

streamlining identified agencies, Human Resources / Industrial Relations issues, financial transition, service planning and communications.

The Department of Health & Children has also stated that there will be no involuntary redundancies arising from the implementation of the Health Service Reform Programme. A protocol to resolve IR issues in the context of the Health Service Reform Programme has been agreed by the HR / IR action group and circulated to the Health Service National Joint Council for review. It was agreed by the National Joint Council that this would be examined further by a joint management / union sub-group.

Hanly Report

The Report of the National Task Force on Medical Staffing (Hanly Report) made detailed proposals for the re-organisation of acute hospital services

in two regions – the East Coast Area Health Board and the Mid Western Health Board. An implementation group for each region is overseeing this and it includes health professionals, managers and representatives of the public interest. In respect of the rest of the country, the Acute Hospitals' Review Group has been asked to propose a National Hospitals' Plan for the interim Health Service Executive, taking account of the principles of the Hanly Report, including spatial and geographic considerations.

Health Information & Quality Authority

The Health Information & Quality Authority will manage both health information and quality. Set up as an independent statutory agency, it will be directly accountable to the Minister for Health & Children. It will have its own

governance structures, will be funded by the Department of Health & Children and will provide external and independent reviews of quality and performance. Its analysis will inform policy development.

Streamlining of Agencies

Some of the existing specialist health agencies will now be streamlined and integrated within the Health Service Executive, the Department of Health & Children and the Health Information & Quality Authority. The organisations which have been identified as priorities in this regard include Comhairle na nOspidéal, the Health Service Employers' Agency, the Health Boards' Executive and the Office for Health Management. The process of addressing these matters has commenced with the objective of ensuring the appropriate arrangements are put in place.

Workshops

Population Health

'Improving Health through Health Reform' was the title of a national workshop on population health which took place in Athlone on June 23 and 24. Population health involves addressing the entire range of individual and collective factors that determine health. Population health strategies are designed to affect groups and whole populations and, in particular, to address health inequalities.

A broad range of agencies, professions and disciplines were represented at the event. The workshop explored increasing the profile, influence and impact of a population health approach, including service planning, health protection, community development, health promotion and inter-sectoral collaboration.

More specifically, it looked at the following areas: what works well in the

area of population health, what changes are required to give effect to a population health approach and what would help bridge the gap between current practice and the desired future arrangements. The findings have been used to feed into the workings of the design of the new system.

National Shared Services

On June 8, senior management from the Human Resources Departments, Finance Departments and other service areas in the three Area Health Boards participated in two workshops to discuss the operation of the National Shared Services model. These were held in Stewarts Hospital, Palmerstown. Staff from Eastern Health Shared Services also participated.

Through its Partnership Committee, the Board arranged a Shared Services Forum in the Red Cow Hotel on June 23, 2004, to obtain the views of staff in

relation to shared services, to identify any concerns and to make any proposals or suggestions for a future National Shared Services model. Arrangements were made with the Board's Partnership Committee for a cross-section of the Board's staff to participate in this consultation session. It was well attended and feedback from the groups was forwarded to the interim Health Service Executive for noting.

Patient Journey Workshops

Patient Journey Workshops were also held with front-line staff and managers in May and early June to gain further insight into the existing health system. Every Health Board was visited and in the region of 1,000 staff participated. In addition, a Senior Managers' workshop took place in the Osprey Hotel, Naas, on May 5.

Change Management Team

Mr. Denis Doherty has joined the interim Health Service Executive Change Management Team. Mr. Doherty was previously Chief Executive Officer of the Midland Health Board and was more

recently Director of the Health Boards' Executive and the Office for Health Management.

The composition of the Change

Management Team has been revised to continue to ensure effective focus across all aspects of this phase of the reform process.

Revised Change Management Structure under Mr. Hugh Cawley:

National Shared Services

Laverne McGuinness (Lead)
 Willie Murphy
 John Pepper
 Emer Walsh
 Kevin McConville

Finance

Diarmuid Collins (Lead)

Change Management /

Consultation

Laraine Joyce (Lead)
 Helen Franklin
 Tina Joyce
 Jackie Crinion
 Winifred Ryan
 Orla McEvoy

Service Planning

Tom Kelly (Lead)

Procurement

Leo Stronge (Lead)

Corporate Affairs

John Cregan (Lead)
 Therese Dalchan
 Alan Smith
 Aoife O'Sullivan

Human Resources /

Industrial Relations

John Magner (Lead)
 Síle Fleming
 Naomi Boland

Streamlining

Martin McDonald (Lead)
 Brenda Kelly

Revised Change Management Structure under Mr. Denis Doherty:

National Hospitals Office

Tony McNamara (Lead)
 Noel Brett
 John O'Brien
 Louise McMahon
 Suzanne O'Reilly

Primary, Community & Continuing Care

Aidan Browne (Lead)
 Cate Hartigan
 Priya Prendergast
 Tadgh O'Brien
 Ger Crowley
 Colum Bracken
 Geraldine Brady

Service Governance

Mary Culliton (Lead)
 Ann Carrigy
 Mary Morrissey

Information & Communications Technology

Tom Carthy (Lead)

Population Health

Tony Holohan (Lead)
 Hugh Kane
 Antoinette Doocey
 Tom Hogan
 Mary Carroll Browne

Health (Amendment) Act 2004



Mr. Micheál Martin TD, Minister for Health & Children

The Health (Amendment) Act 2004 was brought into operation on June 15, 2004. This Act is an interim measure pending the introduction of legislation establishing the Health Service Executive. Further draft legislation will be brought before the Dáil this autumn to finalise the establishment of the HSE.

