

NEW NAME!
NEW LOOK! NEW READ!

THE SOUTH WEST POST

'getting better together'



Radical Reform of Health Service Announced

Following on the publication of the Prospectus and Brennan Reports, the Minister for Health and Children, Mr. Micheál Martin, announced the Health Service Reform Programme on June 18. The Prospectus Report and its audit of structures and functions in the health system arose from the National Health Strategy, while the Brennan Report on financial management and controls in the health service had been commissioned by the Minister for Finance. Together the reports, independently of

each other, reached similar conclusions about the system and made comparable recommendations.

A New Dawn

Speaking to *The South West Post*, Minister Martin stated "We now face challenges and levels of demand that were never envisaged at the time the existing health structures were created. Over a period of thirty years the health service has seen the addition of a large range of specialist agencies to give focus

to particular policy areas. With 58 bodies, the system has become complex, fragmented and unmanageable – itself an obstacle to achieving improvements. There is overlap and uncertainty in terms of who is responsible for services delivered and no one agency is directly accountable for the management of the health system as a national service."

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A Message from the Chief Executive

This newsletter captures a lot of positive developments and activities, of which we can be justifiably proud, within the South Western Area Health Board. However, it also presents an opportunity to advise colleagues of some of the difficulties currently being faced by the organisation.

You may be aware that the Board faces rigorous requirements to remain both within its employment ceiling and within its financial allocation. As of the end of August 2003, the Board was in excess of its approved employment levels with a significant budgetary deficit being indicated by year-end if current expenditure levels continue.

This places the Board in an extremely difficult position and places an onus on

myself and the Management Team to provide leadership and direction in the various efforts to address these problems. Inevitably, this involves decisions, which are difficult for us all, and, in this regard, I recognise that our current work environment features some uncertainty and some difficult demands being placed on staff.

Following on from the Health Services National Joint Council meeting on September 4, it is my hope that the discussions now underway with representatives of the trade unions will progress satisfactorily within the spirit of the social partnership agreement, Sustaining Progress. Their successful conclusion is both vital and urgent.

May I take this opportunity to thank all

staff for their ongoing commitment to the work of this Board. May I also acknowledge particularly the contributions of those members of staff who have already facilitated and accepted some degree of change to ensure that the organisation meets its human resource and financial requirements.

The Board shall, of course, continue to communicate with staff on an ongoing basis as developments arise. I am confident that, as we work together, we will overcome these challenges and resolve these matters as best we can going forward.

Pat Donnelly
Chief Executive Officer

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Let's Go Walking...

On Friday, 4th July, Independence Day, a *Slí na Sláinte 2* programme was launched in Naas General Hospital.



L-R: Margaret Burke, Patient Services, Naas General Hospital, Marion Regan, Senior Health Promotion Workplace Officer and Tanya Comber, National Coordinator, Irish Heart Foundation

The hospital has been working with the Irish Heart Foundation to develop the *Slí Na Sláinte 2* programme for staff which is designed to promote exercise within the workplace. *Slí na Sláinte* means 'Path to Health' and is an ideal way to improve your well-being - simply by walking. The programme includes motivational signs in the reception area detailing walking distances to key locations throughout the town as well as sign-posting the popular lunchtime walking route. Signs also outlining the

benefits of using the stairs instead of the lift have been placed around the hospital.

Slí na Sláinte and *Slí na Sláinte 2* are Irish Heart Foundation initiatives and Tanya Comber, National Coordinator, Irish Heart Foundation and Marion Regan, Senior Health Promotion Workplace Officer, South Western Area Health Board, were in attendance to mark the launch.

Tanya gave a short explanation of the *Slí na Sláinte* concepts and then Marion spoke about the benefits, both physical and mental, of walking. An information stand was erected and a challenge card was distributed and this generated great interest among staff. The launch finished with a lunchtime walk around the lakes!

For further information contact:

Mary Connolly,
Naas General Hospital
on (045) 849939 or
897221(Bleep 213)



New Chairman for South Western Area Health Board



The recent Annual General Meeting of the South Western Area Health Board saw Alderman Mary Mooney unanimously elected Chairman of the Board for the coming year.

Alderman Mooney, formerly Vice-Chairman of the Board in 2002/3 takes

over the reins from Cllr. Therese Ridge, who is the new Vice-Chairman.

Ald. Mooney paid tribute to her predecessor Cllr. Therese Ridge and made a presentation to the outgoing Chairman on behalf of the Board in recognition of her service over the past year.

Ald. Mooney was elected to Dublin City Council in 1985 and has been

continuously re-elected to the chamber since then. She currently chairs the Housing, Social and Community Affairs Strategic Policy Committee on the Council. She represented Dublin South Central in Dáil Éireann between 1987 and 1989.

Alderman Mooney joined the South Western Area Health Board on its establishment in March 2000. She is married to John McDonald and has one son.

Launch of Human Resources Policies

On 3rd June the South Western Area Health Board formally launched a Policies and Procedures Manual and a new Employee Handbook and Induction Pack.

The launch was carried out by Cllr. Jim Reilly, Board Member and Chairman of the Disabilities, Mental Health, Addiction and Acute Services Committee. Mr. Pat Donnelly, CEO, welcomed a large gathering and in his remarks highlighted the key role of all staff in quality service delivery and people management supports in delivering on that objective.

