

NFMMHS

**National Forensic
Mental Health Service**

Spring

2025

Newsletter

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Note from the Editor

Welcome to the Spring 2025 edition of the NFMHS Newsletter.

Time is certainly marching on this year, we can't believe it is March already. Paddy's Day is around the corner, and we have had glimpses of Spring and lovely sunshine. The days are getting longer, and there is much to look forward to this year in NFMHS.

Thank you to all of our contributors in this edition.

Simon Bergin

Editor & Communications Officer



Get in touch at

Comms.NFMHS@hse.ie



General Manager Update

The Area Management Team (AMT) have re-commenced AMT walk-about across each wards within the Central Mental Hospital (CMH) on a rotational basis. This is to provide direct access for the patients to AMT members to communicate feedback on ongoing issues, concerns or compliments on the service received.

The NFMHS is also in process of setting up a Patient Media Consumption Working Group. The need for this working group was based on feedback received from patients highlighting a need to improve the experience of watching television and movies within the facility. Issues such as content selection, channel unavailability, TV signal disruption, and access to multilingual programming have been identified as areas for enhancement. This working group will explore and address these concerns, ensuring that the viewing experience supports patient engagement, leisure, and therapeutic goals.

The Health Service Executive (HSE) has published its National Service Plan 2025 with a commitment to implement full operation of all beds within the Central Mental Hospital (CMH), with planned bed increase from 112 to 130. The recruitment for staffing is planned to occur in phases during the year.

On behalf of the Area Management Team, I would like to thank everyone involved in supporting and providing vital services to our patients. As we get ready to celebrate St. Patrick's Day, we extend our warmest wishes to our patients, carers and staff. To our patients, may this season bring you comfort, hope and a step closer to recovery. To the carers and families, may you find strength and encouragement in all you do. To our staff, your unwavering dedication and compassion are deeply appreciated. Wishing everyone a safe and meaningful St. Patrick's Day and an enjoyable spring period.

All the best,

**Jerry Selvaseelan, General Manager,
Acting Head of Service**

Welcome to the Spring 2025 edition of the National Forensic Mental Health Service (NFMHS) newsletter. This edition aims to provide an overview of activities within the NFMHS over the past number of months and some of our key development plans for 2025.

Many thanks to Simon and all the contributors for collating this information together so that patients, staff and carers are always kept informed of relevant updates.

We had an unexpected and challenging start to the year with Storm Éowyn in January. I would like to thank our staff who went above and beyond to ensure all essential services were continued in a safe and effective manner through the storm and impact to the patients was kept to the minimum. I would also like to thank our patients who supported our staff during this unprecedented period.

We also experienced loss early this year with the bereavement of a much valued work colleague. Our thoughts and prayers go to family members, friends and colleagues at this time as they process and deal with this huge loss.

We have had some positive developments in relation to our Shuttle bus service. From Saturday 1st March 2025, NFMHS will be commencing a twice-daily shuttle bus service to Swords for patients who are availing of leave. This service is in addition to the existing NFMHS to Donabate Train Station service. Previously, the shuttle bus service to Swords operated three days a week, and this new twice-daily service is a very positive development in the support of our patients.

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NEWS

Christmas 2024!

NFMHS would like to say a big thank you to everyone involved in making Christmas 2024 a very special time for our patients and staff.



NFMHS was turned into a Winter Wonderland for the month of December, with patients and staff being treated to a lovely mix of food, music, creativity and laughter.

We're looking forward to Xmas 2025 already !