The Act provided for the abolition of the membership of the Health Boards

and the term of office of Board members, both public representatives and professional representatives, is now terminated. This means that there will no longer be Board, Standing Committee or other Board Committee Meetings or Service Visits.

There is also no longer a distinction between reserved functions and executive functions of the Board.

Certain functions, which were up to now reserved functions of Board members, such as adoption of service plans, the annual accounts and annual

reports are now assigned to the Chief Executive Officer of the Board. Other functions are now transferred to the Minister for Health & Children, e.g. the

consent of the Minister must be obtained prior to acquiring or disposing of property.

Spreading the News

Please play your part in “spreading the news” by bringing information on the Health Service Reform Programme to the attention of other colleagues; by referring to it at team meetings; and by putting this centre-page pullout in a prominent position on your office notice board.

You can also log on to www.healthreform.ie - check out the 'What's happening now' section for regular updates.

Intranet kiosks have been installed in

Naas General Hospital (Staff Changing Area), Cherry Orchard Hospital (Canteen) and St. Loman's Hospital (Advance Building). These kiosks enable staff who do not currently have access to the intranet to be able to do so. Specifically,

you can view the special section on the Health Service Reform Programme which includes reports, bulletins and updates. It is updated on an ongoing basis so make sure to log in regularly.

Employee Charter *By Karen Lodge, Partnership Facilitator*

In the provision of a quality service, the South Western Area Health Board believes its staff to be its most valuable resource.

Therefore, it pledges its commitment to developing an environment in which staff feel valued, supported and involved in the provision and development of services.

By working in partnership, the Health Board aims to provide high-quality care for the people of South Dublin, Kildare and West Wicklow and will make every effort to promote a high-quality working life based on consultation, participation and joint problem-solving. As part of this, the Board has established a range of standards that employees can expect to apply to their

working environment and approach to work. These are summarised as follows:

Communication and Change

There will be a participative approach to decision-making, characterised by timely communication and open and constructive dialogue in relation to change.

Employee Well-being

In our working environment, all employees shall be treated with dignity and respect. Bullying, harassment and discrimination will not be tolerated. Relationships with patients, clients, their advocates and families should be marked by mutual respect and patience.

Employee Development and Performance

We will have a clear understanding of our role in the organisation and receive appropriate support and training to fulfil it. We should also be proactive in

our own professional and personal development.

Client Focus

The interests of patients and clients will be at the forefront of our activities. We will respect the confidentiality of information received in relation to patients and clients, staff and others.

Commitment

We will be committed to the shared vision and objectives of the South Western Area Health Board and to its mission of providing quality services to the public.

Balancing Work and Personal Commitments

We will develop an organisation which seeks to be a model for all workplaces in terms of work / life balance and quality of working life.

Love SHACK – Caring for the Sick, Homeless and Abandoned Children in Kenya

By Sam Poynter, Drugs / AIDS Service, Bridge House

In late June this year, I set off to Kenya to visit my friend, Karen Ward, who has set up a children's charity, **Love SHACK** (Sick, Homeless, Abandoned Children in Kenya), in that country. It is estimated that by the year 2010, 1.9m children will be orphaned because of HIV in Kenya – that's nearly half the current population of Ireland.



Karen took me to visit orphanages in Nairobi and in the Eastern province of Kenya. Most of the children in orphanages are there either because their parents have died of AIDS or because they have been abandoned on the streets. I couldn't help but think how different things would be if only

these children's parents had been able to access medicine and adequate nutrition.

The future is very bleak if you are HIV positive, unless you are fortunate enough to be able to afford anti-retroviral drugs costing 5,000 Kenyan Shillings, or €50, a month. With the majority of Kenyans living in poverty, this expense is out of reach for many.

Love SHACK has just established its very first home and the aim is to have **Love SHACK** homes throughout every province in Kenya. Each home will have no more than 20 children and the aim will be to create a holistic, loving, self-sustaining and secure environment for sick, homeless and abandoned children and vulnerable adults to live as a family.

Karen has already begun to provide temporary respite for sick children from rural areas who have undergone medical treatment but who are unable to return home immediately after discharge from hospital. In addition, it is also hoped to enable each child to reach their full potential in preparation for self-reliance through education and counselling.

Each **Love SHACK** will become independent of the organisation within two years of being established, with the umbrella organisation providing advice

and training thereafter. As a trustee of the charity, I am committed to doing everything possible to support the efforts underway – already medical equipment no longer being used in Irish hospitals has been collected and sent to a hospital in Nairobi where children are now getting treatment free of charge as a result.

A teddy bear amnesty has also seen Irish teddy bears bring huge excitement and delight to many Kenyan children.

If you can help us in our work, whether it is to fundraise or to send supplies, please contact myself or Kay Melvin on 01 620 6083.



