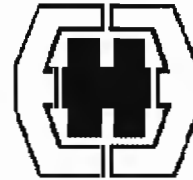


C ONTACTS



STAFF MAGAZINE
OF THE
EASTERN HEALTH BOARD
VOL. 20 No 3
SEPTEMBER 1994



High achievers at Dun Laoghaire Youth Sportreach

Also In this issue of your magazine:

Loughlinstown: the user friendly hospital
Finglas Day Centre: painting and dreaming
News digest, and more

Community Mothers celebrate three years of service

160 EHB Community Mothers from all over Dublin, Wicklow and Kildare packed the courtyard in EHB headquarters at Dr Steevens' Hospital for a joyful photograph recently. The Board's chairman Councillor Ken Farrell (front and centre) and the Chief Executive Officer, Kieran J. Hickey had invited them to a reception to celebrate some three years of service to first-time mothers in their communities. All volunteers, they all obviously love their work and some 800 first-time mothers appreciate it. The work of these cheerful people is another success story for Community Care.

They help their neighbours by visiting them once a month for the first year of their infants' lives and this includes visiting mothers in the travelling community.

To quote Mary Glennon of EHB Community Care *"The Community Mother's Programme operates through ten family development nurses who have 160 community mothers regularly visiting some 800 client mothers in their homes. The family development nurse's main task is to act as a resource person, confidante and monitor for the community mothers."*



The way they care in Saint Columcille's



Brigid Jordan, aged 90

Martina Cafferkey is just four months working as staff nurse in St Joseph's ward in St Columcille's Hospital in Loughlinstown and already she is satisfied that she has seen the nursing future - and it works.

Imagine, for instance, you are a patient in a hospital ward where you do not get called automatically at 6.30 or 7.00 in the morning. If you are one of Martina's patients in St Joseph's ward for the elderly she will ask what time you want to be called. Ten o'clock is fine if that's what you want. This is a Nursing Development Unit where a mixture of humanity and common sense has been scientifically demonstrated to produce better patient care and more satisfaction to patients, doctors, nurses and everybody concerned.

St Joseph's is part of a European wide network of nursing development projects sponsored by TENDA, the European Nursing Development Agency. It was officially opened recently by the Chief Executive Officer Kieran J.

Hickey.

Helen Flint is Director of Nursing at St Colmcille's. Meeting her before she went on a year's sabbatical the first thing she tells you about this new regime is that

every patient has the same nurse from the time he or she is admitted until the time of leaving the hospital. As Helen says: "You don't have one nurse going around sticking thirty thermometers into thirty mouths every morning and evening."

Nurses are assigned to people; not to tasks. The new arrival is immediately introduced to his or her special nurse and they get to know one another. There is time for chat perhaps to uncover small problems that may inhibit recovery.



Dr Aine and Staff Nurse Martina

to next page...

Marian's story

Fostering is an integral part of the Board's work for disadvantaged children and it goes to some lengths to ensure continuity of care and, when problems arise, to overcome them. When Louis O'Rourke and his wife Kay took Marian into their family as their foster child she was a mite just six months old. They first met her in The Hospital for Sick Children at Crumlin where she had recovered from scurvy, caused by under-nourishment.

Their other children, Shane, Gerard and Maureen quickly accepted her and now, aged eleven, she is another member of the family with all the usual inter-sibling friendship together with the odd "Where on earth did you put my (tennis racket), (record), (toothbrush), (schoolbooks)?" This happy, united family, helped Louis live through the tragedy of Kay's slow death from cancer just two years ago. During the course of her long illness the Bray Home Care Service - funded by the Board - began supporting her in the care of her family. This association has continued.

Apart from the personal tragedy there were practical family problems to be

resolved. On the emotional level Marian made it quite clear she wanted to stay with her Daddy. She had never known any father other than Louis and it was fortunate that just a few years previously he had resigned his permanent, pensionable job to go into business on his own, from home, as a consultant. Happily,

FOSTER CARE: AN INTEGRAL PART OF THE BOARD'S WORK

the business thrived and he runs it from a fax and computer filled office built in the back garden.

During the summer holidays Marian's Daddy can work away while she is at "Summer Camp" as she calls it. This project for children with learning problems is run by the Bray Home Help/Care Service. Regular Home Help is also important and the Home Care worker most immediately involved is, Louis says, "terrific."



Marian and her foster father

She is Frances Kelso, who comes regularly to tidy the house, do the washing, Hoover the place and generally keep domestic order. She is a key person in making it possible for Marian to remain a member of the family. Says Louis: "Frances has the key. Sometimes I'm out in the office. I wouldn't even know she was inside but I come back in and everything's done."