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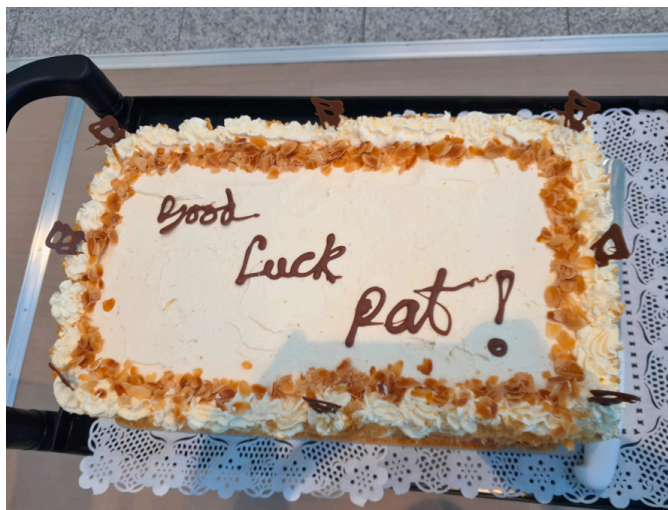
NEWS

Goodbye Pat Bergin, Head of Service

In January 2025, we said goodbye to our Head of Service, Pat Bergin, who has moved on to work in the Dept. of Children, Equality, Disability, Integration and Youth.

Pat was responsible for the Central Mental Hospital move from Dundrum to Portrane, and its' integration into the local community.

We wish Pat all the very best in his new role!



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National Forensic
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Spring

EVENTS FOR PATIENTS IN MARCH & APRIL 2025

NFMHS VILLAGE CENTRE

Mass Service



Choir Performance

28th February to 30th March - Ramadan

13th April – Palm Sunday

18th April – Good Friday Service & Liberty Choir at 6pm

20th April – Easter Sunday Mass at 11AM



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NEWS

Walled Garden Update

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 April 2025 and will be carrying out further consultation on potential uses over the coming months.



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NEWS



The Pillar Three department are delighted to inform the service that they have been accepted to present three posters at this year's **International Forensic Mental Health Service (IAFMHS)**

Conference in Dublin. Frank Lynch and Amy Cornelia have worked extensively over the past number of years to deliver a bespoke approach to dual diagnosis treatment to our patients across all clusters of the service.

The posters are as follows:

- A Tobacco Free Campus: An Irish Forensic Mental Health service journey.
- Dual Diagnosis within a Forensic Mental Health setting.
- Development of a low intensity psychoeducational programme through the PDSA Cycle as a Quality Improvement Initiative in the National Forensic Mental Health Service."

Healthcare Jobs Fair RDS Dublin

22nd March 2025



NFMHS will be attending the Healthcare Job Fair in the RDS, Dublin on Saturday 22nd March 2025.

This will be the 3rd consecutive year that NFMHS has showcased its' unique service offering and benefits for job candidates.

We are looking forward to representing the service on the day, and welcoming new staff to the NFMHS.

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DEPARTMENT UPDATE

Catering Department

NFMHS at National Culinary Championships/Catex 2025 18th to 20th February 2025



NFMHS Head Chef Sumeda won 3 bronze medals at the National Culinary Championships at Catex 2025, Ireland's largest Foodservice and Hospitality Event.

Well done Sumeda!



Food Van coming to NFMHS on Thursday 20th March

Our General Services Manager Helena has been working really hard to bring another food van into the service, and we are pleased to announce that on Thursday 20th March, we will have an **Eddie Rockets** food van on site. You won't need to empty your pockets for this one, it's on us ! More details to follow...



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

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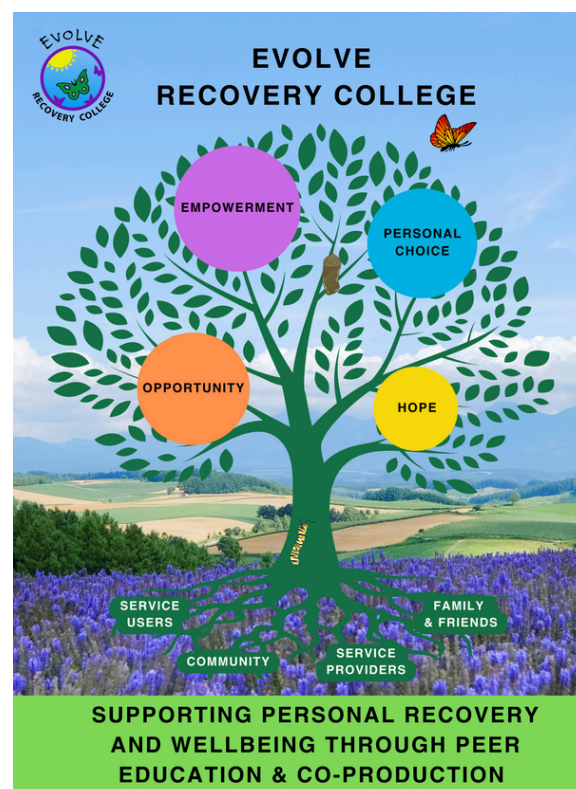
PARTNER SERVICES

