

SPOTLIGHT ON LIBRARY & RESOURCE CENTRE

During the past year the Irish Hospice Foundation's reference library and resource centre known as *The Thérèse Brady Library* has been developing its contents and technology. Our aim is to provide an information service for hospice and community-based professionals and volunteers and to gather together information for the general public. The library will also provide an expert resource for students studying in this area.

The collections of books and journals have grown from a few hundred items to almost 1000. A wide range of information on bereavement and related topics, including grief, death and dying, caring for carers, care for children and arts therapies has been assembled, including Irish research reports and theses. Also available is a series of information leaflets on bereavement, some of which recount personal experiences. The collection is now regarded as one of the primary sources of information in Ireland on all aspects of bereavement. We are also adding information in alternative formats, such as videos, to support our various training programmes.

Technology is playing a key role in the development of this facility. Ultimately, we are working towards a virtual library of on-line resources to be made accessible to the widest possible audience. Online resources will include the library catalogue, which will shortly be available on our website. Also planned are a database of research projects and a journal database containing details of articles of interest.

The Library catalogue is searchable in a user-friendly way and the material may be found by searching under author, title, or subject. Currently the catalogue may be searched either by visiting the library and using our intranet, or by making enquiries to the library staff.

Current users include students on our workshop programmes; professionals and students carrying out research; volunteers attending our training programmes and members of the general public.

The library is located in the Irish Hospice Foundation's premises at 32 Morrison Chambers, Nassau Street, Dublin 2, and is equipped with four user work stations which provide internet access, word processing and printing facilities. It also has a small reading area and a photocopying facility. A leaflet describing the library's activities is available on request.



Our reference library and resource centre at a glance

OPENING HOURS:

9.00 a.m. to 5.00 p.m.,	Monday, Tuesday, Thursday and Friday.
9.00 a.m. to 9.00 p.m.	Wednesdays, excluding June, July or August.

It is recommended that intending visitors telephone in advance.
For appointments/enquiries, contact Caroline Pfeifer or Maura Dunne on (tel.) 01 6730061 or 01-6792188; fax: 01 6730040.



NEWS

ISSUE 8 • VOL. 4 • SPRING 2004

PROMOTING EDUCATION IN BEREAVEMENT AND LOSS

We live in a changing society, and much is heard about the faster pace of life, longer commuting hours, difficulties in buying a house near family and friends and having less time to spend with those we care about. We live more complicated and, perhaps, more isolated lives than previous generations. This is the context for contemporary living and for coping with loss when a loved one dies.

Promoting and providing education in the area of loss and bereavement is fundamental to the ethos of the Irish Hospice Foundation. Education about the experiences people have during bereavement and the things that have been shown to help is important for a number of reasons. Firstly, education serves to remind us in our ever-professional world that loss and bereavement are part of our natural experiences. We do not welcome the 'uninvited guest,' but at the same time bereavement comes to us all and should not be viewed as an illness or disease. Secondly, education helps us to reflect on our caring practice – as family and neighbour, as health professional, social worker, or as teacher. Thirdly, education programmes are important for identifying the small numbers of people who *do* experience major difficulty from their loss and examining the most effective way to help them.

The Irish Hospice Foundation has, for a number of years, actively promoted education in the field of loss and bereavement. Workshops were first introduced in 1991, covering a range of topics and providing a forum for different professionals to share their experiences. Over the years the topics have expanded to include loss and the family, loss and bereavement for people with intellectual disabilities, and life after suicide. A specific series of workshops focusing on children and adolescents' loss and bereavement experiences was later developed by the late Thérèse Brady in 1994. We continue to run these workshops each year and to also look at new ways to develop and expand our education programme. In 2003, for example, we introduced Breffni McGuinness as the Irish Hospice Foundation's bereavement training officer, whose aim is to raise awareness and provide outreach training, particularly in workplaces.

NEW DEVELOPMENTS IN EDUCATION

Higher Diploma in Bereavement Studies
To add to these activities, we have been keen for some time to develop an academic qualification, a high standard externally



Maurice Seezer and Gavin Friday at the *Peter & the Wolf* signing, held at Brown Thomas

accredited course of studies. We are therefore very pleased to announce that in March 2004 the Irish Hospice Foundation, in conjunction with the Royal College of Surgeons in Ireland, will begin classes on the first *Higher Diploma in Bereavement Studies*.

There are six modules to the course: theories and models; perspectives (e.g. gender, age, disability); bereavement counseling skills; self care for carers; research; and systems of bereavement research. Twenty students are enrolled and they come not only from different backgrounds (nursing, social work, teaching, voluntary organizations) but from different parts of the country. This course will run for twelve months and brings together international and national perspectives on bereavement and how families and others are cared for in hospice and other settings. The course is part time and will be held at our premises in Nassau Street, where students will also avail of the Thérèse Brady Library, a resource which brings together books, research, journals and articles relating to aspects of loss and bereavement.