“The ongoing use and implementation of these policy documents ideally places the South Western Area Health Board to deliver on some key themes prioritised under the Action Plan for People Management and to respond to some specific needs identified by our own staff and managers in the development of the Organisational Strategy and through the Partnership Committee” said Mr Donnelly.

Mr Tony McMahon, Director of Human Resources, explained that the Policies and Procedures Manual is a comprehensive and essential reference for line managers in respect of employment decisions or as a source of information in dealing with general queries.

The Employee Handbook is a key resource for staff, which provides basic information on the South Western Area Health Board itself and also on terms and conditions of employment with the Board.

The Induction Pack is designed for use



L-R: Mr. Tony McMahon, Director of Human Resources, Cllr. Jim Reilly, then Mayor of Kildare and Acting Chairman of the Board and Mr. Pat Donnelly, CEO

by managers and staff to provide a structured format for the induction of employees, dealing with both basic house-keeping and survival issues when taking up a new role but also in dealing with more medium to long term issues of role clarity and personal development.

The documents have been circulated in hard copy format and are also available on the South Western Area Health Board intranet. In addition, queries and feedback can be sent to hr@swahb.ie.

Cllr. Reilly recognised the difficult and demanding circumstances in which staff operate and concluded by saying: “In the South Western Area Health Board staff are our most valuable resource and our success in delivering services is dependent on the degree to which we empower, equip and support staff to carry out their work.

The management of people working

within the health service is an integral part of the Health Strategy and I am delighted to see that by producing these important policy and guideline documents our Board is at the forefront of developments in this regard.”



L-R: Marie Kehoe (Catering Officer, Naas General Hospital) and Helena McGarr (Childcare Services, Millennium Park)

Focus on Fruit Week



The Department of Health & Children in association with Bord Glas kicked off the annual National Healthy Eating Campaign with Focus on Fruit Week which ran from June 2- 7. The theme for the campaign was the promotion of fruit as a tasty, healthy snack.



The Health Promotion Department of the South Western Area Health Board supported the National Healthy Eating Campaign and is encouraging all staff to eat four or more portions of fruit and vegetables each per day for good health.

A portion is

A glass of fruit juice

1 medium size fresh fruit

3 dessert spoons of tinned or cooked fruit

3 dessert spoons of cooked vegetables or salad



- A bowl of home-made soup
- A glass of juice or half a grapefruit with breakfast
- Fresh chopped fruit or dried fruit on a cereal or porridge
- A piece of fruit as a snack at any time of the day when you feel peckish
- A fruit-based smoothie as a refreshing drink
- A fruit scone or a slice of fruit brack at tea break
- Frozen berries, fruit salad or tinned fruit as a tasty dessert
- Fruit-based salsa as a dip with some raw vegetables to keep you going while cooking dinner
- Fruit-based sauces, e.g. apple sauce with pork dishes

Some Cool Smoothie Recipes

VERY BERRY

Mix the following ingredients in a blender:

- A tin of strawberries
(in their own juice)
- A tin of raspberries
(in their own juice)
- A plain yoghurt
- A glass of low fat milk

Provides 2 large servings



BANANA MADNESS

Mix the following ingredients in a blender:

- A large banana
- A peach yoghurt
- A glass of low fat milk

Provides 2 large servings

YUMMY BANANA MUFFINS

Makes 12-14 muffins

What you need:

- 350g / 12oz bananas, peeled and mashed (2-3 bananas)
- 60ml / 4 tablespoons pure vegetable oil
- 50ml / 2fluid oz low fat milk
- 1 egg, beaten
- 2 teaspoons baking powder
- 1 teaspoon ground nutmeg
- 50g / 2oz plain flour
- 150g / 5oz wholemeal flour
- 50g / 2oz sugar
- 25g / 1oz almonds or hazelnuts
(optional)

What you do:

- Combine the bananas with the oil, milk and egg, mixing well.
- In a second bowl mix together the remaining ingredients.
- Add the banana mixture and stir quickly until mixed but still lumpy.
- Spoon into lightly greased bun or muffin tins or, alternatively, line tins with bun cases.
- Bake at 200° C / 400° F / Gas Mark 6 for 20-25 minutes.



For your chance to win a **€125 voucher** for a Dublin Restaurant, answer the following question:

Name a song with a fruit in the title...

ANSWER: _____

Name: _____

Work Address: _____

Phone: _____

Closing Date: Tuesday, 28th October, 2003

Please send entries to:

Focus on Fruit Competition,
Community Nutrition Service,
Health Promotion Department,
South Western Area Health Board,
3rd Floor, 52 Broomhill Road,
Tallaght, Dublin 24

Conditions:

- No monies in lieu.
- One application per person.
- Judges' decision is final.

Watch out for Focus on Vegetables in the next issue...

President McAleese visits Bellvilla Community Unit

The visit of the President of Ireland Mary McAleese on Thursday 8th July was a very special occasion for the residents and day care clients of Bellvilla Community Unit for Older Persons, South Circular Road, Dublin 8.



President Mary McAleese is greeted by Elizabeth Browne of the Bellvilla Community Unit for Older Persons

The President was given a tour of the facility and had the opportunity to view an art exhibition of 140 paintings. The work of 18 'student artists' at the unit – the youngest pupil was 71 years and the oldest was 92 years – it featured a variety of media and techniques including collage, ink blowing, paper weaving, string and card block printing, oil pastel drawings and acrylic and oil

painting. One of the paintings, a group collaborative mural, was presented to the President as a token of gratitude for her visit.

