

Winter 2019



HAIL

Housing Association for Integrated Living

HAPPENINGS



HAIL shortlisted for the Charity Impact Awards



We are so proud to have been nominated for the Charity Impact Awards 2019. Being shortlisted is a recognition of HAIL's work helping people to live independent and meaningful lives.

As part of our entry, we had to make a two-minute video demonstrating the difference HAIL housing and support makes to our tenants. A massive thank you to Eric Masterson and Miriam Breen, as well as Peer Support Volunteer, Justin Lacey, for taking part in this video. They did a fantastic job sharing their experience of mental health recovery and HAIL.

The staff and board of HAIL would like to wish all our tenants, clients and families a wonderful, safe Christmas and a very happy New Year.

We hope that you enjoy the Winter 2019 edition of our newsletter. If you wish to contribute anything to the next edition of HAIL Happenings, please contact **Tressan** on 01 671 8444 or **Email: tressan@hail.ie**

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@HAILHousing

Large crowd gathers for HAIL Christmas Party



Rita Lawlor and Sandra Fox enjoying the festivities at the HAIL Christmas party!

There was a great turnout for the HAIL Tenants Christmas party. Everyone gathered at Wynn's hotel in the city centre for music, food and a boogie.

DJ Paul rocked the night to sounds of the 80s, 90s and Christmas favourites, while others performed poetry, karaoke and traditional music. A big thank you to everyone who turned up and made the night such a success, with special mention to staff member Louise Byrne for organising. Happy Christmas everybody!

HAIL Christmas Opening Hours 2019-20

The **HAIL Head Office** (Dame Court) and all **HAIL local offices** (Kilcronan, Tallaght, Ballymun and Avondale) will close for the Christmas holidays on **Monday 23rd December 2019 at 5pm** and will re-open on **Thursday 2nd January 2020 at 9am.**





HAIL Staff v HAIL United



The adrenalin was pumping in Cabra, as the HAIL staff team took on HAIL United for the first time. Players and staff met at Inspire Fitness in Cabra for the big match.

HAIL United got off to a strong start showing great speed and skill. At half time they were in the lead 5-3.

However, HAIL staff came back strong, and with much focus and determination managed to win the game 7-5.

Everyone met for tea, coffee and post-match chat afterwards. Calls were made for a rematch and it is very likely this will become an annual event.

If you would like to join HAIL United call the Head Office or contact John Church or Peer Support Volunteer, Patrick Clifford.



Brocan and John

Art Exhibition –

'Dreams: The Spirit of Life', draws crowds to Wood Quay

A large crowd turned up to see the art exhibition 'Dreams: The Spirit of Life' at Dublin City Council Civic Offices, on Wood Quay. The exhibition was a collaboration between the art group at Shine's Basin Club and HAIL for World Mental Health Day on October 10th.

Well done to all the artists with special mention to HAIL tenant, Gary McLoughlin from North Dublin. "My life as an artist began some fifteen years back in London when I was homeless" says Gary.

"Whilst there I began to frequent a studio for people who were homeless or on income support. The facilities were great. We had life models to work on and all the materials were free and at our disposal. I trained there for about six months before I went out on the street and started earning a living as a portrait artist."

"When I finished in London I came home and started a foundation class and was busy for about a year before I got unwell and had to leave the course.

I have never been to art college but I never stop painting and continue today, I have had several exhibitions and I continue to develop my art."



Gary McLoughlin Art Exhibition – 'Dreams: The Spirit of Life'





Social Groups Update

The peers run social group for HAIL tenants and clients. For those of you not familiar with these groups they include the following; a walking group, a pool group, the HAIL football team and a women's group. In addition to these, two new groups have been developed, there is now a music group and a book club.

If you are interested in attending any of these groups do not hesitate to get in touch with either your support worker or head office and they will put you in touch with the relevant peer.