Letters to the Editor

We particularly like to hear feedback from our readers and so if you have any views on, or suggestions for, the *South West Post*, then please write to us at: Letters to the Editor, the *South West Post*, Communications office, South Western Area Health Board, Naas, Co. Kildare. Alternatively, you can email thepost@swahb.ie or fax 1890 200 946. Please make sure to provide your name, address and telephone number in correspondence.

PPARS Phase II – Implementation Update

By Fionnuala O'Brien, Project Manager

In the last edition of the *South West Post* we published an article on the implementation of Phase II of PPARS in the Eastern Region. There have been a number of significant developments since then which we would like to update you on.

Since the formal launch of PPARS in the South Western Area Health Board, Sharon McGee and Niamh Litton on our Local Change Team have been very busy identifying staff involved in the Time Recording Process and 12 briefings have been arranged for these staff. To date 149 staff have attended briefings and a further 129 staff have been identified as Time Recorders and will be invited to further briefing sessions shortly.

The Local Change Team is also working to ensure we identify the remaining staff required for Time Management. The

next phase of the implementation for Time Recorders will be their attendance at a half-day training session on completing the SAP Standard Time Return. We have also worked with staff in the major locations across the Board to identify the staff who will perform the role of Returning Officers in the new process. These staff have been given an initial briefing by their local manager and will be invited to attend a PPARS briefing session followed by detailed training.

We are also planning to visit each location in the Board over the next few months to collect and verify data necessary for the implementation of Phase II and to verify the names of key staff as well as to assess the technology available locally. The Eastern Region Implementation Team has recently been advised by the National Implementation Office in Sligo that agencies throughout the country will be experiencing delays in achieving their original go-live date. In this regard, we have been advised that the new implementation date for agencies in the Eastern region will be September 2005.

The PPARS team has now re-planned its activities to take account of the additional time available to us prior to our go-live date. These activities will include additional staff briefings, site update and validation visits, more comprehensive training programmes and more detailed testing of new forms.

In future editions of the *South West Post* we will keep you advised of further project developments and milestones as the implementation progresses. We also plan to issue a PPARS information booklet to all staff outlining details of PPARS, including changes that will affect you, project timescales and benefits. In the meantime, we welcome your continued support which is key to successful implementation.

For further information you can contact the Local Change Team at the Human Resources Department in Millennium Park (tel.: 045 880 426) or the Central PPARS Office in Eastern Health Shared Services, Parkgate Street (tel.: 01 635 2863). We also have information and contact details available on the intranet.

Critical Incident Support Service

By Joyce Mahon, Community Welfare Officer

The Critical Incident Support Service (CISS) supports staff members who, in the course of their work, have been exposed to a serious incident that may be traumatic for them. In this regard, the CISS team acts in a supporting role to the assistance provided by one's colleagues and managers.

Critical incident stress management has a number of facets – these include pre-crisis work; defusing; group debriefing; and one-to-one sessions. Pre-crisis work is where the team offers talks to increase the awareness and skills of staff in dealing with situations. It also looks at the effects of trauma, coping with after-effects and supporting colleagues.

Defusing is a short, early intervention provided in the first hours after an incident. Group debriefing is a session arranged within 24-72 hours after the event where people are helped to talk through their experience and to look at its impact. Normal stress reactions are outlined to provide reassurance and understanding. How to take care of oneself and to get further support, if needed, are also discussed. One-to-one sessions, while similar to debriefings, are a more flexible way to take account of the needs of the individual.

Group debriefings and one-to-one sessions are offered after serious incidents as a matter of routine, but participation is voluntary. The sessions are confidential

and facilitators do not keep notes. No judgement is made of how people acted during the incident. The aim is to help people deal with the effects of traumatic events and to promote support and self-care.

The CISS is made up of staff members from different grades and professions who are already experienced in crisis / mental health / counselling work and who have been trained in critical incident stress management to provide the service. Trained facilitators who are not close colleagues carry out the interventions.

The service is available to all staff. Remember, take care of yourself and your colleagues. Tel.: 01 830 2074 (24 hours).

Pubs Better for Smoking Ban

A survey of 1,000 people commissioned by the Department of Health & Children has shown continuing strong support for the smoke free workplace initiative introduced on March 29, 2004.

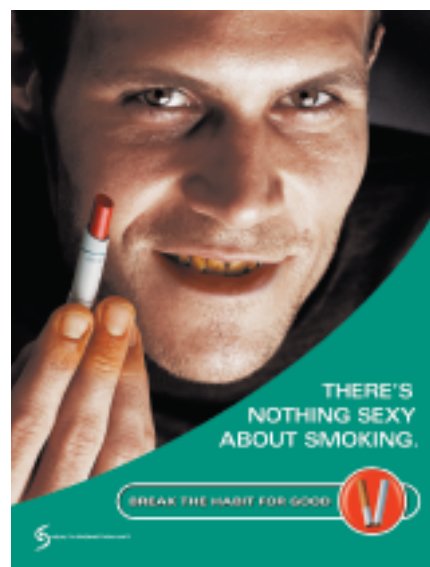
Figures from the survey showed:

- 82% of respondents support the smoke free at work measure.
- 90% agreed that going smoke free was of benefit to workers.
- 82% agreed that it benefits everyone in public places.

