

CONTACTS

Volume 18 No.1 Spring 1992

It was indeed a sad day for the Eastern Health Board and St Columcille's when the Sisters announced that due to falling numbers they would have to withdraw from the Hospital.

The esteem in which the Sisters were held was evident by the many functions arranged to honour Sr Angelis (Matron), Sr Rose Bernadette (Asst Matron) and Sr Martha (Ward Sister) — the three remaining Sisters.

On 1 October '91 a Mass of Thanksgiving to mark the departure of the Order was celebrated by the Most Rev Bishop Donal Murray, Auxiliary Bishop of Dublin, assisted by the Hospital Chaplain, Fr Arthur Larkin, the priests from the neighbouring parishes and Canon William Marshall, Rector, Church of Ireland, Rathmichael. Members of the Order travelled from all over the country and from the mother house in Roehampton, London (including the Mother General, Sister Rosarii), to the Mass and celebrations.

A presentation of Dublin crystal glasses with an engraving of the Hospital was made to Sr Angelis, Sr Rose, Sr Martha and Sr Rosarii.

A presentation of a trip to the Holy Land was made to Sr Angelis and Sr Rose by their many colleagues in the Board, GPs, Friends of the Hospital and by the hospital staff.

On 6 October a Presentation Dinner was organised in the

Killiney Court Hotel with a large attendance by staff, colleagues, friends and family of Sr Angelis and Sr Rose.

Mr Kieran Hickey (Chief Executive Officer) spoke of the Board's high regard for the Order

Mr Jim Buckley, who made a contribution on behalf of Sr Angelis' native community in Rathmore, Co Kerry.

Dinner was followed by a highly enjoyable night of dancing and singing into the early hours

bog oak and is a replica of the Castledermot Cross. On the cross are brass panels with etchings of St Columcille and the Crest of the Order.

Sr Rose is remaining in Ireland — based in Chapelizod.

Sisters say goodbye to St Columcille's



and, in particular, Sr Angelis and Sr Rose and their many achievements in St Columcille's. Many compliments were paid to the Sisters by Mr J O'Brien (Programme Manager), Mr Declan Magee (Consultant Surgeon), The Matron's Association, Dr Ray Hawkins of Bray Clinical Society, Fr Arthur Larkin (Hospital Chaplain) and

of the morning.

On 8 December 91, a commemorative plaque was unveiled to mark the Order's loyal and dedicated service to the Hospital over the past 92 years. The plaque was unveiled by Cllr Ivor Callely, TD, Chairman, Eastern Health Board.

The plaque, which is in the shape of a celtic cross, is made of

Pictured at the unveiling of the plaque to mark the 92nd anniversary of the Sisters in St Columcille's were (l-r) Mr K J Hickey, Chief Executive Officer, Eastern Health Board; Sr Rose Bernadette, Asst Matron; Fr Arthur Larkin, Chaplain; Sr Angelis, Matron; Mr Seamus O'Brien, Programme Manager, General Hospital Care.

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EDITORIAL COMMITTEE:

Matt O'Connor (Editor), Patricia Genochi (Dep. Editor), Eddie Matthews (Sports Editor), Joe Cahill, Kay Dolan, John Golden, Fred Hegarty, Terry Murphy, J F Reynolds

(from page 1)

Sr Martha and Sr Angelis are taking up assignments in the UK.

We thank them for all their kindness and assistance over the years and will miss their familiar faces around the hospital.

JOHN HEMPENSTALL

Administrator, St Columcille's Hospital

THE ORDER OF THE POOR SERVANTS OF THE MOTHER OF GOD have been associated with St Columcille's Hospital, Loughlinstown, since 8th December 1899.

Founded by Mother Margaret Taylor in 1868, the Order first came to Ireland in 1875 and established convents in Carrigtwohill, Portland Row, Raheny, Loughlinstown, Castledermot, Chapelizod, Edenmore, Rathdrum and Youghal.

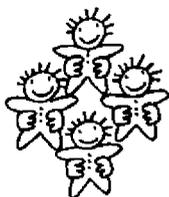
In 1899 the Order was asked to take over St Columcille's Hospital — then known as 'The Workhouse, Rathdown Union'. The guardians at the home had stated that there was a great need for a staff of nursing sisters and following the resignation of the master and the mistress of the workhouse the sisters were invited and took up duty by the end of 1899.

The first matron of the Hospital was Sr Dismus and matrons since that date have included amongst others Sr M Killian, Sr Alcantara, Sr Mary Peter, Sr Mary Bernard, Sr Ambrosia and our last matron Sr Angelis.

Due to the effort, dedication and commitment of these Sisters, the former workhouse has grown into a modern acute general hospital. In particular, over the past number of years developments at the hospital included:

- appointment of consultant staff, development of general medical and general surgical and orthopaedic services;
- the provision of modern fully equipped theatre suite with clean air facility and out-patient department;
- a new Department of Medicine for the Elderly including Day Hospital;
- development of on-site laboratory facilities.

These developments are further evidence of the Sisters' efforts and commitment to the health services and in particular to St Columcille's Hospital.



