





DECLAN'S STORY

SII helped Declan O'Shea obtain a grant to build an accessible bathroom

In 2011, Declan O'Shea from Kilmihill, Co Clare sustained a C6/C7 spinal cord injury while on holiday in Portugal. Although his injury is a high-level injury he has 90% use of his arms, but he has been a wheelchair user since 2011.

In the years following his injury, Declan decided to build his own house in Co Clare to ensure better accessibility for himself and his family.

While reading a copy of SII's Spinal News magazine one day, he saw an advertisement for different types of grants that are available to people with spinal cord injuries on the back page of the magazine.

Declan had linked in with Spinal Injuries Ireland's (SII) Community Outreach Officer Philippa O'Leary when he was discharged from hospital in 2012 and as a result he asked her how he would go about applying for a grant to fund building an accessible bathroom in his new home.

"I was always in regular contact with Philippa so I asked her about the grants that I might be entitled to. I wanted to see what she thought would work best for me. She was great and advised me that the Hospital Saturday Fund (HSF) would be the best one for me to apply for in relation to building my accessible bathroom."

The HSF provides grants and assistance to people with a medical condition or

disability who would benefit from assistance with the purchase of specialised equipment or from practical forms of treatment.

Philippa organised all the paperwork that goes along with applying for a HSF grant, filled out all of the forms and organised the whole process for Declan to ensure everything was done on time and in the best way.

"Philippa did it all for me really, she was a fantastic help. I didn't have to wait too long to hear back and about three months later I got the news that I was awarded a grant of €1,000 to go towards building my accessible bathroom.

"The €1,000 covered the cost of the bathroom and it was a brilliant bonus to get as I was building a completely new house. The grant covered the cost of the lifting bars and everything else that I needed in the bathroom so it was great."

Declan explained that the grant funding came at a great time as he has a young family and costs were adding up.

"The grant really did help. I didn't know anything about these types of grants. I was simply flicking through the Spinal News magazine one day and came across it. I'd really recommend to anyone thinking about carrying out building works in their house or trying to avail of any types of mobility aids, to consider the different types of grants available to them and ask a member of SII how to apply for them. SII's Community Outreach Officers are great and will always help in any way they can when it comes to applying for these grants. You have nothing to lose and everything to gain."





CHAIRMAN'S STATEMENT

I wish to acknowledge the support of Minister Finian McGrath and the HSE for the services provided by Spinal Injuries Ireland to over 2000 people nationwide. The provision of funding to develop and lease a new Resource Centre on Pottery Road just at the back gate of the NRH was very welcome during 2017 as it offers the organisation a good base from which to operate a professional support service.

2017 was a year of investment for Spinal Injuries Ireland. In preparation for the move off the NRH campus and also in preparation for GDPR, we had to upgrade our computer systems and phone systems and also invest in our database management system.

Thank you to all the staff and volunteers for their hard work and co-operation in facilitating the move to Pottery Road and for their ongoing daily work in improving the lives of people with a SCI.

Finally as always funding is a challenge. Although the loss is decreasing annually we are still operating at a loss and the organisation faces the challenge every year to raise almost €500,000. A difficult task for a small charity with a small team but one that is essential to secure the provision of our services.

James McCarthy
Chairman



CHIEF EXECUTIVE'S REVIEW

Spinal Injuries Ireland marked a momentous milestone in its 23 year history in 2017 when on September 5th, we relocated our SII premises from the NRH campus to temporary offices on Pottery Road, Dun Laoghaire.

We moved premises to facilitate building works on the site of the new National Rehabilitation Hospital.

Prior to our move to temporary offices, we were in negotiations with the Minister for Disabilities Finian McGrath T.D. and the HSE to secure funding to open our new state of the art SII Resource Centre at the Pottery Business Park. Following four months in temporary offices, we secured funding from the HSE and we moved into our new Aileen McCarthy Resource Centre at the start of 2018.

We are very grateful to Minister Finian McGrath T.D. and the HSE for their support of the services we provide by funding this new centre and also for the support of our volunteer architect Tiernan McCarthy who reached out to suppliers to provide pro bono furniture, graphics and carpets.

SII's new resource centre is now situated on Pottery Road (behind the Lidl store) in Dun Laoghaire which is only a five-minute walk from the NRH.

We hope to welcome as many of our service users to this great new centre so please make a point of dropping in after your next check up at the NRH.

Fiona Bolger
CEO

ABOUT SPINAL INJURIES IRELAND



Vision

By 2018, all people with a Spinal Cord Injury (SCI) in Ireland will have access to the necessary supports and services to live a fulfilled life and an equal opportunity to participate in the social, economic and cultural life of the community.

Mission

SII's mission is to engage with people with a SCI and their family members, to address the barriers that prevent full participation in society and to empower members to work towards achieving personal, social and vocational goals.

