

Case Study 2018 - Breffni Integrated CLG

Cavan and Virginia Disability Project

Clogher House, Cavan and Day Care Centre, Virginia

Sandy Holland, SICAP Worker, Sept 2018

Primary Case Study Theme: Collaboration.

Secondary Case Study Theme: Goal 2 work.

Identifying the need

In 2016, Breffni Integrated SICAP Worker Una Traynor was carrying out a piece of work with a collective of people with disability and Carers of people with disability. This led to the establishment of Cavan Disability Network which Breffni Integrated facilitated. The Network concentrated their effort on identifying local access to services, needs of disabled people and liaising with the Local Authority, HSE and other organisations to improve the circumstances of disabled people and their Carers.

Cavan Disability Network has grown in stature since then and has continued to receive facilitation input from Breffni Integrated from Lorraine McTeigue, SICAP Worker from mid-2017 onwards with support from other local organisations and has gone on to hold two highly successful conferences in subsequent years entitled 'It's Our Space Too'. The Network is, first and foremost, driven by its members and the input from Breffni Integrated and supporting organisations has been styled to give the decision-making process to those participating in the Network. Lorraine has given support to develop committee skills, project management abilities, advocating on behalf of members with local and National politicians. Training in developing and managing the Network's website and social media outlets has been included provided by SICAP Worker Sandy Holland.

In 2016, the Network identified an area of work that they felt required exploring. 35 people with moderate to severe physical and intellectual disabilities attended two HSE Day Activation Units at Clogher House in Cavan Town and at the HSE Health Complex in Virginia. It was identified that there was limited access to Community Programmes funding with the effect that there was limited access to social activities. Although there had been Art programmes delivered by CMETB tutors these were limited to 6-weekly sessions and it was felt that a longer term approach was required.

A SICAP Response

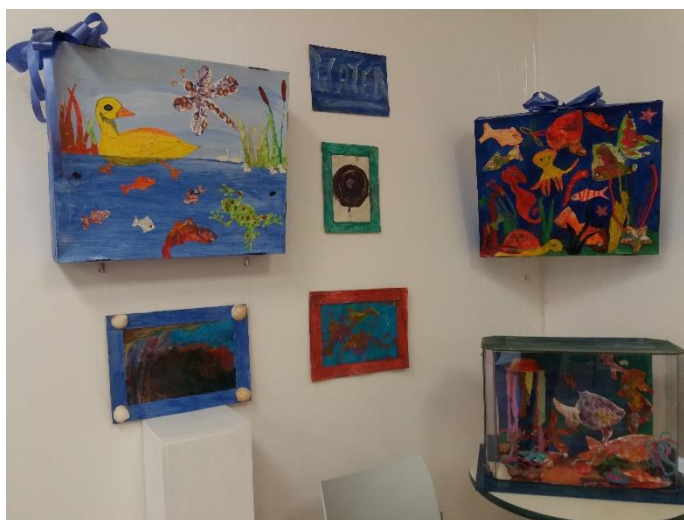
In early 2017 Breffni Integrated sourced a grant from CYPSC to initiate a pilot phase. This covered the costs for two facilitators to commence work in both Centres with each tutor delivering



1 One of the Programme participants with his Mum who is part of Cavan Disability Network

one session each week in each of the two Centres. With organisational and administrative support from Breffni Integrated and excellent support from the Clinical Nurse Manager of the two Centres Aisling McKenna, Kim Doherty, an Art Therapist and Mary Farrelly a Music and Drama facilitator worked throughout 2017. There was a lot of trust to be built with the participants as a workshop format was a new experience for them and the skills and expertise of both Kim and Mary were well positioned to gently draw the participants to engage in the activities each week. The Day Centre staff played a significant role in knowing how best to encourage their clients to take part in the workshops while acknowledging their need to take breaks from the activities.