Speaking at the event, Cllr. Therese Ridge, then Chairman of the Board, said "We are delighted to welcome President McAleese to Bellvilla Community Unit – one of the jewels in

the crown of the Board's services for older people. Bellvilla prides itself on not only giving excellent medical attention but also in ensuring a more holistic approach to physical health and mental well-being. The aim is to provide high quality, informed, personalised and friendly care to each resident."

Breda Hayes, then Director of Nursing, Bellvilla Community Unit, added, "The Unit was opened in March 1998 to bring care facilities for the elderly back into their own communities and to provide appropriate accommodation within a framework of multi-disciplinary approaches and care modalities. Even though older persons would like to live at home, we hope that we add life to their days in Bellvilla. We also aim to return service users to their community to continue as active a life as possible and to retain and regain their abilities to function well. This visit, we hope, is a wonderful opportunity for the President to see the success of our initiative and, even more especially, to enhance the lives of residents, their families and the staff, for which we are most grateful."



Back Row, L-R: Mr. Tadhg O'Connor (Unit Manager), Mrs. Brenda Hannon (Director for Older Persons), Mr. Hugh Kane (Acting CEO) & Mr. Brian Burke (General Manager, Dublin South City). Front Row, L-R: Mrs. Breda Hayes (then Director of Nursing, Bellvilla Community Unit), Ms. Imelda Dooley (Manager for Older Persons, Dublin South City), President Mary McAleese & Cllr. Therese Ridge (then Chairman, South Western Area Health Board)



President Mary McAleese & Cllr. Therese Ridge with residents, family members and staff of the Bellvilla Community Unit

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) 880406.

POST-It Notes!

If you're looking for someone to join in a car pool for that daily commute, want to notify us of a change of address or even wish to sell your car, then look no further! From the next issue we will be including staff notices on our brand new section, POST-It Notes.

So get writing to us at The South West Post, Communications office, South Western Area Health Board, Millennium Park, Naas, Co. Kildare, email us at thepost@swahb.ie or fax 1890 200 946. And soon, over 4,000 people will be reading all about it!

Special Olympics

Thirteen different population centres in the South Western Area Health Board were 'host towns' for participants and coaches in the Special Olympics.



Pasquale Monesano, a Special Olympics winner from Italy at Dublin Airport as the athletes returned to their home countries

Here's what three staff members had to say about their involvement:

Carmel O'Connor, Beech House, Naas, was a volunteer and hosted a Kenyan family in Kilcullen, Co. Kildare

"The Kenyan team arrived in Kilcullen on Saturday 14th June and departed on Friday 20th June. The entire team was involved in the athletics in Santry Stadium and every day people from the town attended the competitions there. We got to know the team very well and

on their last night in Dublin we travelled to bid them farewell in Bewley's Hotel in Ballsbridge. I would have to say it was one of the best fortnights of my life and all those involved in Kilcullen would say the same."

Sheila O'Connor is a Staff Nurse in the Outpatient Department at Naas General Hospital and was a Medical Co-Ordinator

"Over 2 years ago I was in the RDS when the twinning of towns and

countries was announced for the Special Olympics host town programme. To our delight we heard New Zealand would be our guests - no language or dietary problems to worry about. For the following two years I worked with a fantastic committee making plans for what was to be an exciting week. Myself and Geraldine Kilgallen were Medical Co-Ordinators and were responsible for getting a team of doctors, nurses, dentists, pharmacists and physiotherapists together to cover



Welcoming El Salvador - the first Special Olympics team to arrive in Ireland. Back L-R: David O'Brien, Principal Environmental Health Officer, David Byrne, Environmental Health Officer and Deirdre Byrne, Environmental Health Officer

all eventualities. On 16th June we went to Dublin to meet and greet our special guests and what a night. We had a Garda escort through Naas at midnight and received a spectacular welcome and fireworks display at the Rugby Club (H.Q. for the week). The week flew and the friendliness and stamina of all the Kiwis and volunteers was remarkable. We had a magnificent concert in Goffs attended by over 800 people and it was so emotional, especially when we all stood and sang the Special Anthem 'MAY WE NEVER HAVE TO SAY GOODBYE'.

On Friday 20th June, the Torch Run came through Naas, and thanks to good planning, it was a once in a lifetime experience for the thousands who came out to watch and cheer. The committee then had lunch with our

guests followed by a very emotional farewell. The Kiwis said it was harder to leave us than it was to leave their families. What more can one say except to express our thanks to a great team."

Mary Kenny from the Finance Department in Millennium Park drove one of the Toyota sponsored cars ferrying athletes and officials to and from sports venues and their accommodation

"It was a wonderful experience and I was really glad to be a part of it all. No matter which sports venue I visited the atmosphere was wonderful in each - winning did not matter - it was the taking part that counted. We can learn so much from the courageous athletes.

There was great camaraderie among all

the drivers. We met in the motor pool depot between our assignments – all sharing stories about where we had been and who were our passengers and which was the best way to get through Dublin traffic! I have heard a rumour that the Games are due back in Ireland in 2016 and I will certainly be putting my name forward again as a volunteer."