Our Values

Our values govern what we do and how we interact with all stakeholders

Innovative & Dynamic

We will be flexible and positive about change to achieve our Vision and Mission.

Fair & Respectful

We treat all our staff, members and stakeholders in a fair manner and free of bias. We will promote a positive working environment, with clear boundaries and decision-making processes.

Clarity in Messaging

We ensure that all our internal and external audiences are clear about what they need to do and when.

Accountability & Transparency

We are accountable for the decisions we make and the work we undertake and support one another in our decisions. We will make the best use of the resources available to achieve our goals by providing a unique service to our members. We are compliant with the Governance Code for charitable organisations and promote good practice.



KEY ACHIEVEMENTS 2017

DISCOVER
THE POWER
IN ME
PROGRAMME
(DPM)

Research – Partnership
with NUIG - Impact of
Self Improvement
Educational
Programmes on return
to Social Inclusion,
Employment or
Education

Salesforce –
Audit and
development of
operational
database

SII
SERVICES
REVIEW

SERVICES TEAM OUTCOMES

2014 Separate Client Outcomes

96% of Client outcomes ACHIEVED

4% of Client Outcomes in PROGRESS

School of Psychology in NUIG conducted a piece of research looking at examples of poverty levels among SCI community in Ireland



SII SERVICES 2018

“I would not have got through the last number of years without the support of my Community Outreach Officer, I encourage people to link in with SII and access their services”

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SII offer an exceptional national service through or **Community Outreach Officers (COOs), Peer Support Programme** and **Activities Programme**. Contact with SII, both during hospitalisation and after discharge is a crucial factor in helping people to envisage a life with SCI and to come to terms with the reality of injury and disability. Those who sustain a spinal cord injury have particular difficulties following discharge with housing, interpersonal relationships, employment, transport and with having their personal care needs met. This is where our COOs are instrumental in empowering the service user to set and achieve realistic goals using the principle of active support. Service users are referred to COOs while in patients in the NRH or other regional hospitals, where the first vital link with SII is made.

Following initial meeting, SII explore goal setting with the service user. Goals are influenced by personality factors, age, family dynamics, gender, material circumstances, community resources, previous responses to stress and the physical effects of the injury. Caregivers are also included in the goal setting if appropriate as they bear an important and often substantial burden both emotionally and physically post-discharge. Goal are categorised into short, medium and long term, depending on the individual.

Short term goals achieved for 2017 range from accessing essential rehabilitation hydrotherapy sessions in a local pool, connecting with a volunteer in our Peer to Peer programme and securing a disability parking permit vital for SII clients. Grant applications from multiple organisation result in funding for education courses i.e. Men's Sheds welding course.

Medium Term goals are a more involved process over a longer period which required interaction and collaboration with external agencies and HSE. COOs have successfully secured Home Care packages and Personal Assistant hours. These goals are essential for clients leaving the NRH enabling them to essential return to independent living.

Long Term Goals can take many years to achieve and are involved and complex. Examples long term goal have varied from successful medical card applications and vocational goals such as attending 3rd level education for the first time. Provision of free professional counselling was provided for clients who were unable to access counselling service form their GP.

Louth	4	Leitrim	2	Waterford	4
Cork	4	Portlaoise	4	Mayo	4
Limerick	4	Donegal	4	Wexford	4
Kerry	4	Galway	4	Dublin	4

TOTAL REGIONAL MEETINGS IN 2017 - 45

Galway Regional Meeting – March 13th 2017

Speaker: Marcin Uzynski, Physiotherapist from MS Ireland

Topic for meeting: Physiotherapy

Attendees Service User, Family and Friends

Aims & Objectives of Meeting: To provide information and support in the area of physiotherapy, Ekso Skeleton and FES equipment with specific support in terms of SCI. To bring members together in an informal setting and encourage peer connections and informal social support structures. The meeting is also used to follow up with clients on established goals and identify if clients need extra support or an ORV.

Description of Regional Meeting: The aims and objectives were achieved as the speaker was very informative and engaging and a good discussion took place between the guest speaker and the SII members. The guest speaker has extensive experience in the area of SCI and rehabilitation and so it was a very relevant and interesting talk for clients as indicated by their lengthy discussions and feedback on evaluation forms. The group discussed the opportunity for group physio so hopefully this will happen in the future. Ongoing issues and requests for an ORV were discussed and taken from several clients.

Wexford Regional Meeting – June 13th 2017

Speaker: Caroline Horan – Disability Access/Equality Officer from Wexford County Council

Topic for meeting: Accessible Wexford – Access for All

Attendees Service User, Family and Friends

Aims & Objectives of Meeting: To inform clients of accessible works undertaken around County Wexford from car parking to beaches to heritage sites. To discuss future plans for the area. Provide an opportunity for clients to give feedback to the council regarding their performance.

