

Connecting DNCC

May 2022



Memorial ceremony and plaque laying ceremony at St Mary's Hospital

See Inside



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A Message from the Comms Team

Welcome to the second edition of Connecting DNCC of 2022. We hope you are enjoying the new layout of our magazine.

In this edition we have some great updates as to what is going on all around CHO DNCC including highlights from the 2021 staff survey on areas of improvement, the recent opening of disabilities services in Rush and Skerries, a look into a day in the life of an Executive Clinical Director for Mental Health and a webinar invitation to all CHO DNCC staff for an update on ECC.

A sincere thanks to everyone who has sent in articles and pictures and have contributed to this edition.

As always, this magazine is written for you, the staff of CHO DNCC. If you have a message or article you would like to include in future editions or you have any feedback on what we can improve, please don't hesitate to contact us. A huge thanks to everyone who has sent in articles and pictures and contributed to this edition. Happy Reading!

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A Message from our Chief Officer

It has been a busy period since our last Staff Magazine as we continue to meet the ongoing challenges of Covid-19, as well as responding locally to the immediate health needs of Ukrainian nationals arriving in Ireland through Dublin Airport, as well as continuing to deliver the broad range of community services.

I was delighted to recently attend the opening of the Prosper Fingal's new day centre in Skerries and a new residential community house in Rush and just last week I attended the opening of the CRC-run rehabilitation training service in Ongar in Dublin 15. It has been wonderful to get the opportunity to meet services users and their families on these special occasions. I have also had the opportunity to visit some of our mental health services and meet the staff and I am looking forward to visiting more of our services in 2022. The provision of services at the heart of our community is central to everything we do at CHO DNCC, and I look forward to further developments in the future.

One important event I would like to bring to your attention is the upcoming staff webinars in May on the Enhanced Community Care (ECC) programme. As mentioned previously the ECC programme is a key priority for 2022, and the staff webinars will provide an opportunity for our staff to learn more about the ambitious programme of work. Three separate sessions have been planned to provide staff with a choice that best suits them and their schedule. Each will feature a series

of presentations from the Heads of Services on the ECC programme, as well as providing a forum for staff to ask questions to deepen their understanding of ECC.

You should have received an invitation to attend the webinars and I would encourage everyone to attend. If you haven't received an invitation but would like to attend, please contact comms.dncc@hse.ie for further details.

Meanwhile, the HR department have been analysing results from the 2021 Staff Survey and are planning to hold a webinar at a future date across a number of key areas that were highlighted. More details will be follow shortly. Separately HR are encouraging staff to sit down with their managers to confirm goals and look at development supports for the year ahead. I would actively encourage all staff to take the opportunity to take ownership of their career development. You can read more about on page 10.

Finally I hope you enjoy this edition of the Staff Magazine which once again reflects the broad range of work that is taking place across CHO DNCC. If you have any ideas or suggestions for our newsletter, please email comms.dncc@hse.ie. Your feedback is always very welcome.

Mellany McLoone, Chief Officer

New CRC facility in Ongar is officially opened

Minister for Children, Equality, Disability, Integration, Youth, Roderic O'Gorman has officially opened the new Central Remedial Clinic (CRC) training service in Ongar House.

The official opening was attended by Mellany McLoone, Chief Officer CHO DNCC, Jillian Connolly, General Manager Disabilities Services and members of the CHO DNCC disabilities department, as well as public representatives, CRC management and staff and service users and their families.

The opening of the service allows the CRC to provide to individuals living in Dublin North West, a service in the heart of Ongar close to their families, friends and the communities in which they live.

The service will have capacity for 15 individuals to partake in HSE funded courses focused on developing life skills, social skills and basic work skills for individuals with intellectual disabilities, autism, mental health difficulties and people with complex physical disabilities. These courses may also act as a stepping stone to more mainstream education and training.

The grand opening of Training Rehabilitation Services centre recognises the continuous need to develop high quality services for young adults who have an intellectual disability living in Dublin



Pictured at the official opening of CRC Ongar is Mellany McLoone, Chief Officer CHO DNCC and Roderic O'Gorman, Minister for Children, Equality, Disability, Integration and Youth with staff and service users North.

Speaking at the official opening, Mellany McLoone, spoke about the close working relationship between the CHO DNCC disabilities team and the CRC and that the opening of the new centre was the culmination of considerable hard work and collaboration between both organisations.