Mr. Pat Donnelly, Chief Executive Officer, said "The overall medical arrangements worked most efficiently and in this regard I would like to thank all of the staff who were directly involved in an official capacity for providing their services, sometimes at short notice. Moreover, I would like to specifically acknowledge the excellent work of the Board's employees who, either in an official or voluntary capacity, in so many different ways, contributed to the success of the Games."

The Board appointed Mr. Kevin Cleary as Project Manager who was available to the Games' Medical Command Centre (MCC) in St Mary's Hospital, Phoenix Park, on a 24 hour basis and the resources of the Board were availed of in circumstances where the MCC did not have the resources at its disposal to deal with specific medical matters. This arose principally in terms of dental treatment and the filling of medical prescriptions.

Radical Reform of Health Service Announced

Continued from front page



“When we published the National Health Strategy, it was acknowledged that structural reform would have to follow to meet its objectives. Over 30 agencies will be amalgamated or abolished (25 subsumed, 5 merged, and 2 abolished), including the health boards. The Reform Programme is not simply about a reduction in the number of agencies, but a complete re-organisation of the system around a single entity - the Health Service Executive - with responsibility for service delivery nationally. These reforms are vital if the system is to be accountable, efficient and effective; adaptable to the rapid pace of developments in new treatments; and capable of responding to the emerging and ongoing needs of the public and to meeting the demands of an expanding and aging population” said Minister Martin.

The new structure will: provide a national focus on service delivery and executive management of the system; reduce fragmentation and duplication making the system more manageable and efficient; facilitate far greater consistency in service provision in different parts of the country; enable the alignment of responsibility and accountability throughout the system;

strengthen local services while developing a national framework which will yield the full potential of available resources; enhance budgetary and service planning. Most importantly, it will improve patient care. The Minister indicated that investment would still be necessary in the health service but the Reform Programme will mean that the money invested will be well spent and more effective.

Changing Departmental Role

The Department of Health & Children will itself be re-structured. This will mark a clear separation of powers between the Department and the Health Service Executive, which will be held to account for its performance. The role of the Department will therefore be re-structured to set out national service objectives and priorities for the health sector. It will be responsible for policy formulation and evaluation; the legislative and regulatory framework; governance, accountability, standard setting and audit; performance measurement; development of HR and workforce strategic policy; resource issues, estimates, service planning and the budget of the Health Service Executive.

Health Service Executive

A Health Service Executive (HSE), with its own Board and CEO and reporting to the Minister, will be established to manage the health service as a single, national entity. A national service plan will be prepared every year and submitted to the Minister, based on the service priorities set out by the Department. It will outline the quantity and quality of services to be achieved in exchange for the funding. This plan will be supported by reporting systems that focus on progress achieved against stated budget and service objectives. The HSE will bring together service planning, funding and delivery mechanisms for the entire health system, facilitate unified accountability, monitor service delivery from a single unit which has control over all delivery mechanisms and address equity in allocation and distribution of resources. The HSE will have three divisions:

Primary, Community and Continuing Care Directorate:

Made up of four Regional Health Offices (RHOs), each will have a regional manager accountable to the CEO of the HSE and will work closely with the National Hospitals Office / hospital networks in service delivery. These offices will be responsible for planning, commissioning and funding all non-acute services within the region – in other words, the delivery of all non-acute services currently provided by health boards and the ERHA. At local level, the existing 32 community care structures will be strengthened to provide an integrated framework for the delivery of the Primary Care Model. These Local Health Offices (LHOs) will report to the RHOs. Service plans consistent with the national service plan will be in place for each Regional Health Office and Local Health Office.

Boundaries of the regions have not yet been decided. However, the Prospectus Report suggested that these boundaries should be based upon the need to achieve an approximate balance of population size within the component parts of the new organisation; the need for structures to recognise geographic and demographic variations; the need to cluster certain services which are not appropriate for local or national delivery for reasons of scale, cost or geography (e.g. public health services, emergency planning, etc.); the degree of potential fit with other regional maps, political or public service.

National Hospitals Office (NHO): Responsible for the management of the acute hospital sector nationally, including the drawing up of a national service plan for hospitals. It will provide a strong centralised approach to the delivery of hospital services. The NHO will work in close collaboration with RHOs to ensure integration of service delivery and will have a Director who will be accountable to the CEO of the HSE. A key function of the NHO will be to advise on the organisation, planning and co-ordination of acute hospital services, including the location and configuration of particular services or specialties. Regional hospital groupings will be aligned with the area of responsibility of the RHOs.

National Shared Services Centre: Will see a pooling of resources and best practice in the provision of financial, payroll, purchasing and technological services. This will result in improved standardisation and economies of scale with funds freed up for front line services.

Separately, a new Health Information and Quality Authority (HIQA) will be established under the Department of Health & Children to link into the new HSE structure to ensure that quality of

care is promoted across the system through health technology assessment, quality assurance programmes and access to high quality information. The HIQA will provide much better evidence about how good our services are and allow managers to make improvements in a more targeted way and clinicians to make decisions which can be backed up by evidence of the effectiveness of treatments.

Consumer & Democratic Input

Structural mechanisms will be developed to increase consumer involvement in decision-making and service delivery. Regional co-ordinating committees, consumer and advocacy panels will ensure that the voices of patients, clients and their families are reflected. Oireachtas members will also have a responsibility to ensure there is a match between funding of services and national priorities. More detailed proposals on national and local representation arrangements will be brought to government in the coming months.

