

Winter 2018



HAIL

Housing Association for Integrated Living



HAPPENINGS

Tenant Satisfaction Survey 2018

Many thanks to all tenants who completed the HAIL Tenant Satisfaction Survey 2018. At HAIL, we are committed to delivering great service to our tenants and we are keen to know what we do well and where we can do better. This survey gives us the opportunity to hear your views and opinions on HAIL and helps us to improve our service to you. The main findings of the survey will be included in the next edition of HAIL Happenings.

All those who completed and returned their survey to us, were automatically entered into a Prize Draw to win one of four *One for All* gift vouchers. The winners, chosen at random from our database, are;

Gerry Reynolds

Sandra Cumberton

Terence Kearney

Alison Kelly

Opt Out?!

If you would prefer not to receive future copies of HAIL Happenings, please let us know by contacting the head office on **01 671 8444** or **Email: karolyn@hail.ie**

As 2018 draws to a close, the staff and Board of HAIL would like to take this opportunity to wish all of our tenants, clients and their families a very happy Christmas and a peaceful New Year.

In this edition of our newsletter, you will find information on our Christmas opening times, updates from our Peer Support Volunteers and the various social groups and what's been happening in HAIL over the past number of months.

We hope you enjoy this Winter 2018 edition of HAIL Happenings. If you wish to contribute anything to the Spring 2019 edition, please email Karolyn at karolyn@hail.ie.



HAIL Shortlisted for Two Prestigious Awards



We were pleased that our Annual Report was shortlisted for the third year running for the Good Governance Awards 2018. Being shortlisted for the Awards is a recognition of HAIL's efforts to comply with the highest governance standards.

This year, we were also delighted to be shortlisted for the Chartered Accountants of Ireland, Published Accounts Awards 2018. The awards recognise companies and organisations for their excellence in financial reporting in Ireland.



HAIL



Bring Me Back Alive Play

Performance at the Axis Theatre Ballymun, to mark World Mental Health Week 2018.

On Saturday 29th September, the highly acclaimed and award nominated play highlighting the issue of suicide awareness, **BRING ME BACK ALIVE**, was performed at the Axis Theatre in Ballymun to a full house.

The play, written by Patricia McCann, addresses the impact of suicide in our communities and families, set in a modern day youth centre in Dublin.

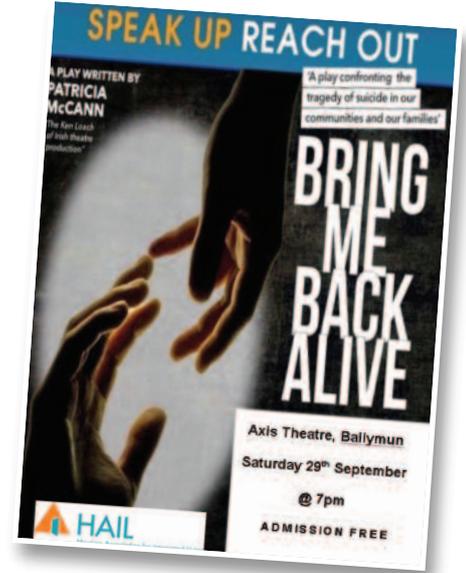
Siobhan Byrne, Peer Mental Health Support Volunteer with HAIL said; "each death by suicide is one too many. We need to address the stigma surrounding mental health and suicide and bring it out into the open. We need to talk about it; to our friends, our families and especially our young people. As a survivor of attempted suicide, I can firmly vouch for Patricia McCann's play as a lifesaver and proof that that there is help out there,

that there is always hope and there is always an alternative."

The play highlights the warning signs to look for in a person contemplating suicide, the need for more mental health services and the devastating



Patricia McCann & Siobhan Byrne



effects that suicide has on family and friends. One of the main themes of "Bring Me Back Alive" is hope; to show that there is hope, there is an alternative. The play is written in as light hearted way as possible in order to give hope to those who need it the most.

Play-write Patricia McCann wants to continue to promote the powerful message from her play; "I am passionate about this play. When I wrote it, I had an idea it was something special, but seeing the emotional and positive responses from audiences across various communities has really blown me away. We hope this play will continue to open up conversations about mental health, suicide and bereavement through suicide, across the community."

Edward McManus, of Edward McManus pharmacies who kindly sponsored the play, had this to say on the night; "It was an amazing, moving performance which brought home the unique power of the theatre to effect profound social change. The acting was superb and this message of hope cannot be distributed enough".

We would like to say a big thank you to our Peer Support Volunteer Siobhan Byrne for all her hard work, dedication and vision to bring the play to Ballymun.



The play was kindly sponsored by Edward McManus pharmacies.



Social Group Updates

The HAIL Peer Volunteers have been very busy throughout the Autumn months rolling out an active schedule of social events and maintaining and setting up a range of regular activities and groups for HAIL tenants and clients.