- 95% agreed that the legislation is a positive health measure.
- Seven in ten people said that the new legislation had improved their experience in pubs and almost eight in ten said the same for restaurants.
- Over half of respondents indicated that they would be more inclined to eat in a pub since March 29.

Commenting on the release of the survey, Mr. Micheál Martin, Minister for Health & Children, stated that he was pleased with the high level of compliance. 'This measure is primarily about the health and safety of workers and the public. People recognise passive smoking as a significant health and safety issue. The facts on smoking and

the damage caused by second-hand smoke are well established.'



SHOWCASING NEW WRITING

Ten Definitions of Happiness

By Ade Oke, Human Resources Department, Millennium Park

- 1 **Happiness** is when one's interest is captivated beyond description and one has to resort to an overwhelming poetic outburst.
- 2 **Happiness** is when the rainbows in the celestial strike one's heart with love, the sun warms one's emotions and the moon sets one's mind on a romantic tour.
- 3 **Happiness** is when one's creativity works magic that fills one with a sense of accomplishment.
- 4 **Happiness** is when one gets commendation at work for a job well done; one goes home beaming with smiles and stimulated for the next challenging activity.
- 5 **Happiness** is when every worthy cause matters to one more than winning the Lotto.
- 6 **Happiness** is when one reaches that stage in life where one ceases to talk about one's success but basks in the euphoria of the achievements of one's offspring.
- 7 **Happiness** is when, in reminiscence, childhood dreams achieved are greater than dreams aborted.
- 8 **Happiness** is when that still voice does not accuse one of misdeed and one is not terrified of the knock at the door.
- 9 **Happiness** is when one has the privilege of making vital contributions to the development of one's nation.
- 10 **Happiness** is when rancour has no place in one's heart, sulking is completely foreign and the banner of friendship soars in one's mind.

Borrowing from the words of William Shakespeare:
'No man can be said to be happy until the day he carries his happiness to the grave.'

If you would like to submit a short story or poem, please e-mail thepost@swahb.ie or write to Communications office, South Western Area Health Board, Millennium Park, Naas, Co. Kildare.

Looking out for Gay Men's Health

By Mick Quinlan, Co-ordinator, Gay Men's Health Project

The Gay Men's Health Project (GMHP) was established by the then Eastern Health Board in 1992. Operating under the auspices of the East Coast Area Health Board on behalf of the Eastern region, it is the only statutory gay health service in Ireland and one of only a few in Europe.



The project promotes sexual health amongst principally gay and bisexual men and provides outreach, counselling and sexually transmitted infections (STIs) clinical services. It aims to raise awareness of HIV, STIs, drug use, safer sex practices and general medical and psychological health. The outreach and

counselling services are based in the Outhouse LGBT Community Centre, 105 Capel Street, Dublin 1, and its clinical services are provided from Baggot Street Community Hospital, Dublin 4.

Outreach work is an important function of the project and contact is made by outreach workers in pubs and clubs as well as by telephone, by email and by callers coming to the Outhouse Community Centre. Workers provide one-to-one support and advice on isolation and relationship problems. A fulltime counsellor also operates from the Outhouse Community Centre where, apart from psycho-sexual and self-esteem issues, clients present for counselling and psychotherapy due to physical and / or sexual abuse and violence. Clients may also have been using substances in an effort to self-medicate.

Clinical services are run by a multi-disciplinary team which provides a free and friendly service. A drop-in and return appointments service operates on Tuesdays from 6.30pm to 8pm and on Wednesdays from 6pm to 7.30pm.

In addition to certain treatments and vaccinations, blood tests for HIV, syphilis and Hepatitis A, B and C are also carried out. The services are totally confidential and have been used by thousands of gay and bisexual men, including Health Board employees.

The project has provided many training and awareness days on homophobia and heterosexism and is launching a two-day training course for counsellors, psychotherapists and medical / mental health social workers in November. The course will cover many issues pertaining to lesbian, gay, bisexual and transgender issues, including homophobia.

Finally, GMHP has produced many reports and research articles and these are available from the Regional Library, Dr Steevens' Hospital. The ERHA website hosts www.gaymenshealthproject.ie which has details of services, reports and other links.

GMHP can be contacted by telephone on 01 660 2189; for outreach, tel.: 01 873 4952.

NEWS

Over 50's Show at the RDS, Dublin – October 16 & 17

The Over 50s Show is Ireland's annual lifestyle exhibition for older people. Now in its sixth year, the event boasts a range of stands, free presentations and demonstrations. Features this year include planning for retirement, further education, health and health education,

home and gardening, personal finance, vacations and holiday breaks, leisure activities, legal advice, mobility aids, hobbies and past-times. There will also be an opportunity to participate in painting workshops with Frank Clarke and an opportunity to receive tuition on

computers and the internet. The Seniors' Health Forum will see a series of free presentations by independent health experts on all aspects of health for older people and free health checks will be available for a number of conditions.

Congratulations

By Catherine Doyle, Communications office

Marriages

Mary Kearney, Child Care Manager, Poplar House to Andy Knowles from all her colleagues in Community Care.

Audrey Hogan, Project Manager, Brú Chaoimhín to Ger Conlon. We would also like to congratulate Audrey on her new post in Brú Chaoimhín Residential Unit for Older Persons from all in Operations (Disabilities & Services for Older Persons and Nursing Homes).