THE COMMUNITY MOTHERS' PROGRAMME

Our aim in the community

Today's Community Mothers Programme has its origins in an experiment in home visiting which the Eastern Health Board carried out in collaboration with the University of Bristol between 1981 and 1983. We were concerned at that time to find ways to target our services in favour of the most vulnerable and also to ensure, in the area of public health nursing services, that the positive promotion of health was given due emphasis and attention.

Proposals for a structured home visitation programme by nurses in disadvantaged urban areas, which were being developed by Dr Walter Barker at the University with financial assistance from the Bernard van Leer Foundation, seemed to fit in very well with what we wanted to achieve, so we decided to give it a try.

We had our problems with that first attempt and we expanded gradually on the original experiment in the succeeding years. The introduction of a community self-help dimension was a milestone along the way and is the hallmark of the Community Mothers' Programme today. It would be very wrong to assume that everything developed smoothly or that we had any magic formula which ensured that success was certain. It was (and to a large extent still is) a learning process which

requires regular review.

Our Board owes a huge debt of gratitude to the Bernard van Leer Foundation in The Hague who, in 1988, stepped in with vital funding which enabled us to install the Community Mothers Programme in every one of our ten community care areas. The work of developing the programme in the years 1988 to 1991 was essential in producing what we have today. It was, perhaps, the most dynamic period since we first took on board the idea of developing a programme of this nature. The aim is to develop the parenting skills and build the self-esteem of first-time parents in disadvantaged areas in Dublin by harnessing the knowledge and talents of experienced mothers living in these areas. The programme focus is on health care, nutritional improvement and overall child development.

The Programme is an excellent example of community participation and self-help. The real champions are the Community Mothers themselves who so readily and voluntarily take on this work in their own neighbourhoods. They have enriched not only the lives of the young first-time mothers whom they visit but also their own and they are truly valued persons in their communities. Their influence in promoting basic health and well-being is invaluable

and has been proven through evaluation of the Programme carried out by our Health Information and Research Department. Mothers and their first born children, picked at random, were studied during the child's first year of life and it was found at the end of that year that those who had the benefit of the Community Mothers' Programme performed significantly better under headings such as immunisation, nutrition of both child and mother, developmental stimulation and mothers' self-esteem and morale.

I am very pleased that we are able to continue funding such a valuable initiative in health promotion and community participation. In addition we will make every effort to expand it into districts not reached as yet. We are also looking at ways in which the Community Mothers can be given more charge over the Programme, especially in the longer established areas.

The success of the Programme was not achieved overnight but we can afford to be proud of what has been achieved to date. Those involved in the development of the Programme deserve the highest commendation and I am confident that they will go on to even greater success in the future, building on the excellent foundations already in place.

K J HICKEY

CHIEF EXECUTIVE OFFICER

Second award for Ballyfermot Day Nursery

St Vincent's Day Nursery in Ballyfermot has won the National Child Care Centre Award and the title 'Liga Crèche of the Year', for the second year in succession.

The competition prize of £1,500's worth of nursery goods will help to replace equipment stolen from the nursery last year.

St Vincent's Day Nursery is managed by Sr Marion Taggart of

the Daughters of Charity of St Vincent de Paul. The Nursery is funded up to 70% by the Eastern Health Board.

On the day of the presentation the involvement and enjoyment of the children in their activities was obvious (such as the boys equipped with aprons rolling out the dough, and the attention span of 44 tiny tots aged from 1 to 5

years who sat content in a large circle during the speeches).

The main element which won the award for St Vincent's was the quality of TLC (Tender Loving Care) that was felt there.

St Vincent's caters for 84 children daily. Day care services available from 8.30am—4.30 pm.

P CURTAIN

Administrator, Comm. Care Area 5

LITTLE SISTERS OF THE ASSUMPTION

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Christmas Collection 1991

Little Sisters of the Assumption wish to express their very sincere thanks to all those who contributed so generously to the Christmas Fund. This provides extras by way of food and fuel for needy families for the Christmas Season.

Total £688.24

With grateful thanks

Sr Teresa O'Neill

**If you wish to
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Focus on Hostels **Patterns of Hostel Use in Dublin**

FOCUS POINT 1992

The first comprehensive study on hostels for adults out-of-home in Dublin which covers:

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SALE OF RUGS

AT KILROCK HOUSE, HOWTH

**Worried about that wedding present? Look no further ...
Kilrock House has all the answers!**

Kilrock House is a residential rehabilitation centre and workshop in Howth. It is a beautiful old house in its own grounds overlooking the sea. There are twenty-two residents.

Mrs Mary Flemming, who is a qualified Domestic Science Instructor and Nurse, runs the house and workshop. The house is very well maintained with the original floors and fireplaces carefully preserved.

RUGS A feature of the workshop is the high quality of the products; the rugs are outstanding value. They are very well made, some of them with Aran wool, which is twice as thick as the standard rug wool, - and you really do *sink* into them! They make excellent wedding presents.

