



NFMHS

National Forensic
Mental Health Service



Newsletter
Winter 2024



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Note from the Editor

Welcome to the Winter 2024 edition of the NFMHS Newsletter.

The service has been buzzing over the last few months and this is certainly reflected in all of the various activities which have been taking place from Christmas preparations, NFMHS promotions, awards, training, supports and new additions.

Thank you to all of our contributors in this bumper Festive edition.

Simon Bergin

Editor & Communications Officer

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Get in touch at

Comms.NFMHS@hse.ie



Head of Service Update

Welcome to the Winter 2024 edition of the National Forensic Mental Health Service newsletter. This bumper edition highlights a lot of activity over the past number of months and it also includes information on some of the activities scheduled for the holiday period in December 2024. Many thanks to Simon and all the contributors for collating this information together so as to keep us all informed of life events in the NFMHS.

On reflection, this year, 2024 appears to have passed very quickly and that maybe due to the high level of activity and busyness we have all experienced over the past 12 months. It is very evident across the service that we are settling into Portrane after two years. Routines and practices are becoming normalised and many challenges encountered at the early part of our tenure in Portrane are being addressed or resolved. It is only through proactive engagement and communication across the service that we will continue to improve and build on what we are achieving.

You will see reference to the town hall meetings in this newsletter (virtual and actual) in recent months. This has been a great opportunity to update staff on what is occurring across the service and also to hear the views of staff on their experiences and suggestions on what is possible. This office is in the process of scheduling these sessions again for 2025 as this was one of the key messages during the town hall meetings held so far. The service has also held two Cluster meetings which have been very helpful in gaining understanding on specific challenges and I would like to thank Dr Mullaney and Dr Monks and their multidisciplinary teams for facilitating these engagements.

I continue to receive letters from patients and the focus of these letters has substantially changed over the past 12 months. While some letters are requesting assistance on specific matters and others are letters of complaints, we receive compliments to staff and the service, and suggestions on areas of improvements are now informing my weekly reading list. This is great to see and very welcome.

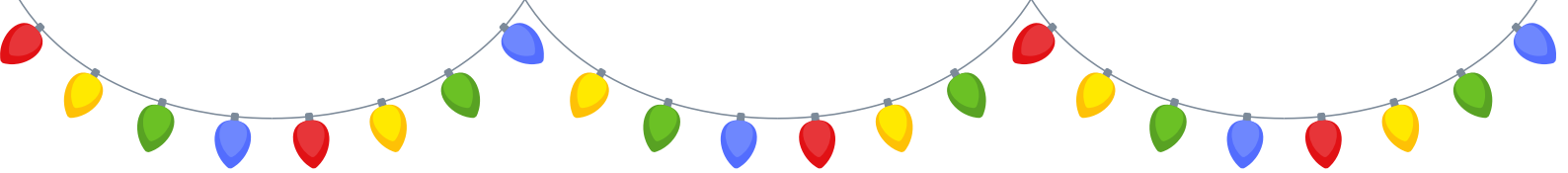
There are plans in place for 2025 to open all of the remaining bed places in the Central Mental Hospital. We have received approval to employ staff to open these places in the CMH. We have submitted a business case to increase our staffing into the Prisons to address the need to support our Prison In reach teams to meet the demands on them to treat and divert people in prison.

We have also experienced loss this year with the bereavement of some of our work colleagues and former patients of the service. These have been very difficult times for us as the loss of those we work with and care for leaves a void filled with sadness and grief. Our thoughts and prayers go to family and friends of those who have died this year, especially facing into this holiday season.

Finally, on behalf of the Area Management Team, we would like to thank you all for your hard work and dedication to the care and treatment of the patients in the NFMHS this year. Without your commitment to the service, we would not be able to meet the ongoing challenges experienced yet achieve the level of care and treatment required for our patients.

As we move into December 2024, holiday greeting to you, your families and friends and we hope you have a safe, healthy and enjoyable holiday period.

Pat Bergin, Head of Service



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NEWS

Christmas Events & Festivities for Patients

NFMHS has organised a range of events and festivities for patients this year.

See schedule below with full details.