She wished the service users every success in their new premises, and that she hoped there would be further such services delivered at the heart of local communities provided in the future.

The services offered in Ongar will be individualised and outcome-focused and will enable individuals to live a life in accordance with their own wishes, needs and aspirations, in line with the HSE's New Directions policy.



Pictured above l-r: Laura Farrell, Disabilities Services, Jim Comiskey, Day Opportunities Co-Ordinator ; Mellany McLoone, Chief Officer, CHO DNCC, Jillian Connolly, General Manager Disabilities Services, Niamh Amerlynk, HSE Guidance Officer Day Opportunities

Webinars on ECC programme to take place

As you are aware, the CHO Management team gave a commitment to hold a staff webinar on the roll-out of the Enhanced Community Care (ECC) programme across CHO Dublin North City and County.

A series of webinars are taking place next week to provide an insight into the ECC programme and how it is being implemented across CHO DNCC. A choice of times and dates is being provided to allow staff every opportunity to attend and learn more about the exciting ECC programme across the CHO.

Webinars have been scheduled for:

Tuesday, 10th May 2022: 3pm to 4pm

Wednesday, 11th May 2022: 1pm to 2pm

Thursday, 12th May 2022: 11am to 12noon

Our CHO is committed to providing enhanced care through the creation of 12 Community Healthcare Networks across Dublin North City and County.

The roll-out of networks, combined with programmes to support older people (The Integrated Care Programme, Older Persons) and people with chronic disease such as asthma, diabetes and others, will move us closer to the aim of delivering the Right Care, in the Right Place, by the Right Team.

Each webinar will feature presentations on the ECC programme from our Heads of Service. Following these presentations, there will be a Question and Answer session with members of the CHO Management Team.

Staff are encouraged to take this opportunity to attend any one of the three webinars to learn more about the ambitious programme that is being planned.

To register your attendance at any of the webinars, you should email comms.dncc@hse.ie advising which session you are interested in attending. Attendees will then be issued with an invitation to join the webinar.



CHO DNCC responds to Ukraine crisis

Since the outbreak of war in Ukraine, Ireland has welcomed many Ukrainian nationals. As Dublin Airport is within our boundary, it is likely the vast majority of displaced Ukrainians coming to Ireland will at least arrive into CHO DNCC even if they don't stay here for the medium or long term. We're all aware that some will have endured very difficult and traumatic journeys to get to Ireland. The highest priority for these people will be to address any immediate medical concerns they may have. The HSE response and the help provided to the Ukrainian nationals in accessing healthcare will form a key part in their experience of Ireland and will have a big impact at this traumatic time.

A specific webpage (www.hse.ie/Ukraine) has been set up which will host regularly updated information in Ukrainian, Russian and English.

Primary Care is leading the CHO DNCC response, with all other services, including mental health, playing important roles as we endeavour to respond as quickly as possible to the crisis. There is a team located at Dublin Airport to meet the newly arrived Ukrainians, in the event there are any urgent medical needs or questions. The Social Inclusion team has also established an assessment hub which provides health screening, testing and vaccination if required. Ukrainian nationals will be brought, by bus, from their temporary accommodation to the hub after they have had time to rest and settle into their new surroundings.



Dr Raju's mission to help those in need

With over two decades experience working in the area of mental health services, a complex and challenging area, Dr Raju Banjaru remains an upbeat and compassionate medic who understands the needs to help those experiencing difficult times.

Dr Raju is the Executive Clinical Director at the Dublin North City Mental Health Services, a position he has held since 2015, and gains first hand insight into to challenges that are being experienced by people of all ages across Community Healthcare Organisation Dublin North City and County (CHO DNCC).

Encompassing both a clinical and managerial role based at Conolly Norman House on the North Circular Road on the fringes of Dublin city. Dr Raju oversees a multi-disciplinary team that delivers mental health services to an ever expanding population.

Born in India, Dr Raju arrived in Ireland in 1996 from Madras where he studied psychiatry. On arrival he did his basic psychiatric training with the Western Health Board from 1997 to 1999. He then took up post with Mayo Mental Health Services where he spent two years before moving on to do his specialist training in Limerick and at Conolly Norman House, where he took up post in 2005.