The rugs are particularly popular with football and other clubs who use their crest in the design, and also with Americans as Mary can supply tasteful heraldic designs with the family name. A recent order was from Pink Floyd for a rug with their logo.

CAKES Christmas is hectic as the workshop does a roaring trade in cribs and Christmas cakes and puddings - these should be ordered in October. Birthday and other cakes are made to order throughout the year.

FIRESCREENS The workshop produces a range of firescreens with designs made from seaweed, sea snails and shells, as well as from dried flowers.

PLANTS Mr Thomas Walsh is in charge of the very good garden centre. He stocks a wide range of unusual plants as well as the more standard bedding plants, alpines, shrubs, pot plants and hanging baskets.

All items are on display at Kilrock House and enquiries are welcomed - tel 392436

Graduates!



Pictured at the recent graduation ceremony of the Behaviour Nurse Psychotherapy Course run by the School of Nursing, St Brendan's Hospital were (Back row, l-r) Mr C McHugh (Behaviour Therapist); Ms A O'Neill (Graduate); Mr K J Hickey (Chief Executive Officer, Eastern Health Board); Mr P McGlynn, Mr G Fahy, Mr P Fallon (Graduates). Front row: Mr A Lawlor (Behaviour Therapist); Mr J Walsh (Director of Nurse Education/A, School of Nursing); Mrs S McGuinness-Tyrell (Graduate); Mrs P Burke (Behaviour Therapist); Mrs A O'Brien (Graduate)

New computer for Mental Handicap Service



Pictured at the presentation by CARA Ltd of two computers to St Joseph's Mental Handicap Service in St Ita's Hospital, Portrane, were (l-r) Declan Finlay (Area Administrator, St Ita's Hospital); Cllr Ivor Callely TD, (Chairman, Eastern Health Board); Shay Wolohan (Nursing Officer, St Kenny's Activity Centre, St Joseph's Mental Handicap Service, St Ita's Hospital); Ms Eithne McKernan (Head of Business Solutions, CARA Ltd); Dr Mary Murphy (Consultant Psychiatrist, Mental Handicap Service, St Ita's Hospital); Mr Jim McCormack (Asst. Chief Nursing Officer, Mental Handicap Service, St Ita's Hospital); Mr Tony Harmon, Co-Ordinator Mental Handicap, Eastern Health Board).

St Brendan's MHA contributes to new training and social centre



Mr Pierce Hackett, Chairman of St Brendan's Mental Health Association is pictured handing over a cheque for £50,000 to Cllr Ivor Callely TD, Chairman, Eastern Health Board, at the official opening recently of 'Goirtin' — a training and social centre on North Circular Road.

New hostel opens



Pictured at the official opening of Barrymore House Hostel, North Circular Road were (l-r) Martin Farrell (Chief Nursing Officer, St Brendan's Hospital); Larry Coyne (Asst Chief Nursing Officer, St Brendan's Hospital); Cllr Ivor Callely TD (Chairman, Eastern Health Board); Ivo Brett (Nursing Officer, Barrymore House).

OUT AND ABOUT

Contributions of photographs or articles about functions (retirements, presentations etc) in your area are welcome.

(Photographs should be clear and sharp)

Eileen Crookes, Grade III Officer in Community Care, recently returned from a 2-week holiday in the Canary Islands, completely unaware of what was planned in her absence a surprise party in the Clarence Hotel to celebrate her 40 years service in the Board (which lasted well into the evening).

Both the birthday cake and the pink champagne were well taken care of and at the end of a thoroughly enjoyable evening Eileen was presented with a beautiful bouquet of flowers by her colleagues. There is little doubt that Eileen is looking forward to the next 40, and we wish her 'All the Best'.



40 of the best for Eileen!

A new jacuzzi (used to provide stimulation) was installed in Unit R (Deaf & Blind Unit), St Ita's Hospital, recently. The five North Dublin Lions Clubs have undertaken special projects for the intellectually disabled residents in St Ita's and the jacuzzi marks the first of such projects.

The Happy Days Family Centre at Kilmahuddrick Road, Clondalkin, was officially opened recently by Cllr Ivor Callely, Chairman, Eastern Health Board. The Centre is the result of co-operative efforts between the Eastern Health Board, Dublin County Council and the local community. The area served by the centre includes Dunawley, Cherrywood, Old Church and Deansrath. The centre caters for 30 pre-school children.

Future expansion of services is planned to include:

- mother & toddler groups
- local community play groups at Kilmahuddrick Health Centre
- toy library service
- parents' groups

A new Day Room was officially opened and the handing over of a new purpose-built minibus took place recently in the District Hospital, Baltinglass, thanks to the fund-raising efforts of the West Wicklow Day Care Committee.

The minibus carries 16 passengers and has an electric hoist. This will be used to transport elderly people to the Day Care Centre, especially those with disabilities whom it was possible to transport up to now because of lack of a hoist facility.

INTER-HOSPITAL SOCIAL CLUB

Autumn trip to an exciting location in the South of France

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Wed 7 OCT 1992

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Deposit £40

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LOOKING FORWARD ..