We hope the Christmas Tree in the hospital reception brings a smile to everyone coming in over the holiday period.

Come along and join in on the fun!



Christmas

at

NFMHS



Patient Events/Festivities - VC Concert Hall

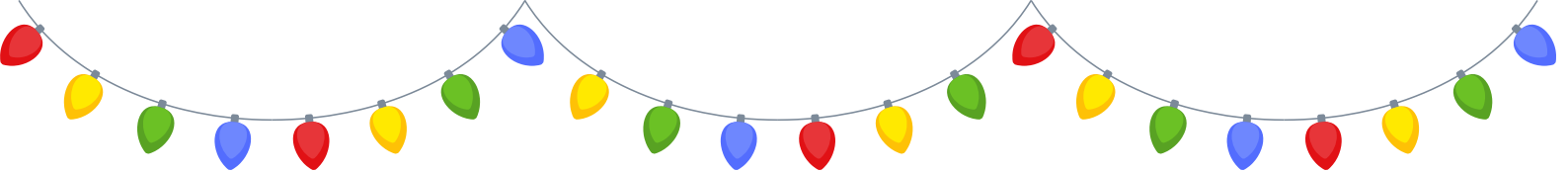
- 1st December : **Soul Sisters Choir @ 6pm**
- 5th December: **Hospital Band Rhythm Concert @ 2-3.30pm**
- 8th December: **Victory Gospel Choir @ 6pm**
- 12th December: **Calypso Christmas Show @ 6pm-7.30pm**
- 13th December: **Christmas Movie Night**
- 15th December : **Liberty Choir @ 6pm**
- 19th December: **Pillar 6 Christmas Party**
- 23rd December: **Santa Visits Units @ 10.30am**
- 25th December: **Christmas Day Mass @10.30-11.15am**
- 29th December: **Movie Night**
- 1st January: **New Year's Day Service @ 10.30am**

December 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SAVE THE DATE





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NEWS

Christmas & New Year Arrangements

The NFMHS elves have been busy making arrangements for visits, leave and the shuttle bus service over Christmas and the New Year.

Visits

Visits will be taking place on the following days. Visitors have been sent full details by email or post. Please contact the NFMHS Visits team to book a visit.

- Mon 23rd Dec: 6.30–7.30PM (Binnian/Arderin)
- Tue 24th Dec: 6.30–7.30PM (Clermont/Nepin)
- Wed 25th Dec: No Visits
- Thu 26th Dec: 2.15–3.15PM (Nepin/Foye/Lamagan)
- Fri 27th Dec: No Visits
- Sat 28th Dec: 2.15–3.15PM (Nepin/Foye/Lamagan)
- Sun 29th Dec: 2.15–3.15PM (Kippure/Clermont/Binnian/Arderin/Donard)
- Mon 30th Dec: 6.30–7.30PM (Kippure/Lamagan)
- Tue 31st Dec: 6.30–7.30PM (Binnian/Arderin)
- Wed 1st Jan: 2.15–3.15PM (Clermont/Kippure/Binnian/Arderin/Donard)

Leave Arrangements

Leave arrangements are being finalised for the holiday period.

Shuttle Bus

Please note the arrangements for the Shuttle Bus service below. Irish Rail are operating a Saturday schedule on weekdays from Fri 27th to Tue 31st December, and we will be running a Saturday service on these dates.

Please refer to timetables for bus times.

Note there will be **no shuttle bus service on Christmas Day and St. Stephen’s Day.**



The Village Centre Cafe will be closed on **Christmas Day, St. Stephen’s Day & New Year’s Day**

NFMHS Shuttle Bus Christmas & New Year Arrangements	
MON 23.12.24	MONDAY SERVICE
TUE 24.12.24	SATURDAY SERVICE
WED 25.12.24	NO SERVICE
THU 26.12.24	NO SERVICE
FRI 27.12.24	SATURDAY SERVICE
SAT 28.12.24	SATURDAY SERVICE
SUN 29.12.24	SUNDAY SERVICE
MON 30.12.24	SATURDAY SERVICE
TUE 31.12.24	SATURDAY SERVICE
WED 01.01.25	SUNDAY SERVICE

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NEWS

A Day in the Life of NFMHS

19th September 2024

The 19th September was a busy and characteristic day for the service in terms of the breadth of activity taking places across departments and services.