Births

Olivia Fennelly, Finance Department, Millennium Park on the birth of baby Cian.

Mary Murphy, Patient Records, Naas General Hospital on the birth of baby Eva.

Louise Frazer, Finance Department, Millennium Park on the birth of baby Adam.

Sarah Lynch, Disability Services, Millennium Park on the birth of baby Martha Ella.

Declan Lyons, Director of Finance, Millennium Park on the arrival of William.

Carol Cuffe, Operations, Millennium Park on the birth of baby Aoibheann.

Louise Casey, Disability Database, Millennium Park on the birth of

baby Jessica.

Mari Glynn, Finance Department, Millennium Park on the birth of baby Kerri.

Joan Walsh, Child Care Services, Millennium Park on the birth of baby Orna.

If you would like to include an announcement on our Social Diary page, drop a line to us at:

Communications office, South Western Area Health Board, Millennium Park, Naas, Co. Kildare or email thepost@swahb.ie.

PHOTO CALL

Management & Leadership Development Programme Certificate Awards

The Management & Leadership Development Programme, which is funded by the Eastern Regional Health Authority (ERHA) and the South Western Area Health Board, offers meaningful learning and the opportunity to reflect on practice and management issues.

It is delivered around the principles of action learning and allows time to reflect on issues which impact daily on clinical practice.



Pictured at the recent awarding of certificates in the Management & Leadership Development Programme at Naas General Hospital are: (front L-R) Breda Goode, CNM 2, Barbara Fitzgerald, Director of Nursing, Naas General Hospital, Dr. Ann Sheridan, Assistant Director, Nursing & Midwifery, Planning & Development Unit, Eastern Regional Health Authority, Raphaela Kane, RMK Consultancy, Kitty Ryan, CNM 1, Ann Croke, CNM 2, Michael Knowles, General Manager, Naas General Hospital; (middle L-R) Margaret Armstrong, CNM 1, Pat Coonan, CNM 1, Christine Hogan, CNM 1, Catherine McEvoy, CNM 2, Derek Reilly, CNM 2, Eva Keenan, A/CNM 2, Bernie McMahon, GP Liaison Sister, Noelle McCormack, CNM 2, Monica O'Brien, CNM 1, Deirdre Brennan, Clinical Placement Co-ordinator, Theresa O'Donnell, A/CNM 1, Trish Whittle, CNM 2, Ann Bugler, CNM 1; (back L-R) Deirdre Cashman, CNM 1, Bernadette Sweeney, CNM 1, Síle O'Sullivan, CNM 1, Theresa Dixon, CNM 2, Gillian O'Brien, CNM 1 and Imelda Hopkins, CNM 1. Dr. Ann Sheridan of the ERHA's Nursing and Midwifery Planning and Development Unit officiated at the event.

Tackling Obesity & Making Every Step Count

By Aoibheann O'Connor, Senior Community Dietitian, Health Promotion Department

The Department of Health & Children has recently launched a public awareness campaign to tackle obesity.

The campaign has a two-pronged approach to maintaining a healthy weight – healthy eating incorporating 'healthier' portion sizes and the need for regular physical exercise. 'What's Your Portion...Size Matters' focuses on food portion sizes and 'Every Step Counts... Small Changes Make the Difference' focuses on physical activity. The campaign complements the ongoing work of the National Taskforce on Obesity established by the Minister earlier this year.

The reality is that we are living busier lives and finding less time to be active. We are also supersizing our food portions at the cinema, when eating out and even at home. The aim of this campaign is to make the healthier choice the easier choice.

Half of all Irish adults are overweight or obese. Overweight children are more likely to be overweight or obese as adults. Obesity can lead to a number of problems such as heart disease, diabetes, high blood pressure, high cholesterol, increased blood clotting tendency, asthma and sleep apnoea.

The risk of developing problems is higher if the extra weight you carry is mostly around your waist. Men should aim to keep their waist below 37 inches and women below 32 inches. Men should be eating about 2,500 calories and about 95 grams of fat each day and women about 2,000 calories and about 70 grams of fat each day.

Here are some tips to maintain a healthy weight:

- Watch your portion sizes
- Supersize your fruit and vegetable portions
- Do not skip on three meals a day and choose low fat snacks between meals
- Choose wholemeal or wholegrain products
- Switch to low fat dairy products, spreads, salad dressings and use lightly. Choose a relish or pickle dressing in sandwiches instead of a creamy dressing
- Opt for lean cuts of meat and trim the visible fat
- Grill and oven bake instead of frying
- Choose diet rather than full sugar fizzy drinks
- Be active – aim for 30 minutes or more of physical activity on most, if not all, days of the week

Try these healthy option snacks:

- Fresh fruit
- Fruit juice / smoothie
- Bread, toast, rolls, baps, pitta breads, rice cakes
- Scones - wholemeal, brown, currant or white
- Small sandwiches
- Crackers with cheese / cheese spread
- Small portion of beans on toast
- Fruit brack, malt loaf, banana bread
- Bowl of unsweetened cereal with milk
- Yoghurts
- Homemade milk shake
- Bowl of homemade soup
- Small portion of plain popcorn
- Vegetable sticks with salsa dip

Try the following swaps – you'll be amazed how many pounds you can save!