On Una's retirement in mid-2017 the Day Centre Programme was taken on by SICAP Worker Sandy Holland. The workshop programme during 2017 provided Breffni Integrated and the local HSE Manager of the Day Centres an opportunity to gain feedback from Kim and Mary and to explore options for a longer term strategy. Included in this feedback was the need to have a more focused programme with goals to work towards. It was also a time to acknowledge that we were working with *people* and the process of how the Programme developed had to be paced in such a way as to transfer the ownership of the activities to their perspective. The



2 Art created for the 2018 Exhibition

staff of the Day Centres, as they became more familiar to working with Kim and Mary could adapt their input and were instrumental in building confidence in the participants to take part in the Arts, Music and Drama facilities.

Reviewing Progress and an Enhanced Programme

As a result of the review process a larger application was made by Breffni Integrated for a follow-on Programme inclusive of all that we had learned in 2017. The application was made to the HSE Lottery Funds and included an Arts; Music and Drama; Reflexology and Massage and funds to purchase musical instruments for use in the Day Centres. The application was a significant piece of work and key to the continuation of the programme of work.



3 Programme participants enjoying some Music and Drama activities.

The funding from HSE Lottery funds was approved at €8,000 in mid-2017 and was a great boost to morale and gave a good sense of giving the Programme a full year to develop. One significant challenge to the process however, was that the funds were not received to Breffni Integrated until March of 2018. This presented the Programme and Breffni Integrated with a significant cash flow difficulty. This was overcome with a combination of co-operation of Breffni Integrated CEO in allowing payments to the facilitators in advance of the grant being received and with the flexibility and cooperation of the facilitators on when they received payment for their work.

The beginning of 2018 saw Kim move on from the Programme to full-time work in the Arts sector and a new Arts facilitator, Carolann Farrelly joined the team along with Micheal Carolan, Massage Therapist.

The HSE Lottery funding provided for weekly workshops by Carolann and Mary in each Day Centre between January and June of 2018.

Management and administrative support has been provided throughout from Breffni Integrated and HSE Management with the purchase of the musical instruments being part of this.

Care was taken to, as far as possible, source

instruments with the clients in mind through consultation with facilitators, HSE staff and what was already being used in the Music and Drama workshops. One Carer, Frances O'Neill was of particular help in identifying suitable percussion instruments. Micheal delivered the Massage and Reflexology sessions in the Day Centres at convenient times to the clients.

With a renewed focus and context for their workshops each facilitator was able to deliver within a longer strategic approach. As the Programme has grown and developed, the facilitators; HSE staff members and participants have got to know each other better personally and developed excellent working relationships.

A significant factor has been the engagement process with the clients and the skills of the facilitators and Care staff have become apparent in the process of encouraging the clients of the Day Centres to take part. The comfortable approach has made the workshops attractive to those who had not participated in 2017 and through the care and attention of facilitators and staff the number of clients participating in the workshops has grown significantly during 2018. The skilled facilitators and the role of Care staff working together in this respect has made the outcomes for the clients so much better.

Unexpected Benefits and Successes

The project has extended beyond what was originally envisaged with two visits to the Ramor Theatre by the clients, once to see a play and once for a screening of Mama Mia – this has crossed a significant boundary giving clients access to new experiences that they would otherwise not have availed of. These visits were organized on the initiative of Mary Farrelly.

The Art programme was also extended to include an exhibition of the art work created in the workshops in Johnston Library Exhibition space in Cavan.



4HSE Care Worker and Programme Participant viewing the Art Exhibition in 2018.



5Two of the Programme Participants at the Art Exhibition with Kim Doherty, Arts Therapist and Sandy Holland of Breffni Integrated CLG

This gives validity to their Art and brings the clients and their work into the public domain. A celebration event for the clients at the exhibition was held in June receiving significant coverage in the Anglo-Celt newspaper. The additional effort put in by Carolann Farrell to make this possible was appreciated.

The introduction of Reflexology and Massage for the clients has again seen the clients getting the opportunity to gain access to a new therapy and experience and has contributed to new health goals be met.