Next Steps

Structures are being put in place to move the process forward and so a National Steering Committee will oversee a project office, comprising 20-25 staff, to advance implementation including the setting out of a timetable for the various elements of the Reform Programme. The Steering Committee will give direction and ensure objectives are delivered, will validate the project plan and independently audit progress in meeting project deadlines. A series of action projects will be established to develop more fully proposals on the implementation of the various reforms proposed and these will be supported by the project office which will plan and manage the various work streams.

An interim board of the Health Service Executive will be formed as well as an interim National Hospitals Office with the priority being the reform of the hospitals sector and the implementation of whatever changes are approved by

the government on foot of the Report of the Taskforce on Medical Staffing (Hanly Report). It is anticipated that the introduction of legislation to put the new structures in place on a permanent statutory basis will take about 18 months to 2 years. However, it will be possible to effect many changes on an administrative basis in the meantime.

An organisation-wide communications process is being undertaken to maximise awareness, gather feedback and revert to the Department of Health & Children with recommendations on the best way forward in terms of implementation.

What they said:

'Throughout the transition period it is vital that the service to patients is protected and maintained and that nothing is done to damage staff morale and welfare' - Denis Doherty, Director, Office for Health Management

'We strongly recommend that the proposed new structures should strive to achieve close integration of the services provided in hospitals and in the community' - National Health Board CEOs Group

'Our staff are well prepared to meet the challenges ahead. They are integral to the new developments which we hope will bring our health and personal social services into the world class league' - Michael Lyons, Chief Executive, Eastern Regional Health Authority

For further information (including the Health Service Reform Programme summary) log on to the Board's intranet or email info@swahb.ie. The Department of Health & Children's website (www.doh.ie) will be updated on a continuous basis as the project gets underway.

Autogenic Training

for personnel in the Health Promotion Department



Back Row, L - R: Dr. Shelagh Wright, Sheilagh Reaper-Reynolds and Marion Regan.
Front Row, L - R: Dymphna McGettigan, Gillian Farren and Carmel Donohoe

Recently, five personnel in the Health Promotion Department took part in an eight-week Autogenic Training (AT) course facilitated by qualified Autogenic Trainer Dr. Shelagh Wright. AT is designed to counter the effects of stress and to promote profound psycho-physiological relaxation. The technique uses a series of mental exercises, known as Standard Exercises, which target specific bodily functions. When practised three times daily over eight to ten weeks, AT allows the trainee to develop a method of self-induced relaxation. AT can be very beneficial for people with pain and sleep problems as well as enhancing a person's coping ability, emotional balance and peace of mind.

Feedback from the course was very positive with participants reporting that it was beneficial to their health. For further information please contact: Dr. Shelagh Wright, Senior Health Promotion Officer - Services for Older Persons at (01) 4632800.

Are you Registered under the drug payment scheme?

The Drug Payment Scheme was introduced in July 1999 and covers families and individuals for the cost of their prescribed medication.

Under the scheme no family or individual who are ordinarily residents of Ireland will have to pay more than €70 in any calendar month for approved prescribed drugs, medicines and appliances for use by that person

or his / her family in that month. For those who are registered under the Long Term Illness Scheme, the Drug Payment Scheme can be used in addition to the Long Term Illness Book. However, the scheme does not apply to medical card holders.

It is important to apply for registration and to receive your card – you don't know when you might need it!

If you live within the Board's catchment area, please contact your local Community Care Area Office:

Dublin South City

Carnegie Centre, 21-25 Lord Edward Street, Dublin 2. Tel: (01) 6486522

Dublin South West

Health Centre, Old County Road, Crumlin, Dublin 12. Tel: (01) 4154736

Dublin West

Cherry Orchard Hospital, Ballyfermot, Dublin 10. Tel: (01) 6206076

Kildare/West Wicklow

Beech House, Naas Business Park, Naas, Co. Kildare. Tel: (045) 981819

Update on St. Loman's

Advance Building Rehabilitation Unit officially opened

On 25th June, Cllr. Therese Ridge, then Chairman of the South Western Area Health Board officially opened the Advance Building Rehabilitation Unit at St. Loman's Hospital, Ballyowen, Palmerstown.

The unit, which caters for 22 clients who are engaged in psychosocial rehabilitation, houses the former Unit F, as well as the nursing administration, medical records, social work and occupational therapy departments. The Advance Building Rehabilitation Unit – a high quality temporary building – was constructed as an interim measure in the further development and upgrading of the services available. The St. Loman's Hospital campus serves a growing population of over 275,000 people and is a hub for community-based services.

Speaking at the opening, Cllr. Ridge said " Built at a cost of over €2.5m, this Advance Building Rehabilitation Unit, together with its attractive landscaped gardens, sets the benchmark for standards of accommodation in affording clients the space, privacy and dignity of care which is their rightful entitlement. It is an environment which is so much more conducive to enabling our clients regain the skills and confidence necessary to return home to their own communities."

Cllr. Ridge paid tribute to the staff saying " They are the cornerstone of the service and their dedication and professionalism ensures our clients receive the best possible care."



Back Row, L - R: Joe Donoghue, Catherine Brady, Eileen Hehir, Celine Brennan, Amao Olaniyan. Front Row, L - R: Jean Hamilton, Teresa Burke, Malachy Nugent, Dympna Garrahe & Fionnuala O'Flaherty

Look who's Cooking up a Storm!