8 Day Trip
ROME and
SORRENTO

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Further details from
Jimmy (see above)

Big Maggie.. BIG SUCCESS!

Astra Theatre Group's recent production of *Big Maggie* provided us with a fine night's entertainment.

This play, one of John B Keane's best, makes strenuous demands on its central character both physically - as she is on-stage for most of the duration - and emotionally.

Joyce Mahon, as Maggie, was great. She really was the larger-than-life, tough-as-nails character who gradually revealed her gentler depths. Michael Hanratty's slithery old cute hoor Mr Byrne was a gem.

Indeed all the roles were well acted and the humour was particularly well handled giving the audience some good laughs. Another plus for the Group was their diction. You really could hear every word at the back of the hall.

Congratulations to all involved, particularly producer Paddy Kavanagh who must be justly proud of this production.

It seems a pity that such an enjoyable show was only performed for three nights. Surely a cast of this calibre should be setting its sights at the drama festivals?

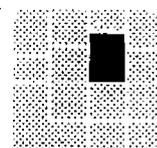
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BY PATRICK McDONNELL

NrB



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The most useful volunteers are undoubtedly nurses..

A volunteer worker describes some memorable experiences among the poor in Calcutta

Doing a Worthwhile job



Calcutta's homeless.

'A woman was brought in, I think she was in her thirties but she looked about sixty, and she had a very bad ulcer on her shin. It was awful to look at, you could see the bone of her leg and it was quite big, about four inches by three. It was terribly, terribly sore. The didn't know what to put on it as they were running out of dressings but eventually she found something. While the nurse was dressing it she asked me to try and comfort her. I couldn't look at the wound so I tried to distract her by holding her head or her hand and she smiled at me but you could see that she was in dreadful agony. When I returned there two days later she had died.

Another day one of the nurses and I went to wash this elderly woman who had just come in. She was very aggressive. She clawed at everyone. When I went over to her she got my watch and tore it off. I managed to retrieve it and put it in the pocket of my apron. She then tore at my glasses and they had to go into the apron too. We washed her as gently as we could and when we had finished she smiled at me and took one of my hands and kissed it. Every day after that she gave me a big wave.'

These are just some of the many incidents which occurred last November during Marie's month of voluntary work in Calcutta. She is a hospital pharmacist who, with two nurses from her hospital, went to India to help in a *Calcutta Rescue* clinic.

There are no state health services in India. Doctor Jack Preger from England went out

paid employment as packers and general helpers and the clinics also employ local doctors.

Although everyone who offers to help is welcomed and badly needed, the most useful volunteers are undoubtedly nurses; through an interpreter, they can assess the needs of the people, dress their wounds assist the many lepers, dispense drugs,

nine years ago as a volunteer. He eventually founded a clinic on a street in Calcutta and two years ago he opened a second clinic. The clinics provide food, clothing and some health services.

Doctor Preger then set up *Calcutta Rescue*, which is now an international organisation, to fund his clinics.

Staffing

The clinics are staffed mainly by unpaid volunteers who come from all over the world. They are usually in the 20-35 age group, the rest are middle-aged and one volunteer who returns every year is 81. Ideally, volunteers should stay for two/three months particularly if they are unskilled as it takes a few weeks to train them in. Local people are given

indeed their varied skills are invaluable to the success of the clinics.

Mother Teresa's hospice

Marie also helped in the hospice run by Mother Teresa and her nuns. Many of the people were badly dehydrated and acutely ill and had to be put on a drip immediately on admission. Knowing how to set up a drip was a vital skill which was taught to most of the long-term helpers who were not nurses.

The work in the hospice is physically harder than in the clinics as there is a lot of lifting. Many of the patients are filthy and lice-infested from years of neglect. In an effort to make those who respond to treatment more comfortable, they are washed and

fed, their clothing is replaced and they are given vitamins: just basic treatment but, within a few days, there is a remarkable improvement in their condition. Their overwhelming happiness is a tonic to their carers. However, for some it is too late.

Those leaving are assured that a permanent link has been established and that they are welcome to return.

Getting started

Marie found it difficult to make the decision to go to Calcutta, she had no illusions about what awaited her there. She got her injections in the College of Surgeons and found

...the poor just put their dead in the river.

them extremely knowledgeable and helpful. The best times to travel are between November and February; after that, the monsoon sweeps the country and the temperature rises. It is never cold so only light clothes are needed. A torch is an absolute necessity as the lights are very dim over there and power cuts are the accepted norm.

She found the journey long and tiring and on arrival was quite stunned by the lavish beauty of the Indian dawn.

Volunteers may register with the Mother Teresa nuns or the clinics. This formality is in case volunteers' relatives or, perhaps, the authorities were seeking their whereabouts.

Accommodation was very basic - just a room with a bed and access to a bathroom with a cold shower. It was clean and reasonably cheap, about £2 a night. However, mosquitos were a problem; they came at dusk and dawn and bites were commonplace but every one took their malaria tablets.