Part of his remit encompasses the Phoenix Care Centre which provides highly specialised psychiatric intensive care service for those with acute clinical mental health needs, not just from North Dublin but also from the North East counties, South Dublin and Wicklow. Also falling under his remit is the mental health care provided at four locations, namely

the Mater Hospital, Fairview Hospital, the Aislinn Centre at Beaumont Hospital and Connolly Hospital.

Dr Raju also oversees the Child and Adolescent Mental Health Services (CAMHS) team in Dublin North City, as well as Psychiatry of Old Age, and also supports the North Dublin Homeless Services and the National Association of Deaf People.

It is undoubtedly a challenging job with many competing demands, but Dr Raju says: “The best part of the job is the support and help I receive from my team members, as well as from CHO Dublin North City and County management team and Angela Walsh, who is the Head of Service Mental Health.

The delivery of a high quality service, despite the challenges of finite resources, is another part of the job that he loves in order to assist those who have mental health problems.

And regarding challenges, Dr Raju says one of the biggest difficulties is looking after and operating frontline services while continuing to support his line managers and the 33 consultant colleagues under his supervision.

“There are many competing demands in terms of the day to day operation of the services such as resource issues, as well as the retention and recruitment of staff, so that can be an ongoing challenge”

The reconfiguration of the services envisaged under Vision for Change, which sets out a framework for building and fostering positive mental health across the entire community and for providing accessible, community-based, specialist services for people with mental illness, has also placed additional pressures on Dr Raju.



Pictured above L-R: Dr. Raju Bangaru, Executive Clinical Director, Mental Health Services, CHO DNCC, Dr. Anne Marie Waldron, Clinical Director, CAMHS, CHO DNCC, Olan Devine, Service Manager, CAMHS, CHO DNCC, Declan Lavery, Director of Nursing, Mental Health Services, CHO DNCC, Minister Mary Butler, Minister for State for Mental Health & Older People, Angela Walsh, Head of Service - Mental Health, CHO DNCC and Mellany McLoone, Chief Officer, CHO DNCC.

Away from work, Dr Raju has many interests, and enjoys spending time with his wife Selva, who is a qualified accountant.

A keen gardener, he loves spending time outdoors at his home in Lucan to wind down after the rigours of his professional life. The couple also enjoy yoga and he spends a half an hour every morning working out before the demands of his working life take over.

Twin daughters Deepa and Dhiya have followed him down the medical route and both working in the UK. They are both consultant physicians in the south of England and both Dr Raju and Selva enjoy travelling over to see them on a regular basis.

But despite the challenges, Dr Raju is undeterred in his ambition to deliver a high quality service to the local community, both young and old.



Prosper Fingal Opens New Facility in Heart of Skerries

Prosper Fingal celebrated the official opening of its new day centre for adults with an intellectual disability at 1, The Obelisk, Strand Street in Skerries.

In attendance from CHO DNCC were Mellany McLoone, Chief Officer; Olive Hanley, Head of Service Disabilities and Michael O'Keefe, Head of Finance. Also in attendance were Pat Reen, CEO Prosper Fingal; Paula Carey, Chairperson of the Prosper Board of Directors; Darragh O'Brien TD, Minister for Housing; Seána Ó Rodaigh, Mayor of Fingal, as well as Prosper staff, residents and service users and invited guests.



Pictured with some of the service users of the Obelisk is Mellany McLoone, Chief Officer CHO DNCC, Seána Ó Rodaigh, Mayor of Fingal, Darragh O'Brien TD, Minister for Housing

The opening of this purpose-built, universally designed facility at 1, The Obelisk, represents a positive step forward in meeting the increasing demand for day services and supports for adults with an intellectual disability. Today, Prosper provides services in line with HSE New Directions policy, which represents best practice.

Commenting on the opening of the new centre Paula Carey, Chairperson of Prosper's Board of Directors said: "Congratulations to everyone who had a role in creating this beautiful Centre, the Obelisk.

"We all hope it will be a place of fun, a hive of activity and a central hub in the town of Skerries and beyond, where people feel both at their ease and supported in their everyday lives."