The Patient Art Exhibition took place from 10.30am to 3.45pm in the Sports Hall, with some wonderful displays of art on show. Well done everyone!

Patient Art Exhibition



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NEWS

A Day in the Life of NFMHS

19th September 2024

HSE Estates Meeting

NFMHS hosted an information learning day in ICRU and Brandon for HSE Estate Managers working across the Acute Mental Health Programme. There was a great turnout with over 30 visitors.



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NEWS

A Day in the Life of NFMHS

19th September 2024

Ice Cream Van

NFMHS patients, staff and visitors were treated to a 99 or ice cream of their choice from the Ice Cream Van. We had a glorious day for it, still basking in the last rays of Summer sun.



Garden Project

The Garden Project made good use of the sunny weather, and patients were busy putting their horticultural skills to work, whilst ensuring that Fergus and Foley were well looked after.



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NEWS

Promoting NFMHS

AOTI 24 Conference

The OT Dept presented at the OT AOTI national conference recently on providing therapeutic activity for patients in longer term seclusion. This intervention aims to empower patients in long-term seclusion by encouraging participation in meaningful activities. The goal is to promote autonomy, motivation, and engagement to support patients on their recovery journey and reintegration into less restrictive environments. The result has been a wider variety of occupational choices helping to build a therapeutic working alliance.



26TH - 27TH
SEPTEMBER
#AOTI2024

Healthcare Jobs Fair RDS Dublin

12th October 2024



NFMHS attended the Healthcare Job Fair in the RDS, Dublin on Saturday 12th October 2024. Interested candidates stopped by the NFMHS exhibit to talk to our staff about upcoming positions in the service, and got insight into the new facility.

The Job Fair was represented by public and private healthcare providers in Ireland, the UK and across the globe, and was an ideal opportunity for NFMHS to showcase its' unique service offering and benefits for new staff.

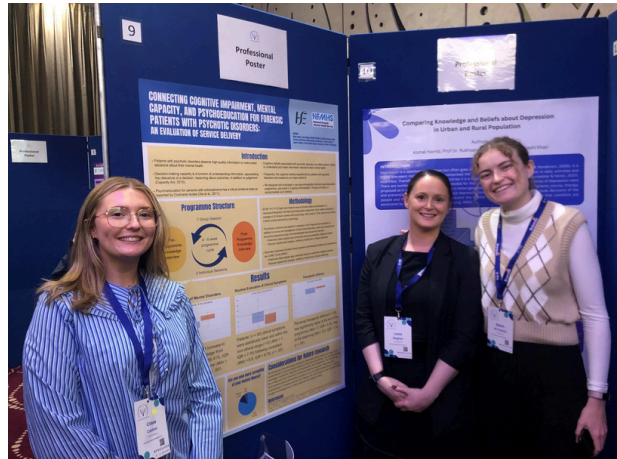
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Assistant Psychology Team win 1st Prize at PSI Annual Conference

The NFMHS Assistant Psychologist team achieved first prize at the Psychological Society of Ireland's annual conference for their poster presentation.

Ken O'Reilly, Principal Psychologist Manager writes *"Well done to all, for representing the NFMHS so positively, and for helping to bring this piece to fruition over the past few years"*.



Derrycourt Winners at ICCA Industry Awards 11th October 2024



The Irish Contract Cleaning Association Awards took place on Friday 11th October 2024.

This biennial event is a big celebration of the contract cleaning industry, recognising the hard work that helps keep Ireland's spaces clean and well-maintained.

Derrycourt scooped three awards in the Healthcare category on the night for their work with NFMHS. Well done all!

- **Winner Operative:** Marek Dyrda of Derrycourt Cleaning Specialists for National Forensic Mental Health Service
- **Winner Supervisor:** Florin Filip of Derrycourt Cleaning Specialists for National Forensic Mental Health Service
- **Winner Site:** National Forensic Mental Health Service for Derrycourt Cleaning Specialists

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NEWS

Memorial Mass Services for deceased patients and staff

NFMHS recently held memorial mass services on the 2nd & 9th November for deceased patients and staff members.