There are 33 Home Help services run by voluntary organisations in the Eastern Health Board region funded and supported by the EHB. Frances, in her attention to her own work, is an example of the Board's attention to overcoming those small problems which can help to resolve larger human dilemmas.

...from previous page

Nurses and doctors work as a team, take clients into their confidence, discuss with them the course of treatment they propose, then write it down and give the client a copy. Catherina Crispin, Assistant Director of Nursing, says this kind of confidence-building means people get better quicker, with earlier discharge. Medicine bills are now less than they used to be. Prune juice is just as efficacious as a chemical laxative - and much nicer to take. If anybody has trouble getting to sleep in St Joseph's they find aroma therapy is often just as good as a pill, and much more pleasant.

This is not just what Helen and Catherina and Martina and the

rest of the team think. Their work has been validated by a committee that included Professor Stephen Wright of the European Nursing Development Agency, Professor Joyce O'Connor President of the National College of Industrial Relations, Beverley Webster, a specialist in Quality Assurance from the Southampton University Trust Hospital and Mary Kelly, Personnel Officer of the EHB.

Teamwork is what makes St Joseph's an unusually contented, caring place to be. Doctors, nurses and patients know each other by name, not by rank, so they communicate much more freely. If Martina has an idea that she thinks might help one of her patients she has no hesitation in

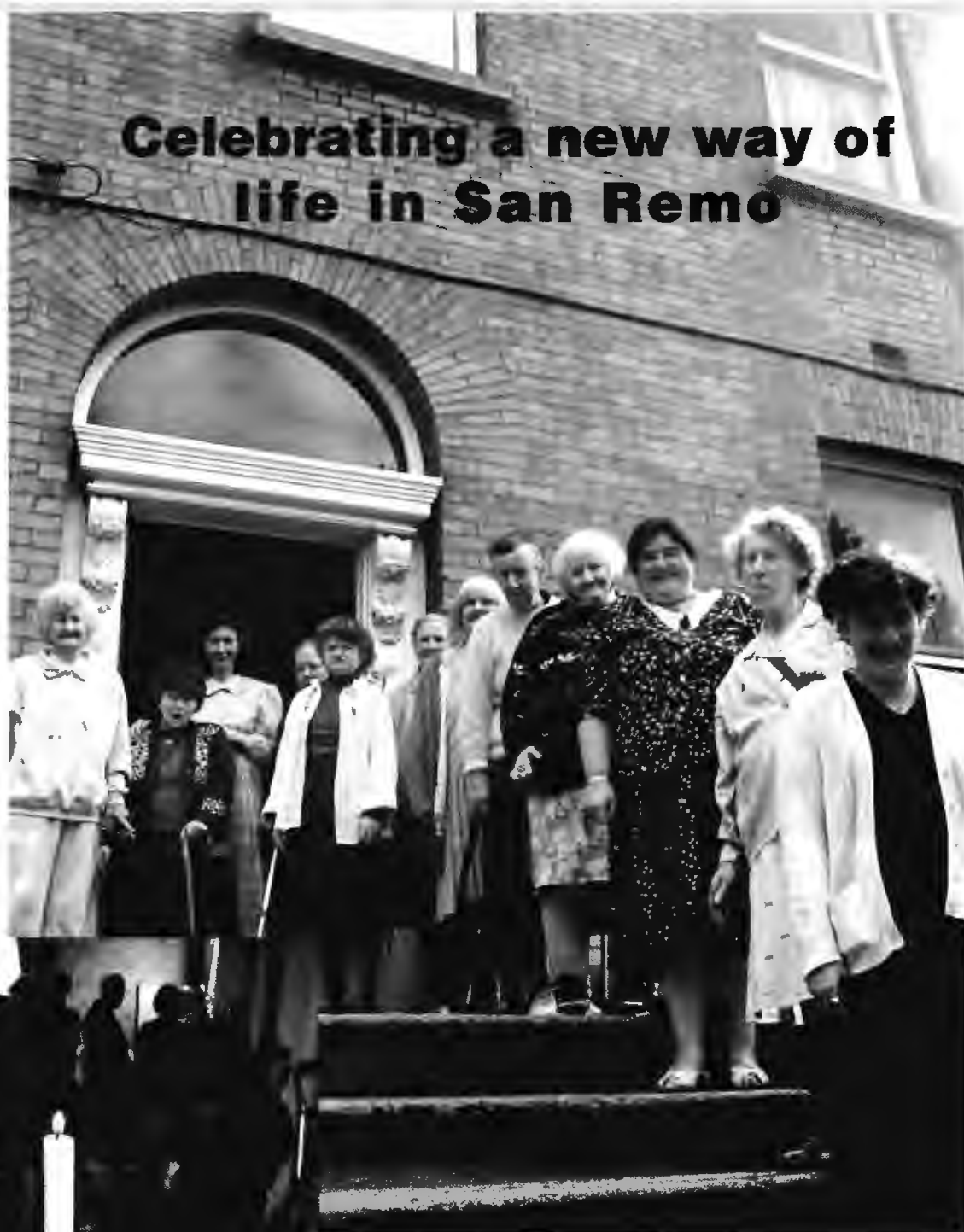
suggesting it to her friend Aine Kelly, the doctor in the case. Or she may wait till the Wednesday meeting when staff gather to discuss the welfare of their charges and anything else of importance in the running of the ward.