We are particularly pleased to have Margaret Daly of the psychology department at UCD co-ordinating and teaching two of the core areas – theoretical background and self-care. Margaret has taught and researched in these areas for a number of years.

Irish Hospice Foundation staff Susan Delaney and Orla Keegan will also teach modules on the course, and Orla is co-ordinating the programme. Administrative support is shared between Iris Murray and Maura Dunne.

Certificate in Children and Loss

Dr Susan Delaney has co-ordinated the original workshop series on children and adolescents' loss and bereavement for some years now and during that time has made positive changes – including adding tutorials and assessments. To acknowledge the work and standard involved for participants, this course is now being accredited by the Royal College of Surgeons in Ireland as a Certificate in Children and Loss. The first cohort of 23 students on this Certificate will graduate in April 2004. cont...

THE IRISH HOSPICE FOUNDATION
MORRISON CHAMBERS • 32 NASSAU STREET
DUBLIN 2 • IRELAND
TEL: 01 679 3188 FAX: 01 673 0040
EMAIL: info@hospice-foundation.ie
WEBSITE: www.hospice-foundation.ie

DESIGNED BY PUBLIC COMMUNICATIONS CENTRE
EDITED BY KAREN CIESIELSKI

DIRECTORS:

MR MICHAEL O'REILLY (CHAIR)	MS MIRIAM HUGHES
MS MARYROSE BARRINGTON	MR GARY JERMYN
MR TREVOR BOWEN	PROFESSOR ANTOIN MURPHY
MR TIM COLLINS	MR ROBERT POWER
MR DENIS DOHERTY	MR PAT QUINLAN
MRS MARIE DONNELLY	MR BILL SHIPSEY
MS MARIAN FINUCANE	

PETER & THE WOLF DRAW

Our special fundraising project for 2003 was a *Peter & The Wolf* book & CD set, which comprised a refreshing interpretation of Prokofiev's music by Gavin Friday and the Friday-Seezer Ensemble and illustrations by Bono, with the help of his two daughters, Jordan and Eve. The project has been a great success for the Irish Hospice Foundation, raising essential funds for hospice care in Ireland and abroad. The Irish Hospice Foundation is now offering you the chance to win a set of the very special *Peter & the Wolf* giclée prints illustrated and signed by Bono, currently selling for €5,000. To qualify for this draw, all you have to do is buy a *Peter & the Wolf* screen print by April 30th. The prints are 70 cm x 50 cm and are printed onto 100% cotton paper. There are two different types of prints, one illustrating Peter, one illustrating The Wolf. The prints cost €100 and are available from www.peterwolf.org or 01 679 3188. The draw will take place on May 4th.

CHILDREN'S BOOK IN AID OF THE IRISH HOSPICE FOUNDATION

Rugby commentator and trainer, Brent Pope, has written a book in aid of the Lady Golfers Children's Hospice Homecare Fund. *Woody: A Whale of a Tail*, illustrated by Parry Jones, is available in bookshops, and all proceeds go to this fund.

LADY GOLFERS HOWTH WALK

The Lady Golfers are holding their annual Howth Walk on Saturday May 15th. The walk commences at the DART Station in Howth and registration is between 10.00 am – 12.30 pm. The walk has raised over €400,000 in crucial funds for the Children's Oncology Liaison Service in Crumlin Hospital since it began. For further information or registration forms please phone the Irish Hospice Foundation on 01 679 3188.

SUNFLOWER DAYS

Sunflower Days take place this year on Friday June 11th and Saturday June 12th. Please help support your local hospice by contributing on these days, or sign up as a volunteer and help sell sunflowers!

MINI MARATHON

The Mini Marathon takes place on bank holiday June 7th. You can register for this 10K walk or run with the Irish Hospice Foundation, and we will send you a registration kit. You must also register with the Evening Herald and these registration forms appear on Thursdays in the Herald. The closing date is April 30th. All proceeds from the Mini Marathon will go to children's hospice care.

cont. from front cover

We view these two new courses as exciting and innovative developments in the field of bereavement education in Ireland and acknowledge with appreciation the interest the Royal College of Surgeons in Ireland has taken in these initiatives. The college has a long history of linking to the community and has, itself, taken an innovative approach to education in the medical arena. We are particularly grateful to Professor Ciarán O'Boyle of the Psychology Department and to Fintan Foy of the Examinations office for their nurturing of these projects, and we look forward to a positive and fruitful partnership.