Mainstreaming and New Proposals

A forward thinking approach by the HSE Manager of the Day Centres has seen her submit a proposal for a mainstreamed programme of activities funded internally through HSE Disability Services which will run in parallel to future funds from HSE Lottery Funds and focused on enhancing connections for the clients into broader community involvement. An application to HSE Lottery Funds has also been made by Breffni Integrated to help sustain the Programme and to expand into new areas of work. The application includes the workshop programme, the purchase of sensory equipment and equipment and plants for a garden project at the Virginia Centre to be integrated into the clients' activity programme. It is envisaged that the mainstreamed HSE funds will commence in Oct 2018 and the HSE National Lottery funding application is pending a decision at the time of writing.



The Garden area proposed for development in 2019 if the HSE National Lottery application is successful.

Benefits for the Participants

To attempt to fully capture the personal benefits for the participants is a piece of work all on its own. Having said that we have seen evidence that there has been and continues to be a greater participation in the activities both in number of participants and in the extent to which they participate. The Clinical Nurse Manager has seen participants reach Health Goals identified in Care Plans as a result of participation in the Programme. Greater animation; confidence; enhanced interaction have been identified as outcomes and a more detailed synopsis of the workshops; their processes; content and outcomes is outlined in the following reports from the facilitators.

Conclusion

The development of this Programme demonstrates that community development is not something that starts in January and finishes in December. It takes years of capacity building and providing support; bringing in different SICAP staff members and other stakeholders to deal with multi-faceted issues. Breffni Integrated staff through SICAP were instrumental in the delivery of this initiative in terms of administration support, leveraging funding and coordination and by developing positive relationships with Programme partners have been able to bring a Programme from a standing start to one which is on the brink of becoming one which is able to be mainstreamed and sustainable in the long term.

Reports from Facilitators

Art Project

As a Creative Arts Facilitator I am very aware of the benefits of all creative activities and have a criteria I observe and encourage while facilitating classes. This report is based what I observed and how effective the classes were according to that criteria while working with the participants in Clogher House, Cavan and the Day Care Centre, Virginia.

1. Art strengthens focus and increases attention and develops hand-eye coordination.

At the earlier workshops in The Days Activation Units I would spend a lot of time explaining, demonstrating and repeating. Once we became comfortable with each other and the medium some participants started to make suggestions and rather than waiting for me to tell them what to do they began to try new things themselves and gave me new ideas. I found that by describing and creating a story around what we were hoping to achieve some participants could visualise it and started to invest in it and focus and enthusiasm improved. Some showed huge



Art created by the participants.

patience and focus in overcoming physical obstacles in order to complete their art piece. I have been amazed by some participants. Some of the work to be done was quite monotonous but once I explained what the end result would be and recognised the tough work they were doing they just focused and spent a full hour at it without any further ado.

2. Art develops a willingness to explore, teaches risk taking, learning from one's mistakes, and being open to other possibilities. Making art teaches Problem Solving, that there is more than one solution to the same problem. Art encourages open-ended thinking that creates an environment of questions rather than answers.

As the weeks went on I would ask for solutions to a problem. Initially I received no response but now those with verbal communication freely give suggestions on ways to make something or what colour could be used. Some other participants without verbal communication are starting to paint or make what is suggested rather than just paint. This also shows more focus and connection. They are excited about the exhibition and asking questions and when I ask what will we do about this or that? I will always get a response now. They are starting to express their imagination more freely and there seems to be no fear of judgement anymore. They are even solving my problems, like How are you going to fit that in your car? Together we find a solution. They are learning that everything they create is something. To not give up on it

eg when the participants create a painting I will ask each person what they see in the painting. Each person always sees something different. They then get to see all the wonderful things in their art that they didn't see themselves. They are very kind to each other and always express positively.

3. Art allows everyone to be more connected, less isolated and creates a sense of belonging. It improves communications, nurtures teamwork and Builds Community.

This aspect I have found to be hugely successful from my perspective. By a natural unfolding we decided to do a communal piece rather than individual pieces. Everybody got involved in making the one piece of art. Both centres are creating together. The participants are aware of the part they did and ask who did the other parts. I will regularly ask, who did this part again? And they will tell me. They are very proud of their work they share and have a constant reminder of others and how together they created lovely pieces. The participants involved work very well together and adapt well to any change and are very helpful and considerate.