Well done to Anthony Foran, resident chef in Millennium Park on his recent triumph in winning the Campbell Catering *Chef of the Year* 2003.



Anthony, originally from the northside of Dublin, prepared a dish of succulent loin of lamb, served with spiced cous cous, provençal vegetables and a herb jus. And

if you didn't think that was tasty enough, for afters Anthony served up a mouth-watering vanilla sabayon served in a champagne flute and layered it with fresh fruit and biscuit!

Anthony has been with Campbell's since September 2001. Prior to that he worked in CERT, Amien Street, as a Chef Teacher, and in various hotels and restaurants throughout the country. He has also completed an Advanced Diploma in Culinary Arts since his graduation in 1991 – busy man!

The prize for the competition was a €500 knife set and a trip to Philadelphia for two weeks this October. There he will work alongside Charlie Trotter, one of the world's most renowned chefs, in the Aremark Restaurant.

Well done Anthony from all the staff of the South Western Area Health Board – enjoy the trip!

Dr. Barney Murphy - Fellow of the International College of Dentists

Dr. Barney Murphy, Principal Dental Surgeon and Member of the Eastern Regional Health Authority and South Western Area Health Board, was made a fellow of the International College of Dentists in June. Fellowship of this prestigious international body is awarded for "conspicuous and meritorious service to the profession of Dentistry".

There are currently only 43 dentists from Ireland who are Fellows of the College.

This honour was conferred during the Annual Meeting of the College which, this year, was held in Trinity College, Dublin.



Brú Chaoimhín Activities Open Week, 25th – 29th August

"Health is the strength to be fully human."

Hans Kung, Theologian

Since August 2002, a daily activity programme for the residents of Brú Chaoimhín has been in place. The emphasis is on the social aspect of the residents' care and on the importance

of recreation in their lives. The programme involves Sonas (multi-sensory and memory stimulation therapy), arts and crafts, pottery, exercise (including T'ai Chi), gardening and Peata (pet therapy). Approximately 70 clients have participated in the programme to date.

During its Open Week - 25th to 29th

August - the public was invited to visit Brú Chaoimhín to see the works of art and craft that the residents have created and join in with all the musical activities. Activities ran daily between 2p.m. and 4p.m.

Congratulations to all involved in Brú Chaoimhín's activities Open Week.

Critics Sought!



If you're a movie buff or a book worm, then why not join our panel of critics?

The South West Post has access to the preview press screenings of the latest Hollywood blockbusters and advance copies of sure-fire bestsellers.

So why not sign up today - all we need is your name, address and phone number. Email us at thepost@swahb.ie or telephone us on (045) 880406.

Then just sit back and let us entertain you!

Social Work Department Presents Certificates



Pictured are graduates with Rebekah Carroll, Art Facilitator (back centre) and Mary Fanning (centre right), RTE's Nationwide

The Social Work Department in Athy recently presented eight certificates to women who had completed a Women's Creativity Course.

The course was run every Tuesday morning over eleven weeks and Crèche facilities were provided. The participants undertook such activities as glass painting, mosaics and mirror slating. The primary aim of the course was to identify and work with women who were isolated in the community.

Three social workers, Fredelle Keogh, Mary Hogan and Irene Fitzpatrick along with access worker, Annemarie Fitzpatrick - all based in Athy - were involved in the project.

Fredelle Keogh said " This course was extremely successful - a fact reflected by the wonderful creations produced, the women's attendance and their own evaluation of the course."

Mary Hogan added " The group facilitated the women to gain in confidence through the completion of a number of pieces of artwork but also through the forming of friendships with the other women."

The department intends to run a parenting course for the same group of women during the coming Winter months and hopes that the creativity group has formed the basis of a good working relationship with the women.

Well done to the Social Work Department in Athy.

Appeal for Long Term Foster Family

Stephen is eight years old and has fair hair and blue eyes. He loves playing with his play-station, watching videos and taking part in sports, especially swimming.

Lisa, his sister, aged six, also has fair hair and blue eyes. She enjoys singing, dancing, drama and arts and crafts. Lisa loves school, where she has some classroom assistance.

At present Stephen and Lisa are living in one of our residential homes. We are seeking a family who could provide a long-term stable loving home for Stephen and Lisa. Experienced parents with grown-up children living on the southside of Dublin would be preferred to enable Stephen and Lisa stay at their present schools and to continue regular contact with their parents.

The Board has placed advertisements in the national newspapers seeking a foster family but without success. Financial allowances and social worker supports are available for the appropriate family.

If you think you can offer a home to Stephen and Lisa, please contact:

Anna Deneher,
 Social Work Team Leader at
 (01) 6486654.

Palliative Care Nurses Attend European Association of Palliative Care Congress

By Sharon O'Brien and Anne Lacey, Palliative Care Nurses with the Kildare/West Wicklow Community Home Care Team. This team provides a liaison service for patients and works with GPs and Community Nursing Services.

The European Association of Palliative Care Congress contributes significantly to the further development of palliative care throughout Europe through its presentation of ongoing and completed work in the field.

The conference took place over four days. During this time we met a variety of professionals from many countries and had lots of opportunities to share our experiences. There were a large variety of seminars to attend each day covering a range of topics from 'pain syndromes' to 'cultures and values', from 'bereavement' to 'setting standards in palliative care'.