Description of Regional Meeting: A one hour presentation by Caroline followed by a lively interactive question and answer session. Caroline also provided a detailed overview of the role of a disability Access/Equality Officer in Wexford County Council and outlined her remit in promoting accessibility and equality.

Cork Regional Meeting – September 20th 2017

Speaker: Ali Dorgan, Nutritionist

Topic for meeting: Nutrition for those with a spinal cord injury

Attendees Service User, Family and Friends

Aims & Objectives of Meeting: Aims of this meeting focused on peer engagement and discussion on nutrition and issues relevant to spinal injuries, impact on movement, weight management, skin care and pressure sore consideration with diet.

Description of Regional Meeting: Service users chatted together and discussed issues they were facing, services that they use, relevant issues to Spinal Injuries. Found the conversations and tips and advice with regards to nutrition very helpful. Service users offered to contact nutritionist and she can review food diaries etc for them if they have concerns. Service users say they enjoy chatting with peers but prefer when there is a speaker as it makes event more appealing.

SHORT COURSES FOR SII SERVICE USERS :

Limerick “Being Well” Gym Group - UL University

In 2017, 12 of our service users completed a six week course in University Limerick gym. This course was run once a week for an hour in a fully inclusive gym. The 4th year health and leisure students provided one to one support for individuals along with a main fitness tutor. All members had their weekly progress monitored and a program put in place to assist with their individual goals (weight loss, mobility, strength).

This course was also a great opportunity for our service users to meet and provide informal peer support.

SII linked with Limerick Sports Partnership to secure funding and all participants contributed to the cost, along with funding from Spinal Injuries Ireland through the Short Course Fund.

Feedback from this course was very positive with queries about the next group.

Halliwick Hydrotherapy Group - St. Gabriel's Pool

In 2017, SII facilitated a Hydrotherapy Pool group in St. Gabriel's pool Limerick.

12 participants took part in the course and they were one-hour classes with 6 sessions in total. SII's Community Outreach Officer Philippa O'Leary successfully applied for funding through the Short Course Fund through Spinal Injuries Ireland and the Limerick Sports Partnership

Mental Health Workshop: Minding Your Mental Health by Mental Health Ireland - Co. Cork

Following a regional meeting in Cork on the topic of mental health, service users requested a follow up day workshop. We had 16 participants attend this workshop where individuals spoke about the challenges they face on an ongoing basis. The workshop explored methods and coping strategies for dealing with stressors and ways of acknowledging and highlighting triggers.

The workshop also discussed peer support and how this service provided by SII is a mechanism for support from individuals going through a similar experience.

Mental Health Workshop: Minding Your Mental Health by Mental Health Ireland - Co. Waterford

Following on from the Cork Mental Health Workshops, two additional workshops were held for SII service users in Co Waterford. We had 8 participants attend each workshop (16 in total) where individuals spoke about the challenges they face on an ongoing basis. The workshop also explored methods and coping strategies for dealing with stressors and ways of acknowledging and highlighting triggers.

ACTIVE ME AT THE NRH

RIB Trips

From May to October, SII operates a weekly powerboat trip from Dun Laoghaire for patients in the NRH, followed by fish and chips. 29 service user availed of this trip, most of whom were accompanied by friends or family.

“It just happened to be the nicest day of the year last year when I went out on the RIB for the first time. At the time, because I was still a patient, I wasn't used to leaving the hospital. I wasn't even going home at weekends at that stage. So, to be able to get out of the hospital environment and to have a bit of a break from the hospital setting was just brilliant. It was one of those things that I will always remember. The RIB trips were one of the highlights of last year for me and I'd highly recommend any patients at the NRH to try it.” - Mark, SII service user



Airsoft shooting at the NRH

From January to March, SII held air soft shooting for patients at the NRH each week. Over three months, 60 patients took part in airsoft shooting.



Events we partnered with in 2017

- Watersports Inclusion Day in Dublin
- Spinal Championships at the NRH
- Farmer's Day at the NRH



SOMEONE LIKE ME – SII PEER SUPPORT SERVICE

The peer support programme continued to run successfully in 2017 with 102 people availing of this service based in the NRH and also in the community.



“It was great when I went to the first peer support meeting at the NRH. I met a few of the other patients with spinal cord injuries and we just chatted and swapped stories. Having Guillain-Barre is a big thing and it’s something you have for life so to know that I have my peer support mentor Sandra to go to for support is great. It really is so important. It may not even be a medical issue, it may be a work-related problem or I might want to sort out starting a course or something. To know that you have somebody to talk to that has been there, done it and got the t-shirt, is huge. Some people prefer to talk to a priest but to know that there’s somebody in the same boat as you is amazing. And they can throw the positivity on something that you can’t see the positivity on. To me, that is massive.” – Paul, SII service user



Number of patients attending support at the NRH	43
Number of patients receiving 1:1 peer support in the community	9
Total number of peer volunteers nationwide	40

All our volunteers are trained by Peer Mentoring Resources and facilitation skills training was provided by IBEC.