Marie was very wary of the food and confined herself to eating rice and vegetable curries, the mildest of which were still too hot for her.

For tea it was essential to boil both the water and the milk.

Fruit that could be peeled or boiled was also edible and very cheap. Calcutta could be the Mecca for those anxious to lose weight!

Camaraderie

There was a marvellous camaraderie among the volunteers; she found that she was never short of company and there was always somebody to lend a hand.

Volunteers could take as much time off as they wished. Marie usually worked a six-day week between the clinic, where she was pharmacist, and helping out in



Dr Preger's street clinic in Calcutta.

the hospice. There was always something of interest to do or see during her free time.

Street life

The poor areas of Calcutta are littered with rundown buildings, shops which are just a hole in the wall, streets full of potholes, and rickshaws often pulled by thin, elderly men. Goats and cattle are commonplace. Many people live on the streets and deposit their rubbish in nearby, very smelly, skips into which the children rummage for scraps. They do their washing on the street and cook their meagre food on homemade braziers - coal-filled tin boxes with holes.

The pollution is horrific; a pall of smoke hangs over the city.

Marie's hair got so dirty that it blackened her hand, and this was with daily washing!

Another aspect that was difficult to become accustomed to was the method of disposal of the dead. There were cemeteries and crematoriums but these were for the more affluent; the poor just put their dead into the river.

Returning

When Marie speaks of her work in Calcutta one word keeps recurring - *worthwhile*.

So much so that she hopes to return and would love to encourage others to become volunteers.

There are few things in this world quite so worthwhile.

**For further
information on
voluntary work
in Calcutta
please phone
6263447
(office hours)
or 689040
(evenings)**

Golden Drop Recipients



Larry Killeen,
Coolock
Health Centre,
receiving his
'Gold Drop'
award



Tom Curran, Secretariat,
doing likewise

Two Eastern Health Board staff received Gold Drop Awards recently from the Blood Transfusion Service Board. Tom Curran (Secretariat, James's Street) and Larry Killeen (Coolock Health Centre) were among 280 blood and plasma donors who each received an award. The awards were given to those who had made at least 50 blood donations.

The recipients were presented with their awards by President Mary Robinson at a ceremony in Carysfort College, Blackrock.

Keep up the good work, lads!

RETIREMENTS

Best Wishes to our newly retired staff

- | | |
|---|--|
| Mrs Carmel O'Neill, Domestic St Colman's Hospital | Bernard Hynes, Charge Electrician, Clonskeagh Hosp. |
| Mrs Mary Dowling, Attendant St Clare's Home | Mrs Mary Doherty, Seamstress Clonskeagh Hospital |
| Francis P Fagan, Grade V Ambulance Training School | Kathleen Moriarty, PHN Comm. Care Area 8 |
| Dr Madeline E Moran, Area Med. Officer, Comm. Care Area 5 | Dr Una O'Donnell, Consultant Psychiatrist, Vergemount Psychiatric Clinic |
| Catherine Naughton, Nursing Officer, 70 Grosvenor Road | Margaret Kerrigan, Staff Nurse St Clare's Home |
| Gerard Carroll, Attendant Brú Chaoimhin | Dr John J Geoghegan, District Medical Officer, Comm. Care |
| Mrs Margaret Kenny, Attendant, St Colman's Hospital | Frances McEntee, Domestic JCM Hospital |
| Mary Buckley, Chief II - Pharmacist, JCM Hospital | Nora O'Toole, Dual Qualified Nurse, St Brendan's Hospital |
| Josephine Boland, Attendant St Loman's Hospital | Edward O'Neill, Attendant Brú Chaoimhin |
| James Byrne, Porter Community Care Area 4 | Bridget Noonan, Laundry Supervisor, Clonskeagh Hosp. |
| Ann Whelan, Domestic St Columcille's Hospital | Gerard Keran, Staff Nurse JCM Hospital |
| Mrs Mary Westlake, Attendant District Hospital, Baltinglass | Dr John O'Leary, District Medical Officer, Comm. Care |
| Dr Arthur Donnelly Non-Consultant Hosp. Doctor St Columcille's Hospital | William Logan, Secretary/Manager, JCM Hospital |
| Bridget M Healy, Staff Nurse JCM Hospital | Sean Russell, Deputy Nursing Officer, St Brendan's Hospital |
| Catherine McAteer, Nursing Officer, St Brendan's Hospital | Dr Anthony O'Loughlin, District Medical Officer, (CCA 7) |
| Ellen M Delaney, Domestic St Ita's Hospital | Dr Riobead O'Cuinn, District Medical Officer, Comm. Care |
| James Martin, Attendant Naas General Hospital | Ella Geoghegan, RPN St Brendan's Hospital |
| Mrs Mary Sherwood, Grade II Receptionist, (CCA 7) | Helen Gleeson, Hostel Supervisor, St Loman's Hosp. |
| Patrick Foley, Radio/Telephone Operator, Ambulance Section | William Twyford, Nursing Officer St Brendan's Hospital |
| | Elizabeth A Cunningham, Staff Nurse, Clonskeagh Hospital |

JOHN GOLDEN (Salaries Section), attended a media skills course held in Clonskeagh Hospital and gives us his verdict.