Pictured with some of the residents of Ballustree Lodge is Mellany McLoone, Chief Officer CHO DNCC, Darragh O'Brien TD, Minister for Housing, Seána Ó Rodaigh, Mayor of Fingal, Ann Marie Farrelly, Chief Executive Fingal County Council

Pat Reen, CEO of Prosper Fingal stated that "I'm so proud of what we have delivered for Skerries town, and for current and future generations of adults with an intellectual disability and their carers. The design of this new centre and the services provided from it are a true reflection of the mission of Prosper."

The opening of this new centre brings a sense of pride and celebration to the community after what has been a difficult two years for people with disabilities and their carers. Designed by local architect Terence Woods, overseen by Adam Cronin Consulting Engineer, and built by Howard Building Contractors Ltd, the benefits of this new centre will be longstanding, serving many generations of people to come.

Alongside the opening of the new centre, Prosper Fingal will also be celebrating the opening of a new residential community house called Ballustree Lodge, Rush. This fine development has provided a much-needed permanent home for five adults with an intellectual disability in line with HIQA standards. The residential facility represents how good collaboration between Prosper, the HSE and Fingal County Council can provide housing solutions for those who need it most.

Plaque Laying Ceremony at Phoenix Park Community Nursing Unit

A memorial and plaque laying ceremony has taken place in the Phoenix Park Community Nursing Unit, St. Mary's Hospital to commemorate those who died during the Covid-19 pandemic.

It also provided an opportunity to pay tribute to all who have been affected throughout what has been a very distressing time for so many. In attendance were members of the senior management team, members of staff and a small number of residents.

The ceremony was officiated by Fr. Sam Mann, Catholic Chaplain and Rev. Ruth Noble, Church of Ireland Chaplain, and included readings, music, hymns, reflections and a minute's silence.

The plaque was laid by the Director of Nursing, Ms. Simone Comiskey at the base of the remembrance tree which was planted as part of the Remembrance Service in November 2020, in memory of those who died.

A floral wreath was laid by Ms. Dolores Bond, Assistant Director of Nursing (ADON), on behalf of all who are grieving the loss of loved ones.

A special word of thanks to Mr. Tony Hogarty and the Friends of St. Mary's Committee for funding and providing the plaque and Ms. Christy John, ADON for the beautiful wreath.



Pictured above l-r: Fr. Sam Mann, Catholic Chaplain, Catherine Lawlor, CNM 2, Dolores Bond, ADON, Christy John, ADON, Leonora Delos Reyes, HCA, Simone Comiskey, DON, Rev. Ruth Noble, Church of Ireland Chaplain.



Be Sun Smart this Skin Cancer Prevention Month

May is Skin Cancer Awareness Month. While the summer weather in Ireland often does not live up to our expectations, it is still important to take measures to protect your skin from the sun's harmful UV rays and reduce your risk of developing skin cancer. Most people living in Ireland have fair skin, the type which burns easily and tans poorly, so are at high risk of UV damage and skin cancer. Skin cancer is the most common form of cancer in Ireland, with almost 13,000 cases annually, with the number of people being diagnosed with skin cancer rising rapidly.

There are a number of steps the HSE advise to take to reduce your risk of skin cancer. These include:

- Knowing the UV index: When the UV index is 3 or above you need to protect your skin. In Ireland, the UV index is usually 3 or above from April to September, even when it is cloudy. Stay safe by limiting time in the sun when UV is strongest, typically between the hours of 11am to 3pm. Check the UV index on the Met Eireann website.

- Adopt the SunSmart5 S's
- Do not deliberately try to get a suntan
- Avoid getting a sunburn
- Never use a sunbed

To find out more on how to be Sun Smart, visit the [SunSmart hub](#) and check out #SunSmart on social media.



Slip on clothing that covers your skin, long sleeves, collared t-shirts



Slop on sunscreen on exposed areas using factor 50+ for children



Slap on a wide-brimmed hat



Seek shade - especially if outdoors between 11 am and 3 pm



Slide on sunglasses to protect your eyes

Staff Survey 2021 highlights areas for improvement

Your Opinion Counts Staff Survey 2021

This survey will close at midnight on Sunday, 3 October 2021

Following on from the Staff Survey 2021, responses have now been collated independently at a national level and a HSE report and CHO Dublin North City and County specific report has now been issued.