- Switch from a full size to a half size pizza once a week and you could save **.5 stone** over a year
- Have one chocolate biscuit instead of three chocolate biscuits each day and you could save **1.25 stone** over a year
- Switch from a large Danish to a fruit scone three days a week and you could save **1.5 stone** over a year
- Have a wrap with cheddar cheese, rashers, lettuce and tomato instead of a baguette with cheddar cheese, rashers, lettuce and coleslaw three times a week and you could save **2.5 stone** over a year

Factfile:

- One in eight Irish people is obese (SLÁN 2003)
- A recent study of Irish teenagers found that 18% were overweight and 5% clinically obese
- Every second person is overweight (SLÁN 2003)
- There has been a 30% increase in reported obesity levels over the past four years (SLÁN 2003)
- Obesity accounts for at least 2,500 deaths in Ireland each year, costing the economy €340m annually
- An individual who is obese at the age of 40 dies seven years earlier than an individual of normal weight

New Food & Nutrition Guidelines for Pre-school and Primary School Services

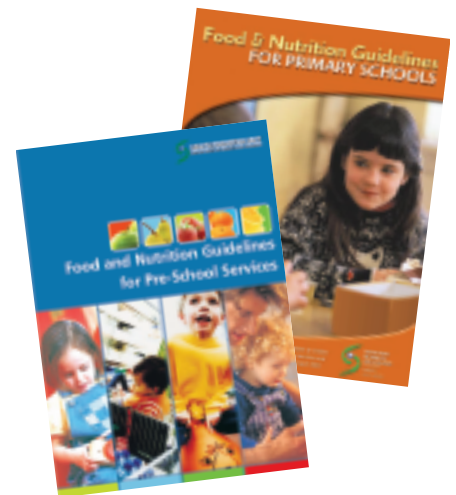
The Department of Health & Children recently launched new food and nutrition guidelines for pre-school and primary school services.

The guidelines for primary schools are a resource to facilitate health professionals and teachers in providing up-to-date information on healthy eating to primary school children. They are also a resource in the development of a school food policy.

The guidelines for pre-school services provide practical information to pre-school providers on what constitutes a varied and healthy diet for children up to five years of age. They are intended

as a resource guide for carers, parents and pre-school inspectors alike. The publications are currently being disseminated via a training programme organised by the Board's Health Promotion Department in conjunction with Pre-school Inspector colleagues.

Copies of the guidelines are available from the Community Nutrition and Dietetic Team of the Health Promotion Department, tel.: 01 463 2800 or by download from www.dohc.ie.



Time to get the 'Flu Vaccination Now!

To maintain optimum health this Winter, all frontline health care workers are being strongly recommended to have themselves vaccinated against the influenza virus.

Frontline staff include doctors, nurses, care attendants, home helps, household staff, physiotherapists, occupational therapists and community welfare officers. Those who are in contact with particularly vulnerable members of the general population, i.e. older persons and the young chronic sick, are especially encouraged to have the vaccination.

Vaccination Clinics			
Mon 4th October 2.15pm – 5.30pm Bridge House Cherry Orchard Hospital Dublin 10	Tues 5th October 9.30am – 12.30pm Bridge House Cherry Orchard Hospital Dublin 10	Tues 5th October 2.15pm – 5.30pm St Loman's Hospital Palmerstown Dublin 20	Wed 6th October 9am – 12.30pm Baltinglass District Hospital Co. Wicklow
Wed 6th October 2.15pm – 8pm Naas General Hospital Naas Co. Kildare	Thurs 7th October 9.30am – 12.30pm Killinarden Health Centre Killinarden Tallaght, Dublin 24	Thurs 7th October 2.15pm – 5.30pm Terenure Health Centre Terenure Dublin 6	Mon 11th October 2pm – 5pm St Bridget's Home Crooksling Brittas, Co. Dublin
Wed 13th October 2pm – 8pm Maynooth Community Unit Dunboyne Road Maynooth, Co. Kildare	Thurs 14th October 9.45am – 12.30pm Brú Chaoimhín Cork Street Dublin 8	Thurs 14th October 2pm – 5.30pm Meath Community Unit Meath Hospital Heytesbury Street Dublin 8	Mon 18th October 2pm – 5.30pm Health Centre Old County Road Crumlin, Dublin 12
Tues 19th October 9am – 12.30pm Drogheda Memorial Hospital The Curragh Co. Kildare	Wed 20th October 2.15pm – 8pm Naas General Hospital Naas Co. Kildare	Wed 20th October 9.30am – 12.30pm St Vincent's Hospital Athy Co. Kildare	Thurs 21st October 2pm – 5.30pm Good Counsel Centre Ballyboden Rathfarnham, Dublin 14

News from St. Vincent's Hospital, Athy

By Michelle Wall, Activities Nurse Co-ordinator



Cutting the Ribbon! Resident Bill Treacy performs the honours at the official opening of the new Sensory Garden for Alzheimer's and dementia patients at St. Vincent's Hospital. Annette Conry (left), Ward Manager and Helen Dreehan (right), Director of Nursing, lend a helping hand.

Health Promoting Hospitals Challenge Day

Participants in the "Health Promoting Hospitals Challenge Day 2004", were encouraged to take photographs of their organised physical activities as part of a photographic competition. The best photo was judged by a photo journalist and the winner of the nationwide competition was St. Vincent's Hospital, Athy. The prize will be presented at the second all-Ireland conference on Health Promoting Hospitals / Health Service Organisations in Enniskillen on October 19.