4. Art builds self-esteem and social skills.

As the art pieces took shape and were admired and each participant's strength was recognised they began to relax and enjoy the process. Some have become more adventurous, more willing to try new things. Over the weeks the atmosphere has become very relaxed and now there is constant banter and fun and planning and productivity. All nervousness seems to have gone. Some may just add a little to the artwork but they will stay around and join in at intervals. As I notice a participant lose focus and drift off into their own world I will ask them to do a different piece of art. It always gets done. It is important to me that each participant realises how vital they and their contribution is and I find that they are very receptive to this and very willing to contribute.

5. Strengthens our relationship to the environment and experience the world in new ways.

As with all creativity, something someone said in the class inspired the theme for the art. The four elements, Earth, Air, Fire and Water. Initially the participants did not seem to know anything on the subject. They had nothing to say about the earth or water or the sun. I'm not sure if this was because at that stage they were still unconfident or if it just wasn't something in their focus and experience. Well, they know now. After creating mountains, trees, the sun, sea-life, birds, butterflies etc with their own hands and much patience they have learned a lot about their natural environment.



8Participants work exploring the element of Fire.

6. Art Awakens the Senses, reduces pain, anxiety, and tension.

This is another area where I observed change and growth. Some participants initially did not like to get their hands “dirty”. Encouragement did not work but I noticed in a couple of cases when I dived in and got paint all over me and laughed and enjoyed it, they tried it and seemed to overcome their concerns. Another time I noticed that a participant who does not like messy or sticky hands forgot all about it when they got excited and focused on the end product and it was really good to see when I reacted with surprise to one participant who went wild with the paint in her face and hair (nontoxic, easy washed out) another more reserved participant joined the fun and they played together. Each spurring the other on. I had not seen signs of interaction and connection with one of these participants before. Some participants when we start a session state that they are tired or have a pain but once we start working on our project they are completely distracted from it for that time.

7. Art involves interacting with the material world through different tools and art mediums.

During this project we have worked with Paint, glue, paper mache, clay, glass, stone, cloth, large pieces, small pieces, etc. The participants have the opportunity to realise what they like and enjoy and that it's ok if they don't like a particular material. They get to see what works for them and that there are lots of ways to express creatively, through the free expression of painting or more sensory with clay. They have experienced that messy paint can be cleaned up and just to enjoy finger painting. They have learned about completion. How something can look really bad in the making but when it's finished it's great.

Everything mentioned above I too have developed during this project. Each participant has taught me something in return. The strength and patience to overcome a physical obstacle, the strength of the silent worker who gets the job done, the genuine excitement and helpfulness. The interaction and greatly appreciated assistance from the carers. The honesty and persistence of the participants and the list goes on.

Carolann Farrelly

Art Facilitator

Music and Drama

I have been facilitating Drama and Music workshops with the clients of Virginia and Clogher House Day Activation Units since September 2017, this followed an initial pilot phase of workshops held in the spring of 2017.

During this time we have explored a range of drama, movement and musical styles and techniques including creative dance, musical theatre, improvisation, singing and vocal techniques, puppetry, percussion and character work. The



One of the visits to the Ramor Theatre.

programme has involved weekly sessions in each of the two centres and two community based theatre visits in February and April.

Over the period of the programme I have experienced the fun and enjoyment experienced by the participants from taking part in a performing arts based programme of this nature, I have witnessed the positive impact that the programme has had on the wellbeing and confidence of the clients taking part . I have observed many of the clients becoming more vocal, expressive, less reluctant to join in, voice ideas, share thoughts during the sessions as they become more familiar with the structure of each session and techniques employed in the workshops. I have observed participants who were reluctant in the early stages to join in become more involved as the programme develops. Responding to participant requests for particular music genres, ideas for drama and song suggestions has really helped the programme to develop in a meaningful and collaborative way which I am really happy about. It continues to allow us to incorporate individual ideas, participants interests and particular areas of focus to the work we are creating. I feel that this is enabling the group to gain a sense of ownership of the material which again helps to develop confidence in the participants as they progress through the programme. The staff in the centres are also responding really well and are becoming more relaxed about participating and interacting with the clients during the sessions. It is really joyful to watch the very special connections and relationships that the clients and carers share together expressed through song and dance during the sessions.