On our site visit we travelled to Arnhem to be informed of the workings of a Specialised Nursing Team, who provide 24 / 7 technology support and work alongside the palliative care team in caring for terminally ill people at home. The Netherlands has seen great advancements in palliative care over the past 10 years and has become increasingly evidence-based through deepening clinical experience, audit and quality assurance and basic and applied research.

It was exciting to be at the centre of



Anne Lacey (left) with Sharon O'Brien (right) taking a break at the conference in The Hague

such a gathering, heartening to see a significant Irish contingent and wonderful to report that we have much to be proud of in Ireland in our own development of palliative care.

It is also important to acknowledge that we should be proud, at a local level, as the Kildare/West Wicklow Home Care Team was in a position to share our experiences. We are equally proud to acknowledge our continually improving work relations with the Community

Nursing Service and GPs. It was a great pleasure to be able to share this with our colleagues at a European forum.

We are grateful to the Board for facilitating us and also to the Friends of St. Brigid's Hospice who provided the funding for this worthwhile experience.

Watch this space!

Congratulations!

Engagements

Sinead Duffy of Bellvilla Community Unit to **Sean Keaveney**.

Catriona Murphy of Millennium Park to **Michael Howard**.

Marriages

Peter McDonagh, Superintendent Radiographer, Naas General Hospital, to **Lesley Smyth**, Radiotherapist, St. Luke's Hospital, Dublin.



Niamh Litton & Stephen Byrne

Niamh Litton, Human Resources, Millennium Park, to **Stephen Byrne**.

Pauline Daly, Communications, Millennium Park, to **John McDonagh**.

Births

Yvonne Byrne from Beech House who had a baby girl and **Julie Murphy** from Poplar House who gave birth to a baby boy. Best wishes from all the staff in Naas.

Gillian and **Brian O'Loughlin** on the birth of their baby girl, Faye, from all in the Nutrition and Dietetic Department, Naas General Hospital.

Valerie and **Seamus Doyle** on the birth of Seamus from all in Millennium Park.

Next Issue:

"What they're doing now..."

Seamus O'Brien & Pat Bennett
tell of life after SWAHB

Retirements

At the retirement function for **Seamus O'Brien** a large number of people who had worked with Seamus throughout his career were in Dr. Steevens' Hospital to bid him farewell.



Seamus O'Brien at his retirement function in Dr. Steevens' Hospital

John Duffy from the Kildare/West Wicklow Dental Service retired after a long and distinguished career. To mark the occasion the Dental Service organised a presentation and function in Mr Duffy's honour, where great craic was had by all!

The Board Members, Management Team and staff of the South Western Area Health Board would like to congratulate both Seamus and John on their retirements and wish them and their families many more years of happiness.



"The Millennium Babes"

Examinations

Bernie McCarten, **Anne Keane** and **Mick O'Toole** of Old County Road, Dublin South West, have received the good news that they successfully passed their examination in the Certificate of Health Services with the IPA. They would like to send congratulations to all their fellow students and look forward to seeing them again at the presentations.

Best Wishes

Pat Bennett's farewell party was a night to remember. The large throng gathered in Millennium Park with guests being entertained with a rousing song specially commissioned by **Martin Rogan**, ACEO, and performed by the Millennium Babes. **John Leech Jr.** on guitar ensured that the Babes stayed in tune!



Pat Bennett, Tony McMahon, Director of Human Resources and Patsy Curtin, Area Administrator Dublin West

The festivities moved on to the local hostelry and lasted until the small hours. We wish Pat Bennett every success in his new role as CEO of the Family Support Agency.

Cllr. Fiona O'Loughlin - appointed to the Board



Cllr. Fiona O'Loughlin has recently been appointed to the Board of the South Western Area Health Board and the Eastern Regional Health Authority. A member of

Newbridge Town Council since 1994 and Kildare County Council since 1999, Cllr. O'Loughlin is a native of Rathangan

and works as a primary school teacher in Newbridge.

For the last three years, she has acted as general manager of the Host Town programme for the 2003 World Games - a role which kept her extremely busy recruiting 177 host towns and 15,000 volunteers. With the tremendous success of the Games and the Host Town programme, Cllr. O'Loughlin is looking forward to helping focus the

incredible goodwill and enthusiasm of the people of the island of Ireland on the future development of facilities and services for those with a learning disability.

Cllr. O'Loughlin says her main focus as a public representative has always been the strengthening of the community and she looks forward to furthering that agenda through her role on the South Western Area Health Board.

Cllr. Jim Daly - appointed to the Board



Cllr. Jim Daly has been appointed to the South Western Area Health Board and to the Eastern Regional Health Authority. A native of County Offaly,

Cllr. Daly first moved to Tallaght in 1961 and then to Rathcoole which has been his home for the past 28 years.

Co-opted on to what was then Dublin County Council in 1990, he has, since 1999, been a member of South Dublin County Council where he was elected

Mayor for the term 2002/2003.

Key priorities for Cllr. Daly include economic, social and cultural development and he looks forward to working with the Board in the further advancement of community services.

Gerard Wins €500 Priority Travel Voucher

Gerard Doherty, Senior General Assistant of Addiction Services based in Dr. Steevens' Hospital, was the lucky winner of the €500 Priority Travel voucher in our Spring newsletter competition.



L - R: Brendan Kiely of Priority Travel presenting Gerard Doherty with his prize

A delighted Gerard said "I will use the voucher on a holiday for my father and mother as my father is recovering from an illness." We hope they enjoy their holiday.