HAIL Breakers off to a Rocking Start

The HAIL Breakers music group is meeting regularly to show off their guitar and vocal skills. The peer-led group meets at The Cobblestone in Smithfield every fortnight to enjoy a jamming session.



"The songs are really taking shape" says Shane Hamilton of HAIL. "At the moment we are just having a bit of fun together and getting to know each other. We're collaborating on a few songs penned by different members of the group, but we throw in a few cover versions too for good measure."

Special thanks to Barra O'Tuama who has been a great help with the organization of the group and regularly books the venue.

"We have plans to play a live gig in the future, but for the moment we are just getting to know each other and working on our songs" added Shane.

If you would like to know more about the HAIL Breakers please get in touch with Shane Hamilton 087 181 4244.

Ladies who Lunch



Come along to our **Womens' Group Christmas Lunch in Luigi Malone's in Temple Bar on Wednesday 18th December**. We will meet at the HAIL Head Office on Dame Court at 2pm and walk together to the restaurant.

We will need to confirm numbers for the table so please let us know if you can make it by calling

Kerry 087 333 6486 or Nerissa 087 797 4000.

Hope to see you there!

The HAIL Book Club

"The Great Thing About Books Is There Are No Commercials"



Do you like reading? The HAIL book club is up and running and new members are very welcome.

The group will meet every four weeks in Costa Coffee in Temple Bar on a Wednesday morning.

The current book of choice is *Dark Horse* by Alex Barkley.

"Books chosen will all be available at the local library so won't cost you anything to get" explains Peer Support Volunteer and book club organiser Joan Harkin. "If you are not sure how to join the library, we can help with that too."

Members are asked to give €2 on the day to go towards a hot drink of their choice.

The next meeting will be held on **Wednesday January 8th**. Hope to see you there!

For more information call **Seamus 087 990 8289** or **Joan 087 162 8512**.

Peer Support Initiative

The HAIL Peer Support Initiative continues to go from strength to strength. "There are currently ten peer support volunteers spread across the three support teams within HAIL" explains Ronan O'Dualaine from HAIL. "They regularly meet tenants and clients for a coffee, walk or chat. They might help people find ways to get out and about and integrate into the community".

"The work of peers involves supporting people on a one to one basis within their community but also working closely with HAIL staff. For example, at the moment we are co-producing an information booklet on peer support, which is coming together very nicely" says Ronan. "The plan for the new year is for the service to continue to grow and develop."

If you are interested in learning more about this service or would like to get involved in some of the groups, please call **Head Office on 01 671 8444**.

Reader's Own



Peer Support Volunteer Vincent Geoghegan graduated from DCU last month, with a Certificate Level 8 in Peer Support. Congratulations Vincent!

Here he tells us in his own words, how he found the experience.

What motivated you to do the course?

I currently work as a Peer Support Volunteer with HAIL and had previously completed peer support training with HAIL/Crosscare. I believe in lifelong learning and I thought to study in DCU, might lead to getting paid work in the peer support area.

How did you find studying in DCU?

I thought the course was superb and I found my tutors and class mates very warm and friendly. The classes themselves were engaging with plenty of tea breaks. The group work and lectures were interesting.

The library is state of the art with a great selection of books. The campus has plenty of places to get food and coffee. I appreciated this very much as it is important to keep up your strength when studying.

I disliked how in some areas there was a collection of cigarette butts under the 'No Smoking' signs.

How was the course?

What was hard and surprising in the course was doing the portfolios (one each semester). It was my first-time doing assignments with both an academic supervisor and a HAIL practice supervisor. It took a bit of skill managing everyone's input but I really appreciated all their assistance.

Would you recommend the course?

I would recommend the course to people working with HAIL as volunteers. It broadens your horizons. For me personally, I hope having DCU qualifications and HAIL experience in peer support will help my career progression.

HAIL tenant meets Minister for Mental Health



Well done to HAIL tenant Claire Whitfield, who met with Minister for Mental Health and Older People, Jim Daly, TD, at the launch of our Independent External Evaluation report in Buswells Hotel in Dublin.