Talking to Helen Flint again in the bright day-room with its huge panoramic window she will tell you that staff welcome extra responsibility and morale has increased immeasurably. Absenteeism is almost non-existent and there is very much less sick leave. The curative object of the exercise is achieved with minimum stress to all concerned, especially the sick people, their families and friends.

Celebrating a new way of life in San Remo

The new residents in San Remo:

Maeve McGlynn
Ann Sheridan
Margaret Boshell
Christine Merrigan
Kathleen Campbell
Margaret Moral
Joan Shields
Christina
Montgomery
Mary Plunkett
Dymphna Gorman
Maeve Screeney
Brigid Daly



Some of these women had been up to twenty years as long-stay patients in St Brendans. When they moved into their new home in the high support hostel *San Remo* on the North Circular Road they arranged a Mass of thanksgiving for themselves and their friends and relations on August 25th. The drawing room table became an altar and candles were lit as they assembled for the ceremony in the spacious, comfortable room. They enjoy their new freedom to go shopping, to the local 2-4-5 club, or just going for a stroll. They are served by eight nurses, an Occupational Therapist and two domestic staff.

In Finglas Psychiatric Day Centre Frank Beale has a new budgie

Also: an enthusiastic team and clients with a talent for painting, remembering - and riddle-me-ree



from the old institutional days. This was taken for granted. Now come down - the visitors arm is taken gently - "Come down and see our painting." It is a mural all along the wall of the entrance hall. "We all went to the Botanic Gardens. These are the flowers." The technique was used by many better-known artists. Regina took her camera to "The Botanic Gardens" and her slides projected on the wall formed the basis for the grand design. It is nearly twenty feet long.

"I painted the tower," says one. John says nothing but points to a cluster of green leaves. Everybody had a hand in the work, formed another bond of friendship with this place and its people; this refuge from their troubles, their loneliness. A necessary place: "You have got to get out and see people, and talk to them." And Frank (Frank Beale, the nursing officer) must show off the new budgie.

The staff nurse, Regina O'Hara, played The Anniversary Waltz and her clients relaxed comfortably round the room. Remembering. We were at the Psychiatric Day Centre in North Road, Finglas and they were remembering the good old times. What was it Noel Coward said about the power of "cheap music?" He was right. It obviously did bring back memories to these men and women. They were all old enough to have memories, dreams. Then when the music stopped the mood changed - it was time for riddles. The visitor was called to riddle me this and riddle me that.

"What turns without ever moving?"

"What's black and white and red all over?"

They had an endless routine if

you could stand the pace. But another group wanted to remember again: remember when men walked on the moon; remember the trams, the tickets... Regina presided gently. What did they



The Finglas team: Marie O'Sullivan, Margaret Brogan, Joan Tracey, Frank, Regina O'Hara and, in front, Janis Cantwell and, of course, the budgie.

think of this place? On a scale of one to ten, say? "Ten." Nobody had any doubts - a great change

The budgie is a newcomer a French Motor recommended by one of the regular clients who is an expert in this field. He is perfectly content to just hop chirping around the room and not try to fly away; then back to his cage for food and rest. He will come on your hand when he gets to know you. In another room some need more incentive to be up and doing. That's where occupational therapy comes in, and the odd trip - with or without camera and artistic ambition. Some need to be con-



James' self-portrait



John McCann displays his contribution to the mural in the entrance hall of the Finglas centre



Regina played *The Anniversary Waltz...* ...and Cora and Carmel were in reflective mood

stantly enthused about life and living and it is a long, dedicated job. James is not one of them. Introspective? You could say he is; but never inactive when he has a few magazines or newspapers, a scissors and some gum.

Collages are his metier and self-portraits his preoccupation, devised with images of intricate squares, landscapes, telephones and typewriters. In less subjective work he also fea-

tures tensions between the harsh, electro-mechanical world and the eternal feminine. His disturbing collages were featured at an exhibition in the ILAC centre not so long ago. Then it was time for lunch, almost. Downstairs they were chopping mushrooms for the soup and stirring the pots. There was an interesting-looking stew - appetising aroma from the kitchen - and apple tart with lots of ice-cream.