Priority Travel was acquired by American Express at the end of 2002. Priority Travel clients enjoy the benefits offered by American Express, the world's largest travel management company. Priority Travel offers leisure and business packages and can be contacted at the following locations:

Dublin: 61 – 63 South William Street.
Tel: (01) 6175511
Cork: 14 Union Street.
Tel: (021) 4318399

The competition questions and answers were:

- How many cases of oesophageal cancer are recorded per year (both male and female)?
A. 445
- Prior to the Men C vaccine being introduced, approximately how many cases and deaths occurred per year in Ireland, due to the Group C disease?
A. 130 cases, 6 deaths
- Who acquired Priority Travel Services Ltd. and on what date?
A. American Express - November 15, 2002
- What date did Ms. Catherine Kehoe celebrate her birthday?
A. January 31, 2003
- What is the approximate incubation period for measles?
A. 10 days

Tobacco Annual Report for Kildare/West Wicklow

The Environmental Health Service for Kildare/West Wicklow has released its 2002 tobacco annual report. This report comprehensively reviews the activities and initiatives of its Tobacco Control Service.

There were 679 inspections undertaken in 2002. Retail and restaurant establishments each accounted for 43% of total inspections while 8% of inspections were in education establishments and on school transport. Health centres, nursing homes, psychiatric units and hospital premises accounted for a total of 6% of inspections. Compliance levels with the Tobacco Regulations were lowest for restaurants at 37%.

Under legislation it is an offence for a retailer to sell tobacco products to a person under the age of 18 years, with a penalty on conviction of €2,539. A test purchase survey of 34 retail premises with 5 volunteer minors was undertaken in November 2002. The results showed that 44% of retailers sold cigarettes to minors. Fourteen retailers sold cigarettes without questioning age and one retailer sold cigarettes even though he was aware that the volunteer minor was 16 years old. These proprietors have been informed that further purchase surveys will be initiated in 2003 which may result in evidence for prosecutions.

Secondary schools were targeted in 2002 as the inspections assist the schools in their ongoing battle to reduce tobacco consumption by those under 18 years in school buildings and on school grounds. Certificates were presented to schools which have a smoke free policy and which work actively to combat the consumption of tobacco. In addition, a presentation was made by the service to Bus Éireann for



"Nico" campaign, created by QMP D'Arcy for the Health Promotion Unit of the Department of Health & Children

its co-operation with the development of a strategy to cease tobacco consumption on school transport.

Other work completed in 2002 included: dealing with complaints; compilation of a list of premises encompassed by the Tobacco Regulations and piloting of a tobacco control database; development of national tobacco control protocols for enforcing the tobacco regulations; a review of smoke free policy. In summary, the report demonstrates that the assignment of a full-time Environmental Health Officer on tobacco control can produce significant outputs and has laid the foundations for effective future action.

For further information: Catherine P. Foye, Principal Environmental Health Officer, The Crossings, Dublin Road, Naas, Co. Kildare. Tel: (045) 876001.

The Minister for Health and Children has published draft regulations which will ban smoking in all pubs, restaurants and other workplaces with effect from 1st January 2004. It is envisaged that Environmental Health Officers will have to invest in extensive discussions with proprietors and their staff in advance of the introduction of the ban and deal with anticipated levels of complaints for breaches of the regulations.



South Western Area Health Board
Assistant Chief Executive Portfolios

 Operations Childcare & Community Services Hugh Kane, ACE	Acute Hospitals	 Operations Disabilities & Elderly Services Regina Buckley, ACE	 Operations Mental Health & Addiction Services Martin Rogan, ACE	 Corporate Services Ray Mitchell, ACE
	Children and Families			
Child Health	Nursing Homes (registrations, subvention and long stay beds)	HIV/AIDS Service	Mental Health • Child • Adult (General) • Psychiatry of Old Age • Child & Adolescent Psychiatric Services (Regional)	Regional Customer Services (FOI, Complaints and Appeals)
Primary Care (GPs, Dental, Pharmacy)	Disability Services • Intellectual Disability • Physical and Sensory Disabilities • Sheltered Workshops • Rehabilitation / Training • Autism (Regional)			
General Community Services	EVE Holdings	Adult Counselling Services	Adult Homeless	The Board's Organisational Strategy & Implementation Plan
Community Medicine & Public Health (infectious diseases & food-borne illness)	Capital Developments	Asylum Seekers (minors and adults)	Inter Country Adoption (Regional)	Provider Plan
Births, Deaths & Marriages (Kildare)	Refurbishments/equipping programmes	Asylum Seekers (minors and adults)	Social Development	Technical Services (Engineering & Maintenance)
Orthodontic Service	Palliative Care	Inter Country Adoption (Regional)	RAPID	Property and Estate Management
Capital Developments	Refurbishments/equipping programmes	National Anti-Poverty Strategy	National Anti-Poverty Strategy	Risk Management
		Travellers (Including Regional Traveller Health Unit)	Environmental Health	Linkages with HeBE
		Public Health Laboratory	Public Health Laboratory	National Performance Indicators
		Capital Developments	Capital Developments	National Development Plan
		Refurbishments/equipping programmes	Refurbishments/equipping programmes	Emergency Planning
				Capital Developments
				Refurbishments/equipping programmes
				Information & Communications Technology