**HAIL Happenings Spring / Summer 2018**

We hope that you enjoy this Spring / Summer 2018 edition of HAIL Happenings. Our newsletter aims to keep you updated on what is happening throughout our organisation. In this edition of HAIL Happenings, you will find updates on our new staff members and Peer Support information, along with all the regular features such as Readers’ Own and Recipe Box. We also announce the winner of the HAIL New Year Prize Draw.

If you have any comments or suggestions, or would like to contribute to the Readers Own section of our next newsletter, contact Karolyn on 01 6718444.

**Congratulations to our New Year Prize Draw Winner!**

Congratulations to Derek Finglas, winner of the HAIL New Year Prize Draw.

All tenants with a clear rent account at the end of December 2017 were automatically entered into the draw. The winner was randomly selected from the HAIL rents database.

Congratulations Derek!

Photo

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**HAIL receive Highly Commended at the Chartered Institute of Housing Awards 2018**

We are delighted to have been announced as the Highly Commended finalist for our Slán Abhaile project, in the Health and Well-Being category at the Chartered Institute of Housing Awards, 2018. The awards took place in the Titanic Belfast on 23rd February. The Slán Abhaile project supports people to move from mental health congregated settings (HSE mental health hostels) into independent living in the community. The team identify and source appropriate accommodation for clients and provide a specialised floating support service aimed at facilitating tenancy sustainment and community integration. HAIL would like to congratulate all the finalists, highly commended and winning candidates.

Photos

**HAIL United – A Peer Support Initiative going from strength to strength!**

**By Patrick Clifford**

Almost a year ago, as one of the HAIL social events, we had a picnic in the Phoenix Park. We had a kick about and decided we would start a football team! The team consisted of two support workers also two peer support workers. After a couple of training sessions in the park, the numbers started to grow. We almost had a full team in the first three months and because of this, we decided to find a training ground and decided on the Inspire Fitness Centre in Cabra. We started to train a couple of months ago and used the outdoor pitch which is astro five or seven aside. Our training regime starts with a warmup of exercises and soccer drills then we have a game for forty minutes - an hour in total. We use the indoor pitch in the cold weather which is also a good pitch to play on.

The interest in the team grew and we began to play a lot better together. In collaboration with our team manager John, and Mary from the Ballyfermot Mental Health Services, we had our first competitive game in Kilnamanagh football club’s outdoor pitch on the Greenhills Road, Tallaght, against Ballyfermot. The match was a good competitive game which the HAIL team won by three goals. For our first ever game we played really well as a team. We tried out our players in different positions. A couple of weeks later we had a rematch against Ballyfermot which we lost by three goals, playing in our home ground in Cabra. Our next game was against Roslyn Park College playing in collaboration with Ballyfermot on their pitch in Ringsend.

The team is also enjoying the benefits of an FAI soccer facilitator training us for six sessions in a certified course, over twelve weeks, which started on the 21st of February. We play every second Wednesday in our training ground Inspire Fitness, Cabra. As the team is now well established, we decided to call ourselves HAIL United!

We are always looking for players to join the team, also for support from HAIL tenants, clients and staff, friends and family - all are welcome to attend. As the summer is approaching there will be more games and tournaments coming up as the interest in HAIL football team is growing. We should be training for the summer months in the Phoenix Park and at a picnic social event too.

If you’re interested in joining or supporting HAIL United football team contact Patrick on the Peer support phone 087-3581229, contact the HAIL head office or talk to your support worker. Further upcoming social events will be advertised regularly and we would love to see you there!

Photos

**Annual Rent Review Forms**

Please remember, if you have received an Annual Rent Review form, return it to HAIL in the stamped addressed envelope provided by **Friday 27th April 2018.**

**Introducing the newest members of the HAIL Staff Team!**

Brocan Brereton

Brocan joins the HAIL staff team as Mental Health Tenancy Sustainment Worker with the In-House Team, providing support to tenants living in HAIL accommodation. Brocan comes to HAIL with extensive experience working in homeless services and in the area of housing support.

Carl Finlan

Carl has recently joined the HAIL team as Mental Health Tenancy Sustainment Worker with the HAIL Regional Mental Health Visiting Support Service, working with clients with a diagnosis of mental ill health living in local authority, private rented or other housing association accommodation. Carl comes to HAIL with many years experience working in homeless and housing services both in the UK and Ireland.