NFMHS was very saddened to note the passing of our colleague Clyde Corentin RIP.



Staff are encouraged to go to www.hse.ie/grief/healthcare for further information and support if required.



Assisted Decision Making Training

October & November 2024

BYRNE WALLACE
LAW FIRM

 **Olive Doyle** Partner, Health Services
T: +353 1 691 5404
E: odoyle@byrnewallace.com

NFMHS – Training (patient safeguards and decisions)

The law firm Byrne Wallace provided training to staff in NFMHS on the Assisted Decision Making legislation as it applies to our Service.

Staff had the opportunity to attend one of three training dates in October and November 2024.

Please contact GM.NFMHS@hse.ie if you could like to receive a copy of the training presentation.

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Sharing the Vision – National Implementation and Monitoring Committee Meeting

20th November 2024



left to right: Derek Chambers, General Manager (Policy Implementation) National Mental Health; Sara Long, REO for HSE North East; Dervilla Eyres, Integrated Healthcare Manager, Cavan & Monaghan; Catherine Brogan, Chair of the National Implementation and Monitoring Committee, and Pat Bergin, Head of NFMHS



David Timmons, Area Director of Nursing presenting on the Intensive Care & Rehabilitation Unit at Sharing the Vision Meeting



Members of the National Implementation and Monitoring Committee

NFMHS

NEWS

National Implementation and Monitoring Committee Poster Display

20th November 2024

NFMHS Posters on display during the morning of the Sharing the Vision- National Implementation and Monitoring Committee Meeting.

Staff had an opportunity to discuss their initiatives with colleagues from across the HSE Mental Health Network.



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NEWS

Staff Town Hall Meetings



Current situation

- ▶ Business as usual! 505 staff keep posts filled
- ▶ Proposal regarding Sugarloaf- 2025/ bespoke suite
- ▶ Clarification sought relating to ICRU- proposal 2025
- ▶ Manage within 2024 allocated budget , reduction 1.5 million
- ▶ Working with Irish Prison Service
- ▶ Registration Conditions addressed- CAPA -MHC
- ▶ Fully implement Electronic Patient Record Management System

NFMHS Head of Service Pat Bergin held staff town hall meetings in the Central Mental Hospital on the 16th and 17th October.

Pat also held an online town hall meeting on the 18th November for staff working in prison in-reach services, and on the 3rd December with staff working in Ushers Island.

During the meetings Pat gave an update on the current situation and plans for the service for 2025.

Please contact hos.NFMHS@hse.ie if you could like to receive a copy of the town hall presentation.

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♥ SUPPORT ♥

HSE Health & Support Information



Flu & Covid-19 Vaccinations

Staff are encouraged to avail of HSE Flu and Covid 19 Vaccinations

Please go to <https://www2.hse.ie/screening-and-vaccinations/> for further information.

Staff can contact the Primary Healthcare team to book in for your vaccine.

Sepsis

- Know the Signs. Act Fast. Save Lives.

What is Sepsis?

- Sepsis is a life-threatening emergency caused by the body's extreme response to an infection. If left untreated, it can affect organ function and can lead to septic shock and death.
- Early detection and recognition of Sepsis is essential.

Could it be sepsis?

Sepsis can hide behind any infection at any age. Don't miss the signs.

- S** Slurred speech or confusion
- E** Extreme shivering, muscle pain, fever
- P** Passing no urine
- S** Severe breathlessness
- I** It feels like you are going to die
- S** Skin mottled or discoloured

Scan this QR code to view our patient information leaflet. This leaflet is available in 10 other languages on healthpromotion.ie

If you have an infection with these symptoms, seek urgent medical attention. See a **LOT** of symptoms to look out for on hse.ie