Dublin North and South Social Groups

HAIL is planning to start running north and south side social groups in the New Year, it is hoped these may be easier for some tenants to attend social events as they will be closer to their area. If you are interested please contact the head office and we will be sure to keep you informed of upcoming events.

Walking Group



The HAIL Walking Group takes place every fortnight. The group decides on the location of the walk after each meet up. This is a fun and enjoyable way to get some fresh air, exercise and meet people. If you are interested in joining the walking group, **contact our Peer Volunteer Una on 087 315 7283.**

Pool Group

The Pool group meet every Friday afternoon in Ned Kelly's Sports Club on O'Connell Street at **3pm** (please note time change!). All welcome. **Contact our Peer Volunteer Eric on 087 057 0981.**



Music Group (New)

Chance in a million, share music with like minded, world class individuals!!

The HAIL Peer Support Volunteers are starting a monthly music session beginning in early 2019. If you have a talent for singing or playing an instrument we'd like to hear from you!

Please call Ronan on 087 138 0022 if you are interested in joining up or for more info.



HAIL United

HAIL United are continuing to grow from strength to strength and are always looking for new players to join the team. The team meet for training sessions every second Wednesday afternoon at 4pm in the Inspire Fitness Centre in Cabra. The team are continuing to organise tournaments and arrange fixtures with other teams on a regular basis. If you are interested in joining the team, **contact our Peer Volunteer Patrick on 087 358 1229.**





Reader's Own THANKSGIVING

A Short Story by Barry Fottrell

"Long time ago you and I were friends, now today I miss you, my thoughts of you never end".... Carol Jayka was composing her latest song, sitting at a piano in a local bar.

A young man was sitting in the corner having a quiet drink. He hears her playing a beautiful melody, exciting and tuneful. He applauds in appreciation. When she finishes practicing as she walks past him on her way out he speaks to her "I'm Jack and I am a singer/ songwriter but I've never heard such a lovely piece as the one you've just played"

The two agree to go for lunch and spend the afternoon together. In the following months they became inseparable. Carol inspires Jack to become the greatest singer/songwriter in the U.S.A. He becomes world famous with his songs while Carol Jayka decides to stay at home and enjoys her hobbies being a dancer and a philatelist. With her great persuasion prompting Jack to become triumphant in his work they become husband and wife.

Meanwhile Jack's brother Bobby becomes a famous American football player. Eventually when his football career comes to an end he decides to enter the world of politics and manages to become a senator.

Jack continues to be successful at his music career. One day Jack sees a little light in the sky. He sees a vision of his father. His father communicates with him and advises him to run for president of the United States of America.

Overwhelmed by this, he is lost in his thoughts all the way home. He feels he must speak to Carol. When he tells her what happened she reminds him that he never had ambitions to become President of the U.S.A. They talk for hours and come to the conclusion that he must follow his father's advice. He follows his father's dream and becomes president in a landslide victory!

He goes to live in the White House with his first lady Carol. During his time in politics his brother, Bobby supports him all the way.

Jack and Carol visit many countries while he is president. He goes to Germany and makes many speeches to which he receives great applause. His prophecy is that all eastern block countries would be free from communism and this comes to pass.

Carol and Jack live happily ever after.

Home of the brave, land of the free!

**Congratulations to
Patrick Clifford,
our Peer Support Volunteer
who recently launched his
second book HOPE**



On Sunday the 4th of November 2018 was the book launch of my second book titled HOPE.

Around this time last year was the book launch of my first book Poetry and Prose which was also held in this venue Café Du Jour on Cork Street in Dublin city centre.

The person who presented the launch doing MC was Deirdre an author, poet, teacher and family friend. She started the launch focusing on a poem which she felt was relevant to Dublin; a poem called *The Old Town* describing its sentiment, culture, emotion and simplicity of the poem. She spoke about the contents of the book and how it relates to society, recovery, spirituality, nature and most relevantly, that the book does give hope.

Readers were invited to recite poems from the book. First was Joe, an actor, poet and friend. He recited a poem *My Sweet Summer Rose*. My niece Molly recited a poem *The Owl*. Then the last to recite was a friend Roseanna, reading the poem *A Happy Day*.

I then gave a short speech and recited a short rap poem called *Life On The Street*. I didn't have a speech written I knew what I had to say. I spoke about my first book, how nearly all the copies that were printed nearly sold out and about how it took 7 months to write the book HOPE and how this book will do that, give a little bit of hope, which we all need from time to time. I mentioned the book cover and why I chose it, as it's a tree of hope. We are all at different stages in life and recovery and we can give each other hope.

Patrick Clifford

PAYMENTS REMINDER

We would be grateful if you could please use a lodgment card when you are paying your rent. If you don't have one, contact Mary on 01671 8444. If you are using a payment slip in the bank to pay your rent, please put your name on the slip so that we can identify who has made the payment. Thank you.

NEW YEAR'S PRIZE DRAW

All HAIL tenants who have a clear rent account on 31st December 2018 will be automatically entered into the HAIL prize draw to win a €50 One-4-All Gift Voucher. If your rent account is even €1 in arrears, unfortunately you will not qualify. The winner will be announced in the next edition of HAIL Happenings.