We have analysed and spent time comparing the feedback from this

report to the previous year and we have identified a number of areas you have highlighted could be improved:

- Communication
- Training & Development
- Staff Health & Wellbeing
- Culture/ Dignity at Work

Work is already underway to look to address where we can improve in these areas and a '2021 Staff Survey' webinar to look at action points in details and anyone interested will be invited to attend.

Ann Curley, Head of HR, CHO DNCC, has thanked each and every employee who took time to complete the HSE 2021 Staff Survey. Acknowledging that a significant percentage of the workforce did not participate in the staff survey, she said: "I acknowledge that the last two years have placed an extreme pressure on employees across Dublin North City and County and I have personally received feedback from individuals on why they did not participate. I would like to encourage you to speak to your line manager in the first instance around areas you feel could be improved, and also to express these through future staff surveys.

"We are always open to suggestions so if you have any ideas on how we can address the concerns you have raised, please attend the webinar, or if you are not available please email your suggestions to headofhr.dncc@hse.ie. Details of the webinar will be issued via email shortly."

Performance Achievement – Staff urged to get involved

It is hard to believe that we are now five months into 2022. At this stage all employees across CHO DNCC should have had the chance to sit down with their manager to confirm goals for the year and to look at development supports.

This is a really valuable opportunity for every employee to ensure they are clear on what is expected of them and to look at what is available to help them grow their career within CHO DNCC. There is a wealth of information and supports available to employees and line managers on HSEland, under the Hubs Section.

From the 2021 Staff Survey results only 39% of the employees who participated stated that 'I have regular meetings with my line manager to discuss my individual objectives & development'.

Other feedback from the survey was that 48% of employees who participated stated that 'There is a recognition of my performance'. The conversations held with your manager via the Performance Achievement process provides you with a channel to note and have your achievements formally recognised.

Every staff member who has not had this conversation with their manager yet have been encouraged to take ownership of your career development and ask your manager to schedule one.

Capital & Estates win big at the National Property Awards 2022



On behalf of HSE Capital & Estates, Alicia Daly, Property Manager and Lisa Marie Hogan, Estates Manager were honoured to attend the National Property Awards 2022 which took place in The InterContinental Hotel, Dublin on 28 April to accept the award for Best Covid Response.

The award was gratefully accepted on behalf of the wide ranging team within the Estates section.

Beginning in Swords office, the award will now go on tour of the Regional Estates offices - no doubt the acknowledgement will be celebrated!



A Different Challenge!

Helen's Arctic challenge for DEBRA Ireland

Helen Thompson, Quality & Safety Manager in CHO Dublin North City & County has recently completed the DEBRA Ireland Arctic Challenge. The challenge brought Helen and seventeen others to Northern Finland where they endured temperatures of -27 degrees, without the comforts of electricity and running water. The venture was a fundraiser for DEBRA Ireland, the 'Butterfly' charity which supports people with the skin condition epidermolysis bullosa (EB).



tents and lighting campfires from lichen and foraged wood to cook their food.

The participants spent some time acclimatising to the harshest of conditions, breaking ice with pickaxes to fetch water and living in cramped conditions in wooden huts, a significant challenge after two years of social distancing. The culmination of the trip saw them trekking and dragging their baggage on sleighs into the icefields where they spent 24 hours in freezing cold, sleeping in

Despite the numbing cold and tiring agenda, everyone readily agreed that this was trivial in comparison with the suffering endured daily by people with EB. The work of DEBRA Ireland is therefore vital as they provide care for those suffering with EB and fund critical medical research.

Each Arctic Challenger had to raise €5,500 to participate and

Helen is thankful that she has personally raised close to €11,000 through various initiatives. Helen is grateful to everyone that supported her fundraising over the last eight months.



Helen would encourage people to checkout the [DEBRA Ireland website](#) to understand the condition and challenges it brings. Everyone in CHO DNCC would like to congratulate Helen on completing the challenge and for raising money for a very worthy cause. If you would like to donate to Helen's DEBRA Ireland fundraiser, you can do so [here](#).

CHO DNCC attendance at Healthcare Job Fair a great success

On the 12th March, a number of staff members from the different services across CHO DNCC were in attendance at the biggest Healthcare Jobs Fair in Ireland, which took place in the RDS, Dublin. Between 500 and 1,000 potential healthcare workers attended the Jobs Fair, where they could meet with employers and discuss the roles available to them.