Paul Kelly

Paul joined HAIL in February as Housing and Property Manager. Paul brings with him over ten years property experience to HAIL. Within his role, Paul will be focused on growing the number of HAIL properties and the overall management of housing in HAIL.

Photos

**HAIL Peer Support Volunteers Graduation**

The second HAIL Peer Support Volunteer course came to an end in the latter part of 2017. This year’s course was carried out in conjunction with Crosscare Community College and has produced some outstanding volunteers who are a great asset to both HAIL as an organisation, but most importantly to our tenants and clients. . On completion of their training, shadowing with HAIL Support Workers and with ongoing support and supervision, the Peer Support volunteers are available to link in with HAIL tenants and clients who may be interested in being a recipient of Peer Support.

The Peer Support Volunteers graduated in December with a ceremony at Crosscare Community College, Arran Quay, Dublin. Congratulations to the new graduates!

Photo

**Readers Own**

**Circus Clowns**

A short story by: Barry Fottrell

Rubberstamp wakes up on a summer’s morning to the sound of the Nightingales song. The chirping of birds makes his heart feel glad. He rubs his eyes. He is on a park bench in Hyde Park, London. Two young men are standing over him and ask for all his money. He replies “move off!”. They refuse to move and linger there. Just then a friend of Rubberstamp, called “Chocolate fingers” comes along and tells the two young men to leave. They both leave and go on their way. Rubberstamp thanks his friend and decides to go for ramble to a place he used to love long ago when he was a famous entertainer.

On the way he stops off at a small Café and has some tea with his last few pennies. He sits quietly and thinks of his life and how things could have been so different if he had chosen a different path. He resolves to change and make things better for once and for all.

With a new sense of optimism he continues his journey to Caesar’s Nightclub, the place where he had been so happy once.

On arriving he rings the bell and a lady actress opens the door and immediately throws her arms round him saying “long time no see old friend!” She had been more than a friend to him in the old days! Ursella had been his number one!

She is so happy to see her old flame she makes such a fuss and comforts him with food and clothing and affection.

“Sing and play again. Never touch the bottle! You were once top of the hit parade” she tells him.

She arranges for Rubberstamp to play for the old nightclub owner who remembers him fondly. On hearing his performance he immediately offers Rubberstamp a regular gig and his life changes.

His actress lady, Ursella becomes his lady wife. They go on Honeymoon in the countryside. They are driving along when they hear Rubberstamps latest hit song on the car radio!

“It’s so great to see you back on top where you belong” Ursella tells him. He thinks of his new life and how it is so important to believe that if at first you don’t succeed…try and try again…even the circus clowns of this life do astound from time to time.

Butterflies and bells all the way and they live happily ever after!

**Recipe Box**

**One Pan Salmon with Roast Asparagus**

**(Serves 2)**



**Ingredients**

* 400g new potatoes – halved if large
* 2 tbsp olive oil
* 8 asparagus spears – trimmed
* 2 handfuls cherry tomatoes
* 1 tbsp balsamic vinegar
* 2 salmon fillets
* Handful basil leaves

**Method**

* Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an [ovenproof dish](https://www.bbcgoodfood.com/review/test-five-best-roasting-tins), then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.
* Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.



Last year 30 million people celebrated Neighbours’ Day in 1450 partner cities, housing organisations and associations in 36 countries throughout the world. Now in its 18th year, Neighbours’ Day will be celebrated on Friday 25th May.

If you would like to organise a Neighbours’ Day event on your estate or with your neighbours, contact your Housing Officer or Karolyn on 01 6718444.

**Green Ribbon 2018**



See Change are rolling out a month long national Green Ribbon campaign during May 2018 to encourage people in Ireland to Say No to mental health stigma. You will find your green ribbon included with this copy of HAIL Happenings.

What can you do to support the Green Ribbon campaign?

* Wear the Green Ribbon as a symbol for starting the conversation about mental health
* Download See Change’s leaflet on “What is Stigma” to learn more about the effects of stigma
* Attend a HAIL Green Ribbon event during the month of May. Our Peer Volunteers and Support Workers will have information on upcoming events soon.
* Connect via social media using #GreenRibbonirl and join the conversation on National #TimetoTalk Day Friday, 4th May.

Photo