Claire spoke of her own mental health journey and the importance of having a good support network.

The report confirmed the value of providing housing and individually tailored supports to people with severe and enduring mental health difficulties. It also found that HAIL's work supports the recovery of its tenants and clients, and reduces the risk of relapse, hospitalisation, and homelessness.

HAIL has supported over 2000 people with mental health difficulties in the last five years.

WANT TO WORK OR UPSKILL?

Are you considering voluntary work, paid employment or training? If so, we can help.

HAIL is launching an exciting new project called Gateway to Employment, which aims to support HAIL tenants and clients who wish to work or upskill.

In the new year, you will receive a questionnaire about your work and education history. Your support worker is available to help you fill in this form and can answer any questions you might have. This will help us identify the most suitable opportunities for you.

More details to follow in the new year.



Recipe Box



Gingerbread Men

Cooking time: 10 -12 min

Ingredients:

- 250g/8oz Plain Flour
- 75g/3oz Butter, softened
- 75g/3oz Light Muscovado Sugar
- ½ teaspoon Bread Soda
- 50g/2oz Golden Syrup
- 1 Egg Yolk
- ½ teaspoon Ground Cinnamon
- ½ teaspoon Ground Ginger

To decorate:

- Icing Pens
- Melted Chocolate (optional)
- Dried Fruit, Nuts or Sweets (optional)

How to:

Preheat oven to 180°C/350°F/Gas 4.
Cream butter and sugar together until light and fluffy.
Add bread soda, golden syrup and egg yolk and stir well.
Sift the flour and spices into the bowl and mix with a wooden spoon until well combined.
Shape into a ball and knead lightly on a work surface until smooth. Wrap and chill for about 30 minutes before using.

Thinly roll out dough and use gingerbread cutters to cut out shapes. Place on lightly greased baking sheets, leaving a space between each.

Bake for about 10-12 minutes until slightly risen and golden in colour. Transfer to a wire tray to cool.

When completely cool, decorate as desired. Enjoy!



New staff join HAIL

A big welcome to three new staff members who have joined the HAIL team.



Richard Green

Richard Green

Richard has extensive experience in mental health settings such as high and low secure forensic hospitals. Most recently he managed a community mental health support service in the UK before moving over to Ireland to join HAIL.



Fergal O'Gara

Fergal O'Gara

Fergal comes to HAIL having worked on the Housing First statutory outreach team and has previously volunteered with Samaritans.



Tressan McCambridge

Tressan McCambridge

Tressan is our new Communications Manager. She comes to HAIL with a background in campaigning and communications for the non-profit sector.



Don't forget your name when paying rent!

Please remember to include your name when paying rent at the bank. If you don't, we won't be able to allocate the money correctly.

It's best to use a HAIL lodgment card when making rent payments. If you don't have one, just contact the head office and we'll post you one.

New Years Prize Draw



One4all
Gift Cards

All HAIL tenants who have a clear rent account on 31st December 2019 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. So make sure you pay your rent in advance and on time over the holidays! The winner of our prize draw will be announced in the next edition of HAIL Happenings.

Good Luck!

Are you on Email?

Would you prefer to receive HAIL Happenings by Email? Receiving news by email is better for the planet as it saves on paper, printing and postage. If you have an Email address and would like to receive HAIL Happenings electronically, please let us know by contacting Tressan@hail.ie or calling **Head Office**.



Housing Association for Integrated Living

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HAIL is a registered trade name of Housing Association for Integrated Living, a company limited by guarantee and not having a share capital.

Registered in Ireland No. 109465, CHY No. 6796,

Registered Office: Second Floor,
Central Hotel Chambers, 7-9 Dame Court,
Dublin 2.