At North Road they care for forty clients. Some of them live at home and come for the day while others are at the high support hostel in Daneswood House. It has 12 regular places with four crisis beds. Ten are able to look after themselves after an extensive period of training and they live in Claremont Lawns hostel with lay supervision.



Sunshine, a full orchestra for music, song, at Ballyboden's F



Cillian Russell, Michele Herron and Mary Peoples can take a bow for the Festive Day they organised at the Good Counsel Centre in Ballyboden. They even arranged for the sun to shine. There had to be music and for Good Counsel nothing less than a full symphony orchestra would do. No problem, here is a bus coming up the drive with the Ricotti Orchestra from Holland! For that, special thanks to Clodhna Shaffrey and Jackie Condren from the Arts Promotion unit of Dun Laoghaire/Rathdown Authority who had arranged the orchestra's visit to Ireland.

The conductor, Leon Berendse, asked for volunteers to take over his job for a time towards the end and there was no shortage. Ann Marie Mooney (inset left) was probably the most enthusiastic but then she has always been mad about music and she is a great dancer too. Brendan Brennan (centre) took a more leisurely approach but with a very decisive beat, side to side, up and down. The orchestra followed their guest conductors literally. Many forceful downbeats had them all flat on the ground, still playing away. Patricia Greene (right) a visitor from The Bureau in Dr Steevens was the third enthusiastic volunteer at the conductor's podium.

A close contest in the early stage of an egg-and-spoon race (top right). Mighty concentration, determination: front to back, eggs (actually potatoes) and spoons forward: Kevin Fox, one of the oldest competitors, Ann Keane and Tony Whelan. Tony works in the Garden Centre and can take some credit for the immaculate state of the lawn. At the tape



dance -- and an egg-and-spoon race

festive Day

Gerard Byrne, a new trainee, dropped his "egg" and had to be content with second place. Joe Murphy (behind) took it slow and sure - and got first place.

There was a marvellously appreciative audience for the music and members of the orchestra entered completely into the joyful spirit of the afternoon. A bassoonist jives with Gary Cooper and Andrea Deegan joins in the dance with Paul James Donnelly. At eight months old, Paul James was one of the liveliest of the lot.

At the camogie-shoot Ann Roche (with a little help) got the ball up the slope even though she is visually impaired. Her friend Deirdre Gibney (l) stands by with more encouragement. Johnny Drew (with spectacles) waits his turn.

The 40-piece Ricotti Ensemble calls itself 'street symphonic.' At Good Counsel it played all sorts. Its motto is 'from Mozart to Zappa.' With young amateurs and professionals it is partly funded by the Dutch government. It plays anywhere people want to hear good music and don't usually have a chance.



Department of Education, Dun Laoghaire VEC and EHB work together in Sports Youthreach

Pat takes soccer seriously



Executive Officer had the simple idea that there were many youngsters who had dropped out of mainstream education but who were all mad about sport, particularly football. Had Pat any ideas? He had. He had the idea of a place where expert, disciplined instruction would help students to develop their athletic skills. At the same time they would be offered opportunities to brush up on more academic subjects like English and arithmetic. The Department and Dun Laoghaire VEC joined in setting up and funding the experiment.

It worked!

Now Pat Devlin and his colleagues at Dun Laoghaire have 22 keen students and twice that number on a waiting list. It was real football weather the other day but there they were: 22 young men hard at it in the pouring rain. Discipline readily accepted. They know they are getting expert coaching and they appreciate it. Pat Devlin himself is an FAI instructor. His assistant Jimmy Lawless is also an expert and Nick Broujos, an American working for the EHB

also plays professionally for Sligo Rovers.

With increased athletic skills there is a marked rise in self-assurance and willingness to tackle academic subjects. You need good English to prepare a proper CV and Betty Coady and Margaret O'Carroll are there to help with this part of the curriculum. They are also involved in the sports activities, especially squash and basketball. They get to know their pupils that way, gain their confidence and help with job applications and preparations for the inevitable interview. Neither of them labours the fact that they are, by profession, sports psychologists but the rapport they establish with their charges encourages them to come for individual counselling and to participate enthusiastically in group discussions. Rachel O'Neill teaches Arts and Crafts.

The whole team at Dun Laoghaire is proud of the fact that, quite apart from some success finding jobs many of their past pupils are now socially involved in their own neighbourhoods and some are now youth leaders themselves.

The EHB firmly believes that it is important to keep people in good health. Prevention is better, and cheaper, than cure. The Department of Education and Dun Laoghaire Vocational Education Committee agree and have collaborated with our Board in a little known success story which caters for school-leavers who are not interested in further mainstream education. FAS is also a key player in this enterprise.