MEDIA BUFFS (Unlimited)

I arrived at the IPA-organised Media Skills Course for Eastern Health Board employees, not knowing what to expect. Judging by the faces of my fellow volunteers I was definitely not alone in that respect. A video camera and television stood ominously in the corner; these were to play a large part in what was to follow.

There were eight of us guinea pigs for this the first ever Health Board course devoted to media skills. We came from areas as diverse as Naas Hospital, Pest Control Section, Secretariat and Community Welfare. The course was run by Ronan McDermot (IPA) and Gavin Duffy, a media

consultant of some reputation.

After a short introduction to the media, they then deep-ended some of the participants into the video interviews. Gavin Duffy gave us a taste of his vast media experience by assuming the personage of a rather difficult interviewer who took no prisoners. (In fact, he made John Bowman look like Mother Teresa.) There was much embarrassment as these initial interviews were re-played and analysed. Those of us who had escaped the ordeal heaved sighs of relief, but tempered by the knowledge that it was a matter of time before we too would be up there in glorious technicolour.

The blitzkrieg of the morning's session was offset by a more relaxed afternoon when both Ronan and Gavin taught us techniques and skills that would enable us conquer nerves and give a good account of ourselves — even faced by the most difficult interviewers. We were then each given an interview to prepare for the following day.

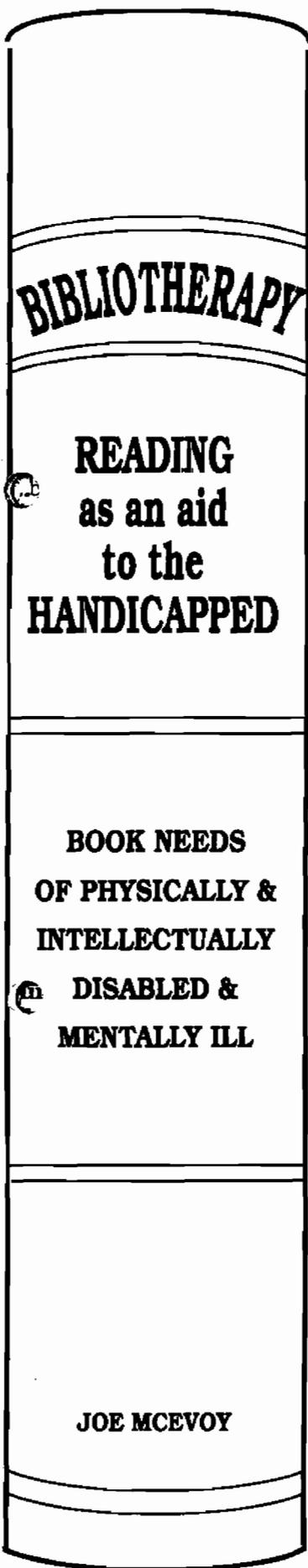
That night I, like my fellow participants, feverishly prepared to meet my Waterloo next day.

To my amazement, one day of tuition had rendered the task of being interviewed on camera much less daunting and even bordered on an enjoyable experience. As, one by one, we

faced Mr Duffy the change in each was obvious. At the end there was a camera-struck look in more than one pair of eyes.

In the afternoon of the final day we covered press releases and had a final session in front of the cameras. By now we were used to seeing each other on the box and, believe me, no one looked out of place.

The two-day course ended with everyone in agreement that it had been a huge success. It proved that there were people in the Board who, with the proper training, were capable of representing the Board and presenting a bright articulate face to the public. ♦



Have you ever thought of books as a means of providing constructive help towards the needs of people with a physical or intellectual handicap or the mentally ill?

There are books which can take the reader beyond his environment in imagination, so that he may learn, even though cut off from the outside world; there are books which are read and enjoyed for sheer pleasure and the magic of words.

For the person who must alter his whole mode of life and his job there are books which will show him how this can be achieved, how others in similar circumstances have met these problems and what careers can be followed even with a physical handicap.

In fact, physical handicap has often been the cause of a new career opening which has brought new triumphs.

Alicia Markova began to study ballet originally to strengthen legs which were left weak after an attack of poliomyelitis. St Ignatius Loyola's effective conversion came after reading some spiritual book when lying in hospital for several months after being wounded in battle. More recently there was the case of a disabled girl, Kathleen O'Leary, obtaining a VEC teaching post in Kildare.

The prescription of specific books for a particular mental condition (the practice known as bibliotherapy) has never been exploited much here, although it has widening application in the USA. (Winnie-the-Pooh had something to say on bibliotherapy. When he was stuck in Rabbit's hole, after eating too much, and was told he would have to stay there a week while he slimmed, Christopher Robin said he would read to him. 'Then,' said Pooh: 'would you read me a sustaining book such as would help and comfort a wedged bear in great tightness'.)

The use of bibliotherapy demands knowledge of the book, the reader and the illness, and should not be used except in conjunction with the

doctor in charge of the patient.