DESIGN A LOGO FOR THE GREEN COMMITTEE



Open to all patients, staff,
family, friends and carers

NFMHS
National Forensic
Mental Health Service

green.NFMHS@hse.ie

NFMHS

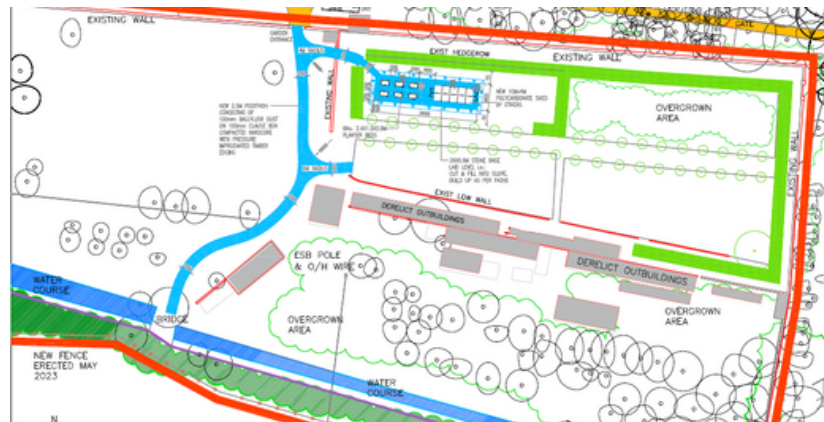
DEPARTMENT UPDATE

Occupational Therapy

Update from Padraic O'Flynn, Occupational Therapy Manager

Walled Garden

Walled garden works are continuing with further clearance works, grounds work, laying of paths, seeding of grass, installation of planter boxes and polytunnels in kitchen garden area. We are aiming to commence using the garden in Spring of 2025 and will be carrying out further consultation on potential uses over coming months.



Barista Training



We are running another barista training program for patients and wanted to acknowledge and thank the catering team for their support in providing training to clinical staff on VC café operations.

Training sessions with patients can be supported by clinical staff and this has been important in ensuring sustainability of the training program into the future.

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FOCUS ON



World Mental Health Day & Mental Health Awareness Week

To coincide with World Mental Health Day, NFMHS ran a Mental Health & Wellbeing awareness campaign in October which highlighted some of the mental health and wellbeing supports available to staff members.

World Mental Health Day took place on Thursday 10th October 2024. This year's official theme, "It is Time to Prioritize Mental Health in the Workplace," highlighted the importance of fostering supportive work environments.





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PARTNER SERVICES



Update from the Evolve Recovery College

This autumn has been an exciting season of connection, creativity, and growth here at Evolve Recovery College! We're thrilled to share highlights from our recent events and courses and give you a sneak peek into what's coming next.

Halloween Fun and Festivities

We kicked off autumn with a festive Halloween celebration that brought together laughter and connection. Participants enjoyed classic games like Bingo and pine cone toss. It was a light-hearted, joyful time, giving everyone a chance to unwind, connect, and enjoy some seasonal fun. Seeing everyone bond over these simple games reminded us how moments of joy can foster a deeper sense of community.

World Mental Health Day

In October, we celebrated World Mental Health Day with a blend of energy and tranquillity. The day started with an energetic Cha Cha Slide, filling the room with laughter and positive energy, followed by a peaceful meditation session. These activities offered a perfect balance of movement and stillness, reminding us all of the importance of taking time for both action and reflection in our wellness journeys.

Communication Course

We also wrapped up a successful 5-week communication course, empowering participants with valuable interpersonal skills and a boost in confidence.

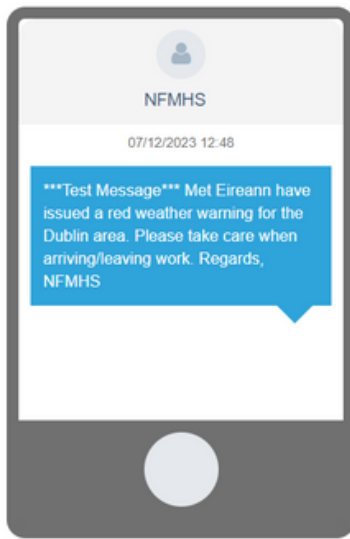
We're thrilled to invite everyone to join our upcoming 'Stress Management' and 'Culture and Identity' courses, including co-facilitated sessions that encourage shared experiences and peer support. No matter your background or experience, your insights are invaluable and can make a huge difference to others in the group. Sharing what we know, what we've faced, or even what we're learning creates a meaningful support network for everyone involved.