CHO DNCC was ably represented by 13 of our colleagues, who were on hand to meet attendees and discuss the work we do in CHO DNCC, the job opportunities currently available and answer questions. Overall, the team spoke with over 250 potential candidates, matching a number of them with current vacancies and promoting CHO DNCC as a great place to work.



Pictured above l-r: Shauna Craine, Human Resources, Brenda Piercy, Assistant Director of Nursing, Mental Health, Christine Myers, Principal Dental Surgeon, Niamh Martin, CNM2 Home Support Services, Jack Doody, Occupational Therapist, Ronan Halpenny, Case Manager Disability Services.



Pictured above l-r: Jane Behan, Community Healthcare Network Manager, Helen Thompson, Quality & Safety Manager, Anthony Smith, Assistant Director of Nursing, Mental Health, Orla Tiernan, Guidance Officer, Disability Services and Vivek Kumar, Senior Physiotherapist.

The attendance at the Jobs Fair was a resounding success and was a great opportunity for CHO DNCC to meet with candidates and promote our organisation which will in turn attract candidates to apply for our recruitment campaigns. A special word of thanks to the staff members who attended on the day to represent CHO DNCC.

There are a number of vacancies currently available in CHO DNCC. More information on these can be found by searching for 'Rezoomo CHO DNCC jobs' or by clicking [here](#).

eLearning Module on building confidence and knowledge around growth monitoring

Do you work with families and children? Do you want to improve your confidence in identifying normal growth, underweight, overweight and obese children?

Would you like to enhance your skills in supporting parents with their toddler's nutrition or engaging with parents who have concerns about their child's growth?

Visit hseland.ie to enrol in the "Growth Monitoring in Children" eLearning Module to learn more. The aim of this module is to build awareness, competence and confidence among Healthcare Workers in monitoring the growth of infants and children. The module takes approximately 60 minutes to complete.



For more information contact hopc.dncc@hse.ie

Social Prescribing in Dublin North City & County

Social Prescribing is a free service that aims to improve the health and well-being needs of individuals, by linking people to social activities within the local community and it is available in Dublin North City and County.

What is involved?

Individuals meet with a local Social Prescribing Link Worker where they will have a series of conversations and discuss how they can create a tailored approach to improving their own health and wellbeing needs. Social Prescribing Link Workers provide support and motivate individuals to achieve goals. This includes improving social connectedness and helping individuals to engage with their local community and voluntary services. Social activities are varied and tailored to the person's needs.

Who is it for?

Anyone over the age of 18 can avail of social prescribing, it may be of particular interest to people:

- With one or more long term condition
- Who need support with their health and wellbeing
- Who are feeling lonely or isolated

How can I refer?

You can make a referral by phone to the link worker in your local area (see below), self-referrals are also welcome.



Darndale Social Prescriber- Karen O'Neill

karen.oneill@nspartnership.ie 087 065 0134



Ballymun Social Prescriber- Michelle Foley

michelle@ballymunfrc.ie 083 208 2319



Finglas/Cabra Social Prescriber- Emma Carter

emma.carter@dublinnorthwest.ie 085 862 4013



North East Inner City - Social Prescriber- Catherine Heaney

catherine.heaney@dublincitycommunitycoop.ie 087 115 2153



Dublin 15 - Social Prescribers - Empower -

Pauline Mangan & Susan Fox

socialprescribing@empower.ie 01 820 9550



Tobacco Free Campus Bursary Opportunity

The Tobacco Free Ireland Programme has launched a Quality Improvement Bursary for 2022/2023. Your service could be awarded up to €5,000 for improvements in Tobacco Free Campus Policy Implementation. When a campus becomes tobacco free everyone benefits:

- Exposure to second-hand smoke is reduced lowering the risk of adverse health effects like respiratory infections.
- A fresher cleaner environment makes for a more positive place to visit and work.
- Tobacco free environments helps people think about quitting smoking and supports those who have quit smoking to remain quit.

The deadline to begin the Tobacco Free Campus Bursary Process is 30th June, 2022. The Health Promotion Team are on hand to support you with your Bursary Application and your endeavour to be fully compliant with the HSE tobacco Free Campus Policy.

This is a
tobacco free
site.



We ask
that you don't
smoke here.