The Dun Laoghaire Youth Sportreach offers young men a different way to self-development and improvement of basic academic and social skills. It began five years ago when Kieran Hickey, our Chief Executive Officer, met Pat Devlin an EHB staff member who was also manager of Bray Wanderers. As Pat tells it Kieran Hickey, our Chief



Heading for a better start in life at Dun Laoghaire

A day at the races **Benny and Tommy meet the champ!**

(and back a winner @ 12/1)

By Pol Mcguinness



Benny Frennd and Tommy Mulligan meet
champion jockey Michael Kinnane

Friday the 27th of May was just another ordinary working day in the life of Michael Kinane, now widely regarded as one of the best flat race jockeys in the world. The venue was Dundalk, resplendent in the fine evening sunshine but modest compared to Epsom, Goodwood or Newmarket where Michael has scored some of his finest successes.

It was not to be however an ordinary day in the lives of Benny Frennd or Tommy Mulligan, residents of Unit C, St. Ita's. They were to meet, albeit briefly, and be photographed with one of Ireland's true sporting heroes. Both are keen sports enthusiasts but Tommy's forte is horse racing and his idol is Michael Kinane

With the kind help and co-operation of racecourse secretary Margaret Bottomley the outing was organised by Deputy Nursing Officer Paraic Murphy and with myself in attendance the four of us were to launch a keenly planned attack on those fine body of men - the bookies.

The first race, hooves rattled, the crowd roared, hats flew in the air, tickets were dejectedly torn, Tommy smiled, he had backed the winner at 12/1 and we were off to a flyer.

The jockeys' weigh room is out of bounds to the general public but it was here where Paraic's skill and guile as a diplomat came to the fore as he cajoled the steward

into arranging a meeting with M.K. Although rushing to the parade ring to partner his mount in the next race Michael proved to be as gentlemanly and modest as he is talented and readily agreed to a brief encounter. He shook hands with us warmly and wished us luck and Tommy was walking on air.

Later Benny was to spot racehorse trainer and TV personality Ted Walsh, this time in the role of spectator, we engaged in light hearted banter and rather than give us a tip he looked for one from us. We remained tight-lipped. Our initial success proved to be our finest and although we had only modest returns in later races we remained undaunted as our outlays were never reckless.

We adjourned indoors for the final race as the evening began to chill, there we teamed up with a group of local punters who supplied us with a red hot tip for the final event. We studied cautiously and invested modestly and as Ted Walsh would have said "he ran like an owl pig."

And so we departed in good spirits. A few miles south of Dundalk Paraic swung the red Corolla left into a gravelled car park. The proprietor greeted us warmly and soon thirsts were quenched. When the meal arrived, sumptuous and wholesome, not a word was spoken for a full twenty minutes. As twilight turned to nightfall we were homeward bound.

When we had left the unit earlier that fine May afternoon armed with cameras, binoculars and great expectations, we had promised to return with sackfuls of money. That turned out to be fools gold. We did however return with that easy satisfaction and contentment that a fine evening out can bring and with hope of further such expeditions before the summer finally comes to a close.

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Clarification - Spring Issue Dental Surgery Assistants

In our article on the above we mentioned the term *dental radiographer* which, we have been asked to clarify, applies only to those who have successfully completed the Diploma of the College of Radiographers, London or the Bachelor of Radiography (Hons.), U.C.D. or some other similar qualification. In our Spring Issue the term was meant to cover DSAs undertaking basic dental radiographic procedures. We apologise for any confusion caused.

"The Health and Safety Authority has identified that nurses both general and psychiatric are at greatest risk of exposure to violence"

By Tom Clare

According to a recent survey more than 90% of nursing and ancillary staff in the casualty department of St. James's Hospital have suffered at least one attack while on duty. The author of this survey was herself assaulted by a patient who knocked her to the floor and put his hands round her neck. (*Irish Medical Times 5 Aug 94*)

Under the 1989 Health, Safety and Welfare at Work Act there is an obligation on the employer to make the workplace as safe as possible and to draw up a safety statement that identifies the hazards, assesses the risk to health and safety and puts in place appropriate safeguards. There is also an obligation on the employee in the health services to avail of training that will make the work place safer for the individual.

Before 1982 there was no formalised or indeed recognised way for staff to deal adequately and effectively with the violent patient. Although traditional methods were employed by various hospitals for dealing with their own disturbed patients, these methods relied heavily on great numbers of staff to deal with the specific incident and in many cases this caused distress, confusion and indeed serious injury both to staff and patients concerned.

The physical education branch of the Home Office (UK) were concerned about these issues so they devised effective and simple techniques of restraining violent or disturbed patients. This training *Control and Restraint* (C&R) was adopted by the Special Hospitals in the UK in 1983. The course has since undergone many developmental changes and an emphasis has been placed on the duty and care owed by the nurse to the patient and every effort is made to preserve the dignity of the disturbed patient. The Special Hospital Service

Authority (UK) validated the revised format for Control and Restraint training in 1989.