The winning photo! Jack O'Brien, Holy Family Ward, Dunlavin.

Summer Garden Party

St. Vincent's Hospital, Athy, recently held its first annual Summer Garden Party and a thoroughly enjoyable afternoon was had by all. Organised by the Activities Department, it was held in the hospital grounds and saw over 300 people in attendance, including patients, their relatives and staff. Refreshments were provided in a marquee and entertainment provided by the *Just Two* country and western band. There were displays of Irish dancing by the *Marie Caffery School of Dancing* and line dancing by the *Barrowliners*. One of the hospital's staff members, Gerry Martin, is an instructor with the *Barrowliners* group while some other hospital colleagues are also members. Balloon art, face painting and a magician kept the younger people entertained on the day.

Garden Comes up Smelling of Roses

The hospital's new sensory garden for Alzheimer's and dementia patients was officially opened on Saturday, July 17. The ribbon cutting ceremony was performed by resident Bill Treacy and followed a moving 'Celebration of Life' mass. The garden is designed to stimulate the senses of sound, touch, smell and sight and to offer a recreational and therapeutic tool.

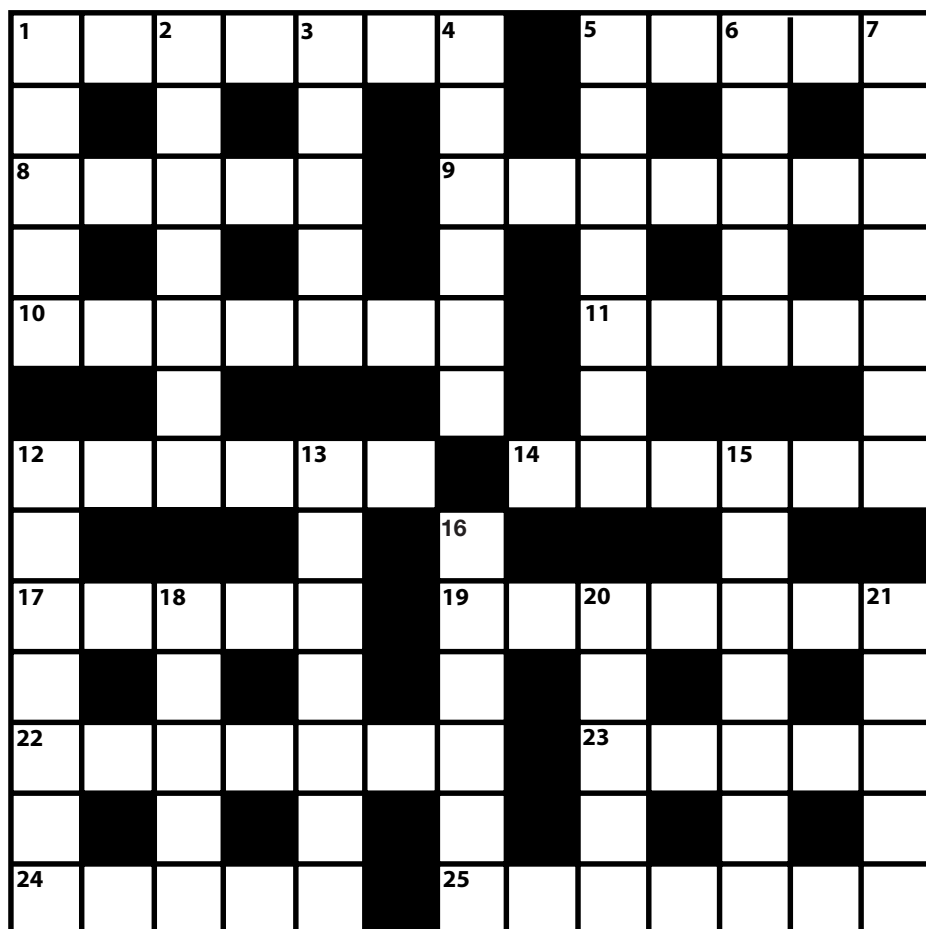
Visitors also commented on the wonderful opportunity the occasion provided to meet other people in similar circumstances and to provide mutual support.

The garden is surrounded by a bamboo hedge and features a cobble path, a small water fountain, hanging baskets and lots of colourful shrubs and plants, including roses and a lavender bed. Wooden seating is also provided to enable patients and visitors alike relax and have a cuppa with rustling leaves, gurgling water, chirping birds and musical wind chimes providing a soothing and uplifting ambience.

The project was carried out at a cost of €27,000 and these funds were raised through voluntary fundraising events organised by patients' family members, staff and various groups and individuals. Groups included Athy Lions Club, Athy GAA, Athy ICA, Athy Credit Union, Athy Ladies Golf Society, Athy Golf Club, Athy International Concentrates, Athy Bridge Club, Suzuki Group, Athy Civil Defence and Scoil Mhicil Naofa; and individuals included Leon Kenny, Maurice Flinter, Brendan Murphy, Pat and Dave Henshaw and Paddy Dunne. John Baxter has very kindly agreed to continue to maintain the garden on a voluntary basis.