To talk of the therapeutic value of reading is, perhaps, a little pretentious when all that is meant is that reading can heal and ease the mind and, at times, strengthen and stretch the personality. Many people experience this in their own reading, and so can surely imagine the solace books can be to a hurt or injured mind.

The high statistics of borrowing of poetry books among the mentally ill may well indicate strong imagination which can be so constructively developed and perhaps also a yearning for rhythm and order in life.

Should books be censored? I think the guideline to be

... reading can heal and ease the mind and, at times, strengthen and stretch the personality

followed here is that books possibly inimical to the progress of the patient should not be issued. It will not arise in most cases in dealing with books for people with physical disability except, perhaps, books which are pessimistic about the chances of recovery in cases of physical illness should obviously be avoided, as should those in which a crippled or deformed person is ridiculed.

More care is necessary in selecting books for the mentally ill. Some doctors think that crime stories are unsatisfactory reading; others do not go so far. However, there is general agreement that no books should be circulated which add to depression or misery. There is such an abundance of literature that is positive in its appeal as to make unnecessary the distribution of works of a morbid nature.

It is more important for a librarian working with a special group of readers to have a sound knowledge of the book-stock than when serving the general public. It is clear that this applies especially to work with the mentally ill.

When dealing with perhaps

1,000 books for the patients it is impossible for the librarian to have a detailed knowledge of all the books, but if the hospital staff are aware of the problem, unsuitable books will probably be brought to the attention of the librarian, who may then withdraw them from circulation.

In psychiatric hospitals there will always be a selection of patients who are unable to care properly for the physical condition of the book, and for these it is best to provide books withdrawn from the shelves of public libraries because they are old or beyond repair. Some glimmer of interest may be aroused by the fact that books are available, and at the same time destruction of the books is not such a disastrous occurrence.

It is highly desirable that a library room should be available where readers can come and select their own books. It is a goal that some patients will strive for and recognise as a privilege; leaving the ward and mixing with others in the library. It can be an important step towards rehabilitation and the normal routine of the outside world. Doctors and psychiatrists believe very strongly in the continuance, as far as possible, of a life parallel with the one the individual would lead in outside society.

The provision of patients' libraries in hospitals in England has the approval of the Ministry of Health, but I understand this is not compulsory. However, in the USA by federal law, all Veterans' Hospitals must have libraries.

The situation in Ireland could well be looked at with a view to effecting improvements, particularly in view of the ideas that are emerging with the development of the art of Bibliotherapy.

In writing this article I have drawn on the ideas of Miss MJ Lewis, ALA, Librarian of the National Hospital, London, who read a paper to a branch of the library Association of England some years ago. ◇

HOW not TO GET TO A MATCH

In mid-November the Gang of Four — minus Senior Counsel who had been called from the bar — but including old comrades Micko Gorbachov, Steve the Barber and Larry the Lap, departed for Istanbul.

Culture Shock

On arrival it was like stepping onto another planet. We journeyed from the airport through areas of obvious poverty, past opulent mosques, palaces and grand hotels.

We crossed the famous Galatta Bridge (which spans the Golden Horn and separates Asia from Europe) into Old Istanbul. The city has a population of 10 million and a further three million migrate each day to seek work. The absence of public transport was noticeable save for a myriad of yellow taxis with the majority of the population making their way by bicycle or on foot.

Transport of goods between shops was done by elderly gentlemen carrying huge boxes on their backs supported by ropes; one, who looked 80 if he was a day, was seen carrying a full sized washing machine complete with packing case up a steep hill to the Grand Bazaar.

Problem — the local 'brew'

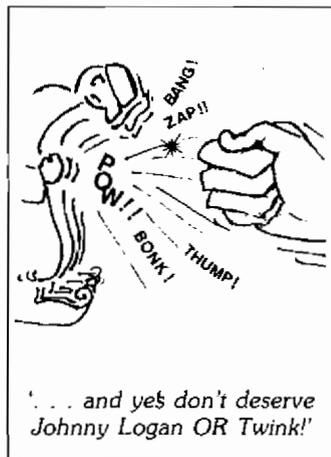
After the initial culture shock we settled into our hotel for a meal and a drink and were regaled by Eamon Campbell of 'Dubliners' fame with guitar and song. The beer was good, strong and cheap (and with 17,000 lire to the punt money went far). The fact that it was stamped out of date May '90 came to the notice of Larry the Lap who seemed the only Irishman upset. The Turks soon solved the problem by removing the out-of-date stamps and the beer tasted much better.

Problems — the 'locals'

That night, after being advised not to frequent the local night clubs, we duly headed for them. The drinks, which started at 20,000 lire a shot, subsequently went up in multiples of four and at the end of the night the bill resembled a supermarket receipt and amounted to 2,040,000 lire. This resulted in

The continuing travels of our Sports Editor: the man with his finger on the soccer pulse of the world (this time its Turkey), EDDIE MATTHEWS.

a slight altercation during which the six worthy Turks called our parentage into question; they subsequently fell over like ninepins when Larry the Lap made an impression on them. We then called the local police and advised them that they would definitely not be joining the EC but could remain in the Eurovision Song Contest as they never got any votes.