Central Mental Hospital Dundrum Control and Restraint instructors: LtoR: Gerry Cullen (RPN) Brendan (RPN) Tony Cannon (RPN) Tom Clare (A/CNO & Co-ordinator) Elaine Drummond

The Central Mental Hospital has been to the forefront of the development of Control and Restraint in Ireland since 1989. They now have a team of qualified instructors affiliated to Special Hospital Services Authority (UK). Category II accreditation is presently being sought from An Bord Altranais.

The Central Mental Hospital control and restraint courses are tailored to meet the needs of health care personnel who may be the victims of violence, such as verbal abuse, the threat of assault or actual assault which may result in injury or sexual assault.

Apart from nursing staff also at risk are all staff in A&E, mental handicap, ambulance, health care in the community such as CPN's, PHN's, GP's and OT's -- in fact anyone who has contact with patients.

Examples of courses provided by the

Central Mental Hospital team are:

1. Approach to management of violence. This 5-day course is for teams of three people and deals with a variety of skills which can be used to control a violent person without injury or undue discomfort.

2. Breakaway techniques. A two-day course which gives the staff the knowledge and skill to deal with one-to-one situations when confronted with aggressive or violent behaviour.

3. Refresher courses. One-day refresher courses are offered for both breakaway techniques and team approach to the management of violence.

The advantages:

1. It is a professional and structured approach to violence and aggression.

2. It minimises the risk of injury to patients and staff.

3. It promotes the dignity of the patient and staff in aggressive outbursts.

4. It increases staff confidence and awareness.

5. The increase in staff confidence and awareness combined with the technical ability to manage violence and aggression should be reflected in a reduction of work-related stress.

If the courses described do not meet your particular needs please contact our Control and Restraint Section and discuss your requirements. Courses can be held on site at the Central Mental Hospital or arrangements made at any other suitable location throughout the country. For details contact Mr Tom Clare, Assistant Chief Nursing Officer and Control and Restraint Co-ordinator at the Central Mental Hospital, Dundrum, Dublin 14. Telephone 01-298 9266.

How to get out of a strangle hold

- and preserve health and dignity for all concerned. This is how they do it in Drumdrum.

How a three person team can restrain a violent individual



WE WON!

By Colm Coffey

Not since 1982 has an E.H.B. team reached a semi-final, and no one could tell me when we last reached a final, let alone win one. The new management team this year is Derek Hall and Aidan Reddy who are both players.

What I will say about the league games that got us to the semi-final is that we never finished any game with eleven players and in all but one we never started with eleven.



Back: Brian Callaghan, Derek Hall, Jimmy Carberry, Adrian O'Grady, David Dooley, Colm Coffey, Gerry Reid. Front: Johnny Broe, Kevin Brady, Larry Bathe, John Donovan, Derek Bauer



Callaghan

never started with eleven. This makes achievement all the more remarkable.

Support was sought and given in great numbers for the final, in fact Yvonne Barry's banners

were a credit to the technology she works with. The match started with fluttering nerves and we were not as fluent as normal in the opening stages. After about 15 minutes we win a corner, which is played short to Gerry Reid and crossed to the near post by myself, it is flicked on by Larry Bathe and finished to the net by Brian Callaghan. A nerve settling goal. Soon we had a penalty but it was saved from Kevin Brady. This is an inspiration to the team from Arts and Culture and we finish the half on the defensive with Aidan O'Grady making some crucial stops.

A rousing half time pasting by Derek Hall sends us out in fighting form. We are under siege for the first few minutes with Aidan again to the fore ably supported by his defence Derek Hall, Larry Bathe, Dave Dooley and Kevin Brady. Soon the

midfield of Colm Coffey, Gerry Reid, Jim Carberry and John Donovan take control and two second half goals from Brian Callaghan cap a tremendous performance by Brian, but the best is yet to come. Under pressure Dooley sweeps a forty yard left to right diagonal ball to Donovan who taking it in his stride sweeps in a cross which is sweetly met

you that after each victory many brain-cells were killed, but what goes on tour stays on tour so if you want to find out more why not support or play next year.

Just to finish off John Donovan made me promise I would mention a few people.

We would like to thank the Credit Union for their continued support, (we need new gear). Gemini Trophies who donated the player of the Year trophy which was won by Johnny Broe and last but not least the supporters who were great, lets see some more next year.



Carberry

Bathe

on the head by Johnny Broe, a beautiful goal. Four nil and the game is over, a marvellous triumph. Next year holds league and cup double!!!

