eastern Health Board. He said there had been a very good working relationship with members and that this had brought public accountability to the workings of the Board.

Mr. Donnelly said that the last number of years had been very challenging for the Board with a growing population and rising public expectation. Allied with this was the necessity to stay within existing level of service requirements and



Mr. Pat Donnelly, Chief Executive Officer, South Western Area Health Board, marks the dissolution of the Board with a presentation to its outgoing Chairman, Mary Mooney.

within the Board's budgetary allocation. The challenge for the new system will be to pull everything together and to be even more responsive, he concluded.

The outgoing Chairman of the Board, Mary Mooney, said it was an historic and sad day. She had been greatly honoured to be a member of the Board and especially honoured when elected Chairman. She paid tribute to the energy of the members, many of whom were members of the South Western Area Health Board and the former Eastern Health Board for many years. She also wished the Board's hard working and dedicated staff well during a challenging time. She wished staff every possible success in their efforts and concluded by expressing the earnest hope that the new structures would

bring better services to the public.

Cllr. Therese Ridge, outgoing Vice-Chairman, also said that she was sad to see the break-up of the Board. She was leaving friends behind and thanked the Chairman for her graciousness. She expressed the hope that there would continue to be a forum for people to represent the public.

The former Chairman of the Eastern Regional Health Authority, Joe Doyle, wished the new Health Service Executive every success. A number of other members of the Board present on the day also fondly recalled their time with the Board.

Clubhouse leads the way in Community Mental Health Services

Platinum Clubhouse, the first Irish Clubhouse, recently celebrated five years of innovation in the provision of a member-led community service for people who experience mental health difficulties.



(L-R) Ms. Carmel Doyle, Manager, Platinum Clubhouse, Dr. Margaret Webb, General Manager, Eastern Vocational Enterprises Ltd., Mr. Martin Rogan, Assistant Chief Executive Officer, South Western Area Health Board and Mr. Michael Burke, Member, Platinum Clubhouse pictured with Mr. Tim. O'Malley TD (centre), Minister of State, Department of Health & Children, on the occasion of his visit to Platinum Clubhouse, Newbridge, to celebrate five years of operation and to officially open the facility. The centre operates under the auspices of Eastern Vocational Enterprises Ltd., a subsidiary of the South Western Area Health Board, and is a member-run and centred service which provides a holistic model of rehabilitation in mental health, to achieve social, financial and vocational goals.

The occasion was marked by an official visit from Mr. Tim O'Malley TD, Minister of State, Department of Health & Children, who also unveiled a plaque officially opening the centre. The centre operates under the auspices of Eastern Vocational Enterprises (EVE) Ltd., which is funded by the South Western Area Health Board.

According to the World Health Organisation, mental health difficulties are the fastest growing health condition. One in four people will experience mental health difficulties in their life and in 2002 the Mental Health Commission estimated that over 700,000 Irish people will be affected during their lifetime.

Platinum Clubhouse is a mutually supportive environment for people with mental health difficulties where members work together to assist each other in meeting their own needs. It supports members in remaining in the community while achieving social, financial and vocational goals. It also provides a holistic model of rehabilitation in mental health, which is non-medical, encourages inclusion and integration, enhances quality of life and which ultimately assists in recovery. Members are supported in their educational, housing, legal, financial, social welfare and personal matters.

There are three main elements to the model – the work-ordered day, the out-of-hours social programme and the employment programme, which

includes transitional, supported and independent placement. With the aim of returning to work on a regular basis, the Transitional Employment Programme is unique to Clubhouse and offers members the chance to go to work in a paid, part-time job for approximately six months. The centre also supports members in educational initiatives both in the club and in the local community. An outreach programme is also available to members and former members who may have become isolated in the community or who may have been re-admitted to hospital. In 2002, Platinum Clubhouse was accredited by the International Centre for Clubhouse Development as operating according to the international standards for Clubhouse programmes.

In celebrating the achievements of the Clubhouse and commenting on the unique nature of the service model, Dr. Margaret Webb, General Manager, EVE Ltd. said: 'its success lies in the fact that the Clubhouse model has been designed by the membership, for the

membership, based upon their unique insights and knowledge of what they need. It is based upon a partnership principle, which fundamentally recognises the rights and responsibilities we all hold in enabling people with experience of mental health difficulties regain their self-esteem and self-respect so they can live economically and socially productive lives in their local communities.'

As a member-run and centred service, members work in partnership with staff in planning and operating the Clubhouse and it is very much consensus-driven. This allows members gain empowerment, self-confidence, dignity and respect through meaningful relationships and meaningful work.

Dr. Webb further explained that: 'membership is the core of this service model. This has created a new lens from which we view our responsibilities as service providers. Clubhouse has taught us what we needed to change in our organisational processes and practices and in our attitudes and

beliefs to give reality to the vision of equality in our services. It has also given real meaning to the concept of partnership. The Clubhouse model demonstrates the best practice principles which, we hope, will become the characteristics of the mental health services of the future.'

Platinum first opened its doors in July 1999 and since then has grown from strength to strength. People who join are members rather than 'clients' or 'patients' and, today, it has over 110 members. Since then, EVE Ltd. has opened Phoenix Clubhouse, Clondalkin in 2002 and Suaimhneas Clubhouse, Coolock in 2003. Development plans are in place to establish a Clubhouse in Blanchardstown in 2005.

The first Clubhouse was created by a group of ex-patients, who had experienced mental health problems, in Fountain House, New York, over 50 years ago and now there are in excess of 400 centres following the Clubhouse model of rehabilitation in 29 countries worldwide.

A Problem Shared...

'Learn About Depression' is the title of a new leaflet which has been published by the Clondalkin Travellers' Primary Health Care Initiative and funded by the South Western Area Health Board.

The leaflet outlines the various signs of possible depression – feeling gloomy, useless, nervous or angry; being easily upset and having mood swings; not sleeping and being constantly tired; lacking motivation and being unable to concentrate; and having thoughts of suicide and self-harm.

The importance of asking for help and talking about one's problems are emphasised. It is important to see what

the problem is and to take one's worries to someone who knows about depression and who can give proper support.

Advice is given on where to turn for help – a family member, friend, doctor, priest, counsellor, social worker – and contact details are also given for various services, including the Samaritans, CallSave 1850 60 90 90 and Aware, tel.: 01 676 6166.