Goods for sale

The following morning after a light breakfast of 17 varieties of meat we departed for the Kasbah and the Grand Bazaar.

The Bazaar was a truly amazing sight. This ancient market consists

of miles of interlinking arcades with hundreds of shops which selling everything from a needle to an anchor. Drugs were openly on sale under the eyes of the benign police, though the major movers were leather goods and jewelry.

Top quality leather jackets — which started at \$100 and were quickly bargained down to \$60 — were bought by the armful together with leather bags, shoes and belts. The vendors had an unusual method of proving the quality of leather by running a flamethrower-like lighter over it.

Sales of imitation Rolex and Seiko watches at \$10 each were also very popular.

Sight-seeing

That afternoon we went to see the magnificent Blue Mosque and the Topkapi Palace where we viewed amongst other things, the arm of John the Baptist and relics of the Prophet Mohammed.

The magnificence of these edifices was in stark contrast to the abject poverty which surrounded them. Hundreds of street urchins offered to polish your shoes for 1,000 lire. It was hard to persuade them that black polish did not suit white trainers and we had to part with 1,000 lire to avoid having them polished.

Off to the match . . .

Our journey to the match was uneventful as we made our way through crowds of Turkish supporters. We arrived 75 minutes before kick-off with tickets in hand.

. . . sorry, lads!

What followed was pandemonium. The Turkish FA had apparently only sold 10,000 tickets to local supporters and in order to advance support announced at noon that admission would be free to those arriving early. This had the effect of attracting every undesirable from far and near to the ground with obvious consequences.

The police took a tea-break and a m el e ensued. Only one gate was open and tempers became frayed. The crush was unbearable and was a definite danger to life. As kick-off time came and went the Turkish police returned and took the logical

course of baton-charging the Irish supporters. For the first time in all my travels I had visions of a Hysel or a Hillsborough; Irish and Turkish football authorities will never know how close they were to a disaster.

Back to the hotel

We hailed a minibus and returned to our hotel to watch the match on TV. We arrived to find room after room packed with Irish supporters busily tuning in TVs. The match was set at 1-1 and the roars of encouragement along the corridor were tumultuous. We paid the waiter 3,000 lire to ring the Polish Consulate and were delighted to be told Poland were leading England 1-0. At the Final whistle when Ireland had won 3-1, I rang home to find out the final outcome of the Poland/England game.

After explaining briefly how I came to be in my hotel room at such a time I received the bad news that England had equalised late in the game and had qualified.

Despair

There was despair in the hotel: 2,500 miles to see half a match on TV and then to go out to a late English goal!

The buoyancy of the Irish had returned, however, by the time of the flight home. Eamon Campbell and Ray Treacy led us in song as Eamon sang 'Raglan Road' in honour of the late Luke Kelly who, as he said, supported Ireland when it was not so popular.

What's that smell?

On arrival home there was a distinct smell of leather as we weaved towards Customs. The Major was bedecked in leather jacket and overcoat and carried a leather holdall and brief case. The Angel of Death suggested that he register with the Department of Agriculture to comply with EC quarantine regulations.

Swedish linguaphone lessons were cancelled, credit saving put on hold and Irish Bank Managers breathed a sigh of relief. But wait! The Major had mentioned that perhaps we should go to the USA in June for a small matter of a soccer tournament!!

'Shalom' – Poem of Peace

*'Shalom', he gently murmured, as he laid his hand on
The young boy's head, with eyes that couldn't see.
'What does it mean?'; in puzzled tones, the boy he asked of me.
'It means peace', said I. 'What is peace?'; he asked once more.
I had no answer as I wasn't very sure*

So

*I went in search of peace into the city night:
Flashing lights, the clinking of glass,
Music and laughter sounded harsh.
Youths dressed in style, but lacking smile
Standing on street corners, aggression on face and lips.
I felt so alone and lost, no peace here I found*

So

*I took a train that was country bound
No lights to guide me, only the stars to light my way.
'Peace is a hard commodity to come by', the rhythm of
The wheels seemed to say.
I saw him standing by the shore, the old man I came
To see, looking always and ever outward to the sea*

So

*I asked old Joss if anywhere peace could be found:
'Not', he said, 'if you are always looking on the ground.
But ever upwards to the sky above
For here you know lives the God of Love.
And he has given us many presents wrapped in peace;
The sweet hedgeroe, the song of birds, the mountain
Stream that sings of peace, the ever changing seas,*

So

*Remember, wherever your go, peace is within you',
Said my wise old friend as he bid me goodbye.
I returned once again to the young boy with the
Message he sought.
As I looked in his eyes it held hope, something
That can't be bought.*

*Perhaps, I thought, as he now held the key
A visionary of tomorrow's world he'd be
Telling of love not war: a world filled with hope
Not fear.*

A place where joy and peace would ever be near.

By Mrs A Delaney
Staff Restaurant, St James's Hospital