The theatre visits in February to see Lovett Theatre and a screening of Mamma Mia in the Ramor Theatre were really enjoyable and informative outings and is an element of the programme that I feel would be important to develop on for the future. The clients responded really positively to both outings and talked about the experiences many times in the subsequent weeks of the programme. I am really enjoying our work together and am keen to continue to explore the potential benefits further as we progress with this programme.

Mary Farelly

Music and Drama Facilitator

Reflexology and Massage

Benefits of Reflexology/Massage for any user including someone with any kind of disability is fantastic. Reflexology has been the favourite treatment with all the users of the disability service in Cavan. It works with the body and helps stimulate more than 7,000 different nerve endings in a single session, thereby increasing their function and reactivity. Opening and cleaning out neural pathways can help improve functionality and flexibility in many areas around the body. Neural pathways are like muscles, so it is good to work them once in a while to keep them sharp!

Some of the reasons I have been working with the users of Virginia and Cavan disability service is to mainly promote some of the major benefits (help to calm, relax, release tension, anxiety, improve their sleep and focus).

The number one objective over the period of time in Clogher House in Cavan and Virginia disability service was to build a friendly client therapist relationship and building each treatment time more and more with the users. Over the time I have already spent with each user a number of them were already very comfortable and benefited by having the

reflexology especially. We tried to create a calm and soothing environment so each client could get the most out of each treatment.

I discussed the benefits of the treatments with the carers in centres and made them aware of how the clients might react to each sessions from mood alterations, sleep improvement and even the improvement in the digestive system which was a problem with a number of clients I seen.

As a number of people in both centres are wheelchair users or have difficulty walking reflexology has helped on a much more physical level as it loosens the muscles and tendons of the foot leaving them more flexible and making it easier to walk where possible.

In total I have seen 6 service users in Virginia disability service and a further 11 service users in Clogher House on a regular bases.

I have listed a number of ways reflexology/ massage has helped these users and would continue to benefit any user in the centres.

Constipation, Elimination of Toxins, Increased Circulation, Boosted Energy Levels, Improved Nerve Function, Relaxation, Reduction in Headaches, improve hypersensitivity to touch and sound, Help improve self-esteem and confidence.

If you would like to know any further information please feel free to email me directly @ revivecavan@gmail.com

Micheal Carolan

Reflexology/ Massage Therapist

10/04/18

Clogher House Day Activation unit and Virginia Day Activation Unit are two HSE Day services in Cavan who operate under the HSE CHO1 Area
Both services provide Day Service for Adults with a physical and Intellectual Disability from the age of 18yrs.

The ethos of the service is centred on a Person centred approach. Under the HSE New Directions the focus has been placed on accessing therapeutic programmes out in the community. This has opened many opportunities to service users and allowed the full integration into meaningful activities whilst in the community setting.

During the last year we have accessed activities funded through Breffni Integration. The support of this association has been phenomenal and service users have been able to access a wider range of activities and the opportunity to interact with other groups than ever before.
In 2017 and to date, Service users have been able to access a weekly structured Drama programme. Through this program Service users have had the opportunity to grow in confidence and to interact with others in a meaningful way. It has also emphasised that all service users regardless of their level of intellectual disability can access and gain great therapeutic value from a programme when tailored to their individual needs.
Through the working of the team and drama tutor this has been an invaluable experience. It has also grown in many forms in allowing service users to bring their learning and to express their own performance in a real theatre setting.

Our services are also engaging in an art therapy programme and the end goal will be an exhibition of art pieces in the local library planned for June of this year.
The importance of art therapy for service users who have sensory deficits has been evidenced by the great interaction that the programme has received to date

Service users will also be availing of reflexology in the coming weeks and this is the first time that service users will have the opportunity to access this therapy from our service.
The collective team work and commitment of all the tutors and Breffni integration has been exceptional and without the funding provision the implementation of such programmes would be greatly compromised
We hope that through the provision of funding to Breffni Integration that our service will be able to continue to access the invaluable support that they provide

Aisling Mc Kenna
Clinical Nurse Manager 2