I would like to make special mention about two older lemons of the team, Derek "the Pelvis" Banner and Adrian "have boots will travel" Charles, they were both brilliant and scored goals this season which got us to the final. Many may now be thinking are these boys purer than the driven snow, so let me assure



Reid



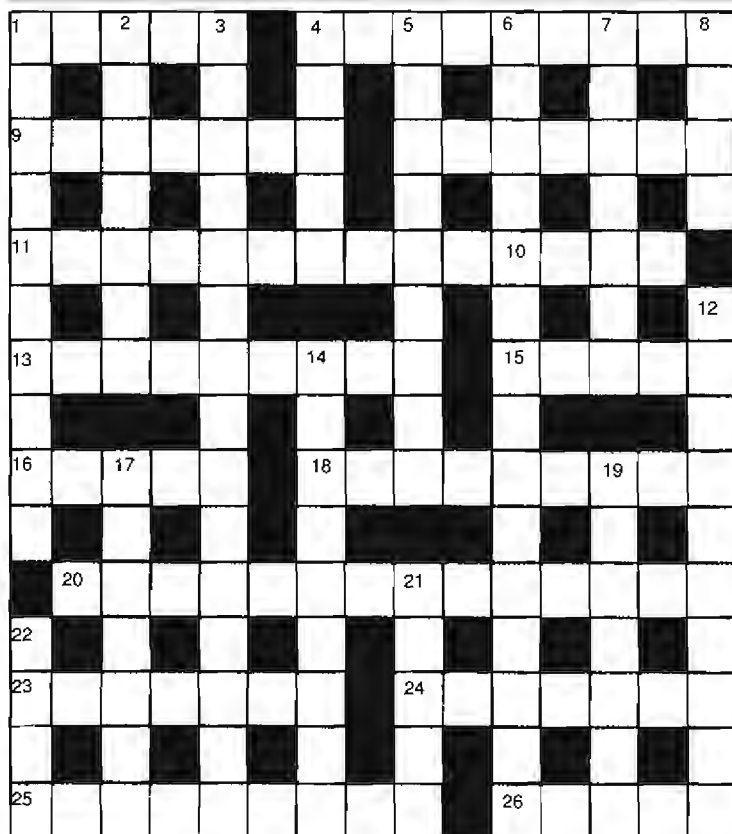
A group of Environmental Health Officers who participated in this year's Mini-Marathon to raise funds for Focus Point, the organisation which works to help people out-of-home. The money raised was presented to Ms Grainne O'Neill of Focus Point by Mr J.P.O'Reilly, then A/Chief EHO in Dublin City. It was one of his last functions before he retired in July. L to R: B. Martin, T.O'Toole, N.O'Regan, C.Nolan, G.O'Neill (Focus Point), J.P.O'Reilly, M.Henson, E.. Lee, M.Hynes, M. Bowens. Not in picture:M.Lee



Irish times photo

Maeve Chaney of the Polar Bears Club won the women's category in annual Irish Times Dun Laoghaire swim. Maeve is better known to EHB people as the helpful receptionist at Dr Steevens Hospital

Crossword No. 86



Across:-

- 1. The gods' mouthpiece is back by lake (5)
- 4. Dail try an error, but done brilliantly (9)
- 9. Stranded in a football pitch, perhaps (7)
- 10. Join together with one fighter (7)
- 11. Silly exploit with her artist at home in bed (14)
- 13. With no good purpose, employ Leslie Sly (9)
- 15. Malignant one is in with a traitor (5)
- 16. Watering place - almost a hit for the old turkish cavalryman (5)
- 18. Can be rotor or is used in perfume (9)
- 20. General contact is agreeable to all (3,6,5)
- 23. Deer sounds line with a dollar (7)
- 24. Clergymen get it, and spend it recklessly (7)
- 25. True scare upsets all living beings (9)
- 26. Having the nerve to be greedy (5)

Down:-

- 1. Employees care for modern lady with the lamp (5,5)
- 2. Be about to hail and snatch away (7)
- 3. Amusement in King's Palace could be caused by witty judge (8,2,5)
- 4. A biker can be added (5)
- 5. Wild reeds surrounded Troy when caught by fighting ship (9)
- 6. Caused by prolonged negotiations till that signing was arranged (3,5,7)
- 7. Try, we hear, to dinge the gods' weapon (7)
- 8. A cart backs into American garden (4)
- 12. That poor devil, Edward, starts lying miserably (10)
- 14. Last user to shake more about (9)
- 17. The late lamentable sportsman (7)
- 19. Noel put in a mess is still well off (7)
- 21. Shores without a hundred kilns (5)
- 22. Heather loses a boy (4)

SOLUTION CROSSWORD NO. 85.