Update from the Evolve Recovery College

Evolve Recovery College is offering recovery-focused education that empowers individuals through lived experience and developing our understanding on various topics. Our courses promote self-care, resilience, developing personal strengths and well-being in a supportive environment.

As we approach St. Patrick's Day, we are planning an event to celebrate together. Please keep an eye out for posters on each unit detailing dates and times.

Currently, we are completing our Healthy Body, Healthy Mind six-week course, and welcoming participants to join our upcoming Arts and Crafts for Wellbeing six week course – details are on posters on each unit, if you have already registered you will receive a letter confirming dates and times of sessions also.



Additionally, we invite you to be part of our next co-production project on stress management. If you are interested in getting involved in developing a recovery education course on the topic of 'Stress Management' or in co-production in general, please get in contact either by internal poster, phone, or have a chat with us in person.

For more details, contact The Village Centre, Central Mental Hospital, Portrane Demesne at Ext: 86502 or PH: 01 778 6502

NFMHS

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.

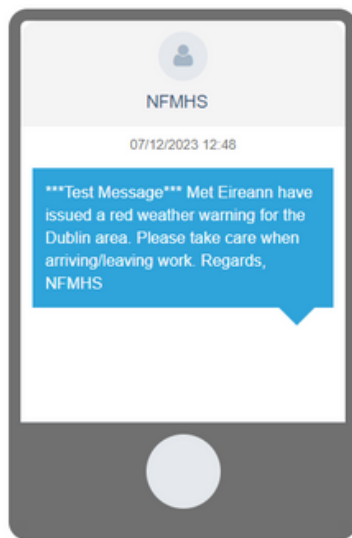


 **#EAPandME**



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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.

244 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!

SIGN UP TODAY



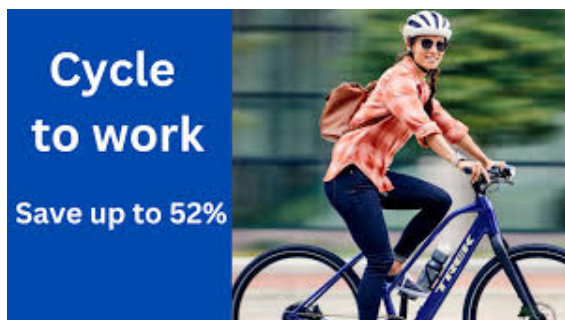
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STAFF NEWS

Cycle to Work Scheme 2025

2025 Cycle To Work scheme opened in January 2025 for applications.

- Tax incentive encouraging you to cycle to and from work
- Application form available on the HSE website or from HR.NFMHS@hse.ie
- **Note: Closing date for applications is Friday 26 September 2025**
- For more information go to <https://healthservice.hse.ie/staff/benefits-and-services/cycle-to-work/>



Irish Pensions & Finance

Irish Pensions & Finance visited NFMHS last month and provided staff with financial planning advice.

If you wish to be contacted by IPF, please register your interest using the link below

<https://ipf.ie/national-forensic-mental-health-services-hospital/>



Book Borrow Basket

We are hoping to introduce a book borrow basket in the canteen for staff to bring in and leave books for others to read which might be of interest.

More details to follow...





CONTACT US



NFMHS Comms

Thank you to all our contributors to the NFMHS Spring Newsletter 2025.

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

Central Mental Hospital NFMHS

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