At Evolve Recovery College, we are committed to providing an inclusive, collaborative environment where we can all learn and grow together. Don't miss our new prospectus, coming soon! It will list all the upcoming available courses for Spring 2025 which everyone is welcome to join at any time. Spring 2025 prospectus will be communicated to all in late December along with a self-registration form – simply tick the courses or events you would like to attend and return to Evolve Recovery College in the Village Centre. Let's make this a journey of connection, learning, and empowerment!

To all our past and present students, we're sending our warmest wishes for a joyful and fulfilling new year ahead! As we look forward to new beginnings, we want to thank each of you for being a valued part of our community. May this year bring you growth, connection, and plenty of inspiring moments. Here's to a year filled with health, happiness, and continued recovery!

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STAFF NEWS



The text messaging service **Sendmode** has been in operation in NFMHS since February 2024.

The service provides short SMS alerts sent directly to a staff member's designated mobile phone and is used exclusively by the Head of Service office to communicate important updates relating to the service, and weather/traffic and/or local news which may impact you.

242 staff members have so far signed up to the service and received alerts regarding **local road closures and delays, Employee Financial Wellness seminars, the Quality Network and NFMHS Town Hall meetings.**

If you wish to avail of the service please email comms.nfmhs@hse.ie and include your mobile number to be included in the database.

Please indicate whether the mobile number is your personal number or work number.

We hope to use the Sendmode system to reach all our staff members!



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STAFF NEWS

Reminder of Staff Supports

Dignity At Work Support Contact Details

(Contact hours - Monday to Friday 9am - 5pm)

Jim Tighe

Phone: 01-7787164 or ext. 87164

Email: james.tighe@hse.ie

Helena Reffell

Phone: 01 778 6723 or ext. 86723

Email: helena.reffell@hse.ie

Hazel Blackwood

Phone: 01 778 6957 or ext. 86957

Email: Hazel.Blackwood@hse.ie

Employee Assistance Programme

EAPand**ME** Employee Assistance Programme

Many of us experience stresses and strains in our work and personal lives and might be wondering if there is anyone there to help.

Call **0818 327 327**
to speak to someone who can help.



 [#EAPandME](https://twitter.com/EAPandME)



NFMHS

STAFF NEWS

New NFMHS General Manager Jerry Selvaseelan



Dear Colleagues,

I am delighted to be joining the team here in NFMHS as General Manager. With a clinical background as an Occupational Therapist, I worked in India for some years across acute, primary care and intellectual disability settings before coming to Ireland in 2004.

Since then, I have had the privilege of working in both clinical and variety of administrative positions within HSE, Section 38 and 39 agencies across primary care, acute hospitals, community mental health, disability services and homeless services within Ireland, with roles and responsibilities over risk assurance, quality management, compliance and regulatory oversight.

I hope to bring a flavour of these experiences and lessons learnt into my current role, and look forward to working with the staff, patients and their families to ensure we resource and provide a service that is in compliance to regulation, but also progressive in terms of our vision for sustainable growth and future needs.

If you have any suggestions or feedback, please feel free to email GM.NFMHS@hse.ie or contact my office directly.

All the best,
Jerry Selvaseelan



Christmas Jumper Day

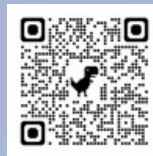
11th & 12th December 2024

Nursing staff in the Arderin invite all our colleagues to spread the Christmas cheer by wearing their best Christmas jumper/ suit/ head wear or anything festive.

In aid of The Irish Cancer Society

Donations welcome in the link below

<https://www.idonate.ie/ArderinNFMHSPortraneCoDublin>





CONTACT US

NFMHS Comms

Thank you to all our contributors to the NFMHS Winter Newsletter 2024.

If anyone would like to pass on a story or highlight the work of one of your colleagues, please send it to comms.nfmhs@hse.ie for consideration in the next newsletter.

Please get in touch if you would like to highlight an initiative taking place in your department.

We also welcome any feedback on the NFMHS newsletter. Please let us know at comms.nfmhs@hse.ie

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