Across:-

- 1 Distilled 6 Ghana 9 Migrant 10 Aramaic 11 Drop in the ocean 13 Dabbed 15 Gangrene 17 Imagine 18 Baltic 26 Expedient

Down:-

- 1 Dome 2 Sugar 3 in apple pie order. 4 Lament 5 Deadhead 6 Go a long way round 7 Abasement 8 Ascendency 12 Admissible 14 Beachhead 16 Germfree 19 Asleep 21 Slate 22 Test

At the 24th Annual General Meeting of the Eastern Health Board, on July 7th, Cllr. Michael Barrett was elected Chairman. Cllr. Roisin Shortall, T.D. was elected Vice-Chairman.

The Minister for Health launched the Cancer Education Resource Pack developed by the National Youth Council in conjunction with the Department's Health Promotion Unit and the Youth Affairs Section in the Department of Education. It is to assist any person in contact with young people with basic facts about cancer and to promote a positive image of a healthy lifestyle. In Ireland Lung Cancer is responsible for 1500 deaths each year. Besides smoking other areas covered are diet, nutrition, exercise, alcohol and exposure to the sun.

After the success of the 1993 Waiting List Initiative the Government has given an additional £10 million this year to further tackle the problem with **£4.8M to EHB area.**

People with Disabilities

The Minister has advertised a Pilot Programme for the Employment of People with Disabilities in viable business enterprises. A capital investment fund of £0.75m in 1994 will grant aid establishment and development costs, in addition to grants from other sources. At least fifty per cent of the employees must be with disabilities and these will be entitled to retain secondary benefits for one year.

Disabled Persons (Maintenance Allowances) Regulations, 1994 and Infectious Diseases (Maintenance Allowances) Regulations, 1994 have been published and come into effect from Monday 25th July, 1994.

The Minister has approved our Board's proposals for developments in child care funded from money set aside for implementation of the Child Care Act. As follows:
New residential unit for children needing intensive care
Development and expansion of the 'Carers for Young People Scheme'
Increased support for Tabor House and Amien's Street Hostel
Additional emergency places for chil-

dren at risk and homeless children
Increased allowances for day fostering
Expansion of foster care services and support to foster parents for essential house adaptations
Extension of Community Mothers Programme
Rise in subvention to day nurseries
More funding for residential centres for difficult children
Development of computerized child care system and creation of 1 additional post of social worker
Additional funding for staff training
Expansion of Home Help and Family Support Services for children and families at risk
Development of Family Resource Centres
Increased support for youth and after schools projects
Provision of additional day nursery places
Increased financial support for women's refuges

New posts approved:

10 Team leaders
24 Social Workers
10 Public Health Nurses
4 Grade 11
5 Psychiatrists
1 Psychologist
1 Occupational Therapist
5 Nurses
2 Play Therapists
1.5 Receptionist
3 Project Workers

The total cost of these developments, pay and non-pay, will be £3.250M.

The Minister of State at the Department of Health approved Guidelines on Good Distribution Practice of Medicinal Products for Human Use which were prepared in consultation with the Committee on Proprietary Medicinal Products of the EU. They will update those already in use and maintain standards in distribution of medicinal products.

The Minister has approved the following initiatives as submitted by our Board for the development of services for persons with a mental handicap:
94 residential places
10 emergency places
230 day care places and
Home support services

Total revenue cost: £3,370,125.

The Minister has allocated £1,710,000 Lottery funds for distribution by Health Boards to local voluntary bodies operating in their areas. The Eastern Health Board has been allocated £315,000 for distribution.

The Minister has also allocated a further £1.5M for ambulance services around the country and has established the National Ambulance Advisory Council to advise on general ambulance and pre-hospital care and report annually on the ambulance service and to undertake research on developments in the service, especially in regard to emerging technology.

The latest statistics on HIV/AIDS were issued by the Minister on 26th July, 1994:

New Cases: 1 homosexual/Bisexual
3 IV Drug Abusers
Deaths: 2 homosexuals/Bisexuals
2 IV Drug Abusers

Total AIDS cases: 408

Deaths from AIDS: 209 (51% of the total).

IV drug abusers = 43% of AIDS cases

Homosexuals/bisexuals = 33% of AIDS cases

Of 86,701 tests undertaken by the Virus Reference Laboratory for HIV antibodies to end June, 1994, 1,494 tested positive, an increase of 4 as at end of May, 1994.
IV drug abusers = 50% of the total
homosexuals = 19%
heterosexuals = 13%.

Revised list of AIDS cases and deaths up to 30th June, 1994.

	Cases	Deaths
Homosexuals/Bisexuals	136	67
IV Drug Abusers	177	86
Homo/Bisexual/IVDU	8	6
Haemophiliacs	28	20
Heterosexuals	45	21
Babies born to IV Drug Abusers	8	6
Babies born to Heterosexual Mothers	1	
Undetermined	5	3
Totals	408	209