LATEST NEWS FROM THE IRISH HOSPICE FOUNDATION

Peer Supervision

Work which involves regular encounters with significant loss and/or death places heavy demands on professional carers. This is particularly true when staff experience difficult situations without an appropriate environment that enables them to process the impact on both work and self. Most organisations provide formal and/or informal supervision opportunities for staff, but because of the nature of the work and other factors, additional support can be beneficial.

In response to requests to address this need, the Irish Hospice Foundation is offering Peer Supervision groups. Staff members Breffni McGuinness and Dr. Susan Delaney will facilitate these groups.

The first began on February 25th 2004 and will run, on a monthly basis, until December. We also have a waitlist for a second group to begin later in the year. If you are a professional carer and are interested in the opportunity to reflect on the impact of your work, please contact Breffni or Susan on 01 679 3188.

2004 Workshops on Loss and Bereavement

Our series of introductory workshops are targeted at professionals and volunteers who may wish to learn more about loss and bereavement and for those working with people who have experienced a major loss. The workshops will run from March – July 2004 and cover a wide range of topics related to loss and bereavement.

Certificate in Children and Loss

This course, which was mentioned in our front cover article, has special relevance for those involved with children and young people experiencing loss through death or separation. Presentations on younger children and bereavement, adolescents, the dying child, children and other losses and therapeutic interventions with children will be included. The course will run from October 2004 – April 2005.

If you would like to be included on our mailing list or would like further details on the above courses, please contact: Iris Murray Tel. 6793188 or email: iris@hospice-foundation.ie.

Sóláis Cards

We are pleased to announce that Irish Hospice Foundation Sóláis cards are currently available and can be bought from us directly or from many newsagents nationwide. These sympathy cards are beautifully designed and are suitable for sending to families who have recently lost a loved one. The cards can also be used when the bereaved family has requested that donations be made to the Irish Hospice Foundation instead of buying flowers. We would then send an acknowledgement to the bereaved family, advising them of the very kind donation that was made. Donation amounts always remain confidential. If you would like more information about our Sóláis Cards, please contact Michelle on 01 6793188.

Royal & SunAlliance Supports the IHF



In late 2003, following a review by Royal & SunAlliance Insurance (R&SA) of their Community and Charitable Investment Programme, the IHF was chosen as one of the selected organisations to benefit from the R&SA Give As You Earn initiative. (G.A.Y.E.)

How does G.A.Y.E. work?

- Each year R&SA, supported by staff opinion, selects a number of charities to benefit from their Community Investment activities.
- R&SA staff voluntarily agree to donate a set amount of money each month from their salary to be divided among the chosen charities
- The agreed amount (no matter how large or small) is automatically deducted from individual staff salaries by the company's HR Department.
- All contributions are matched by the company.
- A total contribution is forwarded to the Hospice Foundation at the end of each month.

In the relatively short time since the programme has been in place Royal & SunAlliance staff have contributed a total of €4,030 to the IHF. This amount has been matched by the company resulting in a total GAYE donation to date of €8,060.

R&SA's Helen Sansovini notes that *'It's heartening to see the overall contribution build as each month passes. We are delighted to be involved in supporting an organisation that carries out such vital and valuable work in the community'*.

For further information contact Helen Sansovini at (01) 6363590 or helen.sansovini@notes.royalsun.com.



Staff Announcements

We are very pleased to announce that Aileen O'Meara has recently been appointed as Communications Manager with the Irish Hospice Foundation. Mervyn Taylor has been appointed as Project Manager of the Care of the Dying Project, in association with Our Lady of Lourdes Hospital, Drogheda.

Aileen comes to us with extensive experience of media and communications as reporter, producer and correspondent for national television and radio as well as experience of print media. Most recently, she served as Health Correspondent for RTÉ.

Over the last 25 years, Mervyn has played a significant role in the voluntary, statutory and private sectors, particularly in relation to change processes. He was Director of M.S. Ireland, Manager of Planning and Organisation with the N.S.S.B. (now Comhairle) and Project Director for a variety of key national projects including the development of strategic alliances around the issue of livestock and food traceability.

We extend a very fond farewell to George Byrne, who retired at the end of 2003. George has worked with the Irish Hospice Foundation since 1988 and, during his time as a member of staff, has contributed so much to our organisation and to the hospice community as a whole. George will be missed by us all, and we wish him the very best of luck.

New Chairperson

The Irish Hospice Foundation would like to extend a heartfelt thanks to Bill Shipsey for his hard work and dedication throughout his appointment as Chairperson of the Board of Directors. During his time as Chair, the Irish Hospice Foundation has developed and changed in many positive ways, and that is in no small way due to the sound leadership that he has provided. Bill will continue to serve on the Board, which will certainly continue to be of great benefit to the Irish Hospice Foundation.

We warmly welcome Michael O'Reilly to the post of Chairperson and convey our enthusiasm for working with him over the coming months and years, as we continue to grow as an organisation in order to support and promote hospice care.