The Sensory Garden in full bloom!

**Across**

1. Freedom (7)
5. Berate (5)
8. Rhinal (5)
9. Amazing (7)
10. Impassive (7)
11. Tendency (5)
12. Fruit (6)
14. Loved (6)
17. Banquet (5)
19. Gossip (7)
22. Embrocations (7)
23. Entomb (5)
24. Arrows (5)
25. Mariners (7)

Down

1. Golf Course (5)
2. Woodwind instrument (7)
3. Object surviving the past (5)
4. Annual (6)
5. Perfumed (7)
6. Earth's protective layer (5)
7. Feared (7)
12. Perplexed (7)
13. Countries (7)
15. Rice Dish (7)
16. Dissertation (6)
18. Change (5)
20. Legal excuse (5)
21. Tall tales (5)

Completed crosswords to: Communications office, SWAHB, Millennium Park, Naas, Co. Kildare.
 Closing date: October 31, 2004.

win €100

First correct entry picked out wins **€100** courtesy Open Financial Services.

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well as the most stress-free process in town!

Rob Priestman is your advisor at Open - you can make an appointment online to meet Rob on www.open.ie, or by telephone on 1850 787 787 / 087 299 9066, or by emailing rob.priestman@open.ie.

Rob will be at the following locations in October:

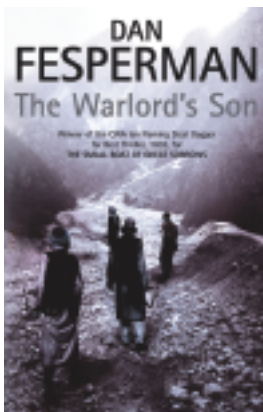
Naas General Hospital (ask at reception for room) - Tuesday, October 5, 10am - 4pm & Cherry Orchard Hospital (ask at reception for room) - Thursday, October 7, 12pm - 3pm.

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Book Review

The Warlord's Son

By Dan Fesperman



For those of you that, like myself, always scan the review first to get the verdict, I'm going to be of no help when I say this is a novel in the 'love it or hate it' bracket. I

would suggest that to love it, one would have to already have an affinity for the devil-may-care attitude of investigative journalism, world politics and the theme of 'double-cross'. If, however, you are in post-9/11 story overload or, quite simply, the act of reading about the actions of the current American administration in the daily newspaper either boils your blood or bores you, then Fesperman's latest may not be for you.

Stanford J. Kelly, known as "Skelly" to all, including his pair of ex-wives and his current spouse, was once a highly sought-after foreign correspondent who never met a war zone he didn't like. But in the aftermath of September 11, he's been relegated to the American Midwest, where he reports on suburban trivialities. A chance posting to Pakistan with no restrictions on his reporting except to find out why that part of the world hates America brings him back to the frontline.

What Skelly's prior experience has taught him is that he cannot survive in a country where he doesn't speak the language and barely knows the customs. What he needs, and what he gets, is a "fixer". When Skelly first meets Najeeb, he merely wants to use the younger man for his supposed gift as an entrée into forbidden territory, to get himself into Afghanistan in order to track down the one fugitive the entire world seeks above all others: **bin Laden**. Najeeb joins forces with Skelly and they make the journey north across the Pakistan-Afghanistan

border, ostensibly in search of Mahmood al Razaq, one of the many ex-mujahideen who hopes to stake a claim to the leadership of the new Afghanistan. But their attempts to make contact with al Razaq backfire dramatically and the two men must unite their underlying agendas of personal redemption to stay alive in dangerous territory.

Against this backdrop of imminent danger and constant intrigue, Fesperman relates the story of two men who are more alike than they realise and who must soon learn to depend on each other, even when such a choice is the most perilous decision either can make. Author Fesperman, whose career as a foreign correspondent with the *Baltimore Sun* has already served him well, is ideally suited to telling this latest story.

Published by Bantam Press
£12.99 stg

Review by Robbie Doyle, Environmental Health Officer

★★★★☆

Double Wedding

By Patricia Scanlan



When I was first offered the chance to do a review, I jumped at the opportunity to read this book due to the fact that I am getting married

myself this year and would have a bit of extra information for my big day!

The book is about two main characters and their prospective husbands. There's

Jessie, who is engaged to Mike, and Carol who is trying to settle down with womanising Gary. The girls are friends since their childhood in Arklow and although they want completely different weddings, it transpires nonetheless that they set about organising a double wedding. However, things start to go very wrong for both the main characters. Fitness-obsessed Carol and Gary struggle to stay on track and head up the aisle while Jessie is living apart from her beloved Mike. Can the girls put all their problems behind them and celebrate in style? Will the underlying bitchiness about the big day come to the surface? Or will their respective families prove to be obstacles to their journey up the aisle?

From the start, the book irritated me. Jessie and Carol would never, ever be friends if this were not a fictional tale. Nobody could remain friends after the arguments that these two have, let alone host a double wedding! The actual double wedding is only a tiny part of the story and so I have learned nothing for my big day but, thankfully, a lot about making the wrong choices in my reading material! There are plenty of other fictional books that you could buy with your hard-earned cash!

Published by Bantam Press
£12.99 stg

Review by Tracey Healy, Environmental Health Officer

★☆☆☆☆