Peer Support and Mental Health at DCU

By Vincent Geoghegan, Peer Support Volunteer

As the new year begins, a number of you might be considering returning to education or considering applying for a course. Vincent our Peer Support Volunteer recently took up a Level 8 Certificate in Peer Support and Mental Health in Dublin City University. Here he shares his experience to date;

“Dublin City University (DCU) Campus is 10 minutes walk from Ballymun. It is a wonderful and modern university which offers a wide range of subjects to study in a very clean, warm, friendly and very well maintained study community. I study in the School of Nursing in conjunction with the Recovery College where there are fantastic supplementary courses like “Making Meetings Matter” that run for 4 weeks.

In the School of Nursing, I am studying Peer Support in Mental Health. The course is over one academic year. It is made up of two semesters with 3 modules. The academic supervisor’s (lecturers) are very friendly, warm and helpful. They really have an engaging and very interesting style of teaching that involves group work with enough breaks so that nobody falls asleep in class!! They are doing a great job in molding the Peer Support Workers of the future!

“As a member of HAIL, you may have heard of the role of HAIL Peer Support Worker. It is a role that was formed a relatively short time ago and there have been two courses held so far in HAIL in partnership with Crosscare and I was part of the second group. I am myself a HAIL tenant living in a HAIL property for the past ten years and have been working as a Peer Support Volunteer for the past year. I am an equal to all HAIL tenants and it is part of my qualification that I have shared experience and I always try to be open and genuine and show empathy. I also try to be practical and look for my Peers strengths. It is a role that I am growing in.”

My studies in DCU and my experience working as a volunteer will bear fruit for the good of anyone out there who has lost hope. If I can find my way back then anyone can and I was in a bad way many years ago.

I would recommend to anyone who feels ready, to look into the HAIL / Crosscare course in Peer Support as it is not demanding. If you are not ready yet for that, then link in with one of the HAIL Peer Support Volunteers and you may find a friend and a social outlet. But that is only if it is your choice and you would like that. You may have family and friends that support you and that’s perfect too.



Mental Health Forums

Be part of your local forum



What is a mental health forum?

Forums provide a space and opportunity for people to voice their experiences and present their views to improve outcomes for all. Forums are the place to contribute if you have an opinion or experience of the mental health services in your area.

Who are these for?

Your local mental health forum is for all who have experienced HSE Mental health services in the forum locality and all those friends, carers and family members who support them.

Forums take place all over Dublin. HAIL has two peer support workers who are available to accompany and support anyone who wants to hear more about these forums or who may want to attend.

Their contact details are as follows;

Pat Clifford (Southside)
087 190 3361

Vincent Geoghegan (Northside)
087 1848568



HAIL welcome New Staff to our Team



Nerissa Daly

HAIL would like to take this opportunity to welcome three new staff members to our team.

Nerissa Daly

Mental Health Tenancy Sustainment Worker. Nerissa comes to HAIL having worked in homeless services for a number of years and has a background in psychology and counselling/psychotherapy



Tom Gifford

Tom Gifford

Project Leader, Slán Abhaile. Tom comes to HAIL with many years of experience in social housing and homeless services and a background in mental health support.

Robert Fletcher

Mental Health Tenancy Sustainment Worker. Robert joins HAIL with a background as a Housing Officer and in social work.

HAIL Partnership with Dublin Institute of Technology



In early spring, HAIL will become a community partner with DIT, Kevin St., working alongside a group of third year Human Nutrition and Dietetics students to examine nutrition and mental health.

We are seeking a group of 10-15 HAIL tenants or clients who would be interested in taking part in this exciting project, to work alongside a group of students to explore their interests around nutrition.

The project will require the group to get together twice – both on Thursday mornings in February and March. These meetings will be facilitated in the HAIL Head Office or in DIT Kevin Street, depending on the group preference.

This is an excellent opportunity to receive personalised nutrition advice and expertise. If you are interested in taking part, **contact Karolyn on 01 6718444.**

HAIL Christmas Opening Hours 2018-19

The **HAIL Head Office** (Dame Court) and all **HAIL local offices** (Kilcronan, Tallaght, Ballymun and Avondale) will close for the Christmas holidays at **5pm on Friday 21st December 2018** and will re-open at **9am on Wednesday 2nd January 2019.**

In the case of a maintenance emergency over the holidays, please contact the **Out of Hours Emergency Maintenance Number (01) 499 9099.**



We are delighted to announce that our brand new HAIL website will be launching soon! The new website will improve the online experience for you as our tenant, providing quality, relevant and up to date information. The new website will feature a Tenant Centre, where you can access information regarding your tenancy, report a repair and view upcoming events.



HAIL Housing Association for Integrated Living

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Website: **www.hail.ie**

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Registered in Ireland No. 109465, CHY No. 6796, Registered Office: Second Floor, Central Hotel Chambers, 7-9 Dame Court, Dublin 2.