Tenant Forum meets for first time

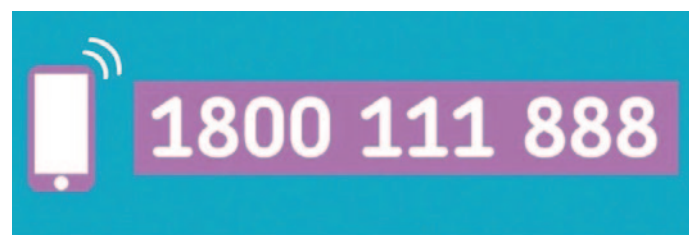
On a cold day in early December, 8 pro-active tenants joined HAIL staff for our first Tenant Forum meeting. In between hot drinks and Christmas themed treats, we shared ideas and discussed plans for the running of the group.

The Tenant Forum is a space for members to address the needs and concerns of HAIL tenants and it is a great way for HAIL to get feedback on its operations. Members can share their views on our services and ultimately help shape HAIL's policies and strategy.

The forum agreed to review the following; HAIL's property upgrade programme, rent management and budgeting, maintenance issues, issues tenants face in their communities such as antisocial behaviour or littering, how HAIL can improve communication with tenants, community development projects and more.

If you would like to hear more about our work plans or find out how you can get involved, **please contact your Housing Officer**.

New 24-hour mental health phone line launched



yourmentalhealth.ie
Information Line
1800 111 888

A new 24-hour mental health phone line has been launched to help people access supports and information.

The Your Mental Health information line connects callers to a team based in the National Ambulance Service who can provide information on local and national mental health services.

The freephone service can be contacted on
1800 111 888.



Fire safety at home this Christmas

Christmas is a lovely time to relax at home and unwind for a few days. But it also a time that we must be extra careful around the house with added electrical appliances and decorative candles.

Follow this fire safety checklist to help you stay safe at home this Christmas. It only takes a few minutes but it could mean the difference between life and death. Make it part of your routine before you go to bed.

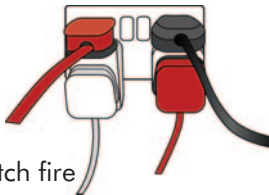
Every night:

- ✓ Turn off gas appliances.
- ✓ Make sure all Christmas lights and decorative electricals are switched off.
- ✓ Put out candles and naked flames.
- ✓ Place a fireguard in front of open fires.
- ✓ Empty all ashtrays. Run the contents under the tap before you bin them.
- ✓ Make sure you have a clear way to exit the house. Don't block doors or windows.
- ✓ Close all doors.



Tips to prevent fire:

- **Don't** leave the room when there are candles burning.
- **Don't** leave the room when a frying pan is on (even for a minute!).
- **Don't** overload electric sockets – one socket, one plug.
- **Do** keep candles away from curtains, Christmas cards and anything that can catch fire
- **Do** repair or replace faulty electrical appliances immediately.



What to do:

Call 999 or 112

- Ask for the fire service.
- Speak calmly and clearly.
- Give your address and phone number. If you are calling on your mobile, say what county you are in.
- Only hang up when the operator tells you to do so

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 **tressan@hail.ie**

Christmas Quiz?

1. What was the occupation of Saint Joseph?
2. What Christmas related bird has a red chest?
2. Can you unscramble the following letters to reveal a word that means Christmas:
ELNO

Out of Hours Emergency Number



To report an **emergency maintenance problem** over the holidays, please contact the **24-Hour Call Centre Emergency Number on (01) 536 9607.**

You must **ONLY** use this number in the case of a maintenance emergency, for example;

- Imminent threat of flooding
- Total failure of the electricity supply/ electrical fault
- Gas leak or boiler not working
- Serious risk to life or health as result of a fire

If the problem does not fall into any of the above categories, report the problem as soon as possible to the HAIL office on the next working day.

In the case of a personal emergency, please contact your Local Community Mental Health Team, your GP, sponsor or attend the emergency department of your local hospital.

Answers to Christmas quiz:
1. Carpenter
2. A robin
3. NOEL