If you would like to find out more about the Bursary please contact Vicky Doyle Senior Health Promotion/Improvement Officer on 087-9736950 or email vicky.doyle@hse.ie

Remember all HSE CHO DNCC staff can avail of free confidential one to one support from a Stop Smoking Advisor and free medication to quit smoking. For more information on the stop smoking service, to register or refer, call us on 01-8976124 or email hwb.dncc@hse.ie



Steps to Health

Register for this year's Steps to Health Challenge

Steps to Health Challenge 2022

This year's Steps to Health Challenge takes place from 23rd May until 26th June, supporting staff to get out walking and counting your steps daily.

How do I measure my step count?

Your team co-ordinator can order step counters during registration but please use last year's step counter or your own devices such as smart watches or mobile phone apps, if you can, to count your steps during the challenge.

Want to Participate?

Form a team of between 2 and 10 participants. Nominate a team co-ordinator to register your team by going to www.hse.ie/stepschallenge and clicking on the link on that page.

Further Information

If you would like to find out more about the team co-ordinator's role or want more information about participating in the challenge visit www.hse.ie/stepschallenge. Follow @hsesteps on Twitter #HSEStepsChallenge



Service Feedback Quotes

“

I started counselling with CIPC in September and finished in March. This counselling has changed my life. My Counsellor helped me to find happiness in myself, free me from my inner critic, showed me a new way to live my life, helped me to work through my childhood trauma which I have carried with me for 19 years, helped me to change the critical narrative that I had towards these events and towards myself. Isobel was my Counsellor, she believed she could help me from day one, even when I didn't believe she could. I was sceptical, I had been to therapy before and not had any significant long term improvements in my day to day life or learned any very useful coping skills. She took the time to help me to identify and understand the roots of my problems. I used to blame myself for things I did growing up, now I can look back compassionately and know that I'm not to blame. I used to criticise myself on a daily basis, now I hardly even have to challenge the inner critic. My relationships with friends and family have improved. I used to be way too work focused, now I make time for things that I enjoy and I don't feel guilty about it like I would have in the past. Isobel helped me to build self-confidence. I know that I can continue to work on myself, develop self-compassion and to give myself the life that I deserve. I will always be grateful for the help, the counselling that I received, for being given a safe space to process feelings, to be taught skills/tools that I can use when things get difficult. Isobel made me feel understood, without judgement and I trusted her completely. I cannot put into words how grateful I am. I thought I would carry the guilt, sadness and self-directed anger with me for my whole life and now it's gone, it feels quite surreal. I am excited for my future. I have gotten back in control of my life.

”



"Just want to commend the service provided by the Psychology team in Clontarf Primary Care Team through their twice-monthly psychology advice clinic. This service is available for parents while on the waiting list for assessment/ongoing support. They provide really practical advice and have been very proactive in engaging with other services as appropriate. It's a wonderful support service for parents, especially during times when it can feel like all you're facing is waiting lists for services. Thank you Sorcha, Carla and Kate."

"The staff from the car park, entrance staff, security staff, reception staff, testing staff, exit staff, were all so amazing. My Dad is 80 and was very unwell and they made it so easy for us to be tested and had us in and out so fast and made it possible for my Dad to have to do the least amount of walking and we didn't even have to ask they just knew. Thank you all so so much for your kindness and being the best at doing such an amazing, hard and risky job."

THANK
YOU

Employee Assistance Programme


EAPandME

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



The HSE Employee Assistance Programme (EAP) is a work-based support service for staff and the organisation. This is a confidential independent service. It supports employees with psychosocial issues (psychological and social factors that influence mental health). These issues may be personal or work related, affecting your job performance or home life.

The service is free and available to all HSE employees. Further information is available at:

www.hse.ie/EAPandME or you can call 0818 327 327

Inspire Workplaces are the external staff counselling partner of the HSE. All HSE employees have access to Inspire Hub.

You can log onto to Inspire Hub at any time to access a host of online resources that may be also helpful to you while you are awaiting your appointment with a counsellor or deciding if you want to proceed.

www.inspiresupporthub.org/HSE-EAPandME

Share Your Stories

If you have a message of thanks for colleagues that you would like to share, or example of excellence and innovation that demonstrate our values of compassion, kindness, trust, care, learning and leadership, please let us know at:



comms.dncc@hse.ie



[@HSECHODNCC](https://twitter.com/HSECHODNCC)