FUNDRAISING EVENTS 2017



We were delighted to host over 400 guests for our annual spring lunch at The Intercontinental Hotel in May 2017.

Service user and Board Member Donal O'Flynn shared his experiences about the reality of living with a spinal cord injury. The afternoon was a fantastic success with an auction & raffle to add excitement to the affair.



The pre-loved designer handbag auction, BagIt 2017, took place in House Dublin on May 4th 2017. The event saw a range of beautiful handbags auctioned off in aid of Spinal Injuries Ireland including a Gucci Square Duffle, Hilary Lux Cover Blue Diamante Leather travel bag worth over €2,000 which was donated by Ali Hewson. Brian Dempsey from DNG hosted the night and service user Olivia Shiel gave a great talk about living with a spinal cord injury at the event.



The Q Ball is a firm fixture in our attendees' diary every year. It was held in September 2017 in the Ballsbridge Hotel. Over 350 guests heard from Stephen Cluskey who gave an inspiring speech about his life.



SII SUMMER RAFFLE - €23,000

Thanks to the support of all of our service users, our summer raffle raised a fantastic €23,000! Three lucky winners won prizes of €5,000, €2,000 & €1,000. Service user Joe Murphy was our top seller for the year. Thank you to everyone who sold tickets or made a donation.



COLOUR ME FRIDAY - €26,500

Our national flag day Colour Me Friday was a huge success in 2017 with service users, corporates and local businesses fundraising in aid of SII on the day. The #ColourMeFriday trended on Twitter and a text to donate line was also set up. Volunteers from all over Ireland shook buckets and packed bags while lots of people in businesses baked cakes or wore green to show their support. A total of €26,500 was raised as a result of Colour Me Friday 2017.



CORK JAZZ BALL - €12,000

The inaugural Cork Jazz Ball took place at the Clayton Silver Springs Hotel in Cork on the 29th October 2017. The Swing Cats played on the night and guests were treated to a prosecco reception and a three course meal with wine. SII service user and board member John Twomey spoke on the night about living with a spinal cord injury. Over €12,000 was raised from the Cork Jazz Ball 2017.

Rob O'Byrne: 'I could have drowned. I'm lucky to be alive'

Tallaght August 30, 2017



By Alannah Kenny

'I COULD have drowned – I'm lucky to be alive' said Rob O'Byrne, the Tallaght native who is organising a Colour Me Friday awareness day for spinal cord injuries on October 6.

In 2005 at the age of 17, O'Byrne was on holidays in Spain with his family when he broke his neck in a swimming accident that left him with a level C5/C6 spinal cord injury (SCI).



The experience was a wake-up call to the now 29-year-old fitness instructor who comments: "you can't sit around and let it hold you back".

There's A Fantastic White Collar Boxing Fundraising Event Happening In Wrights This Weekend

All proceeds from the night will go towards Spinal Injuries Ireland

Amy Bell 10 months ago



Sister of man who sustained serious spinal injury raises over €5,500 for Spinal Injuries Ireland

Former UCD student Orla Watters said the charity offered her family a huge amount of help during her brother's recovery.

Kinsale's John Twomey, Ireland's most decorated Paralympian athlete, to host exclusive black-tie ball in Cork in aid of Spinal Injuries Ireland

By Editor - October 13, 2017



John Twomey, Ireland's most decorated Paralympian athlete, to host exclusive black-tie ball in Cork in aid of Spinal Injuries Ireland pictured with Pádraig Duggan, Philippe O'Sullivan, of Spinal Injuries Ireland and Nathan Kinsale. P: Michael MacGarry/Provision

Once-budding soccer player told he would never walk again after car crash - now he's running marathons



Aengus ran the Dublin Marathon for the first time in aid of Spinal Injuries Ireland when he turned 40.

Average 2-3 Media Mentions per month

- Personal Stories
- Fundraising Events
- Donations
- Public Awareness
- Sporting Activities
- Legal News
- Advocacy
- SII Services

VOLUNTEERING

SII volunteers are key to the work of SII. Our volunteers are handpicked for their positive outlook and willingness to be part of the SII team.

These highly trained volunteers enhance the service of SII by driving the power boat each week in Summer months and other activities such as airsoft shooting.

Watersports Inclusion Day, Farmers Day would not happen without our team of dedicated volunteers.



COUNSELLING SERVICE

The free professional counselling available from SII is an essential service for those requiring support to deal with the psychological trauma of SCI. This need becomes more apparent over time when survival is assured and attention is focused on the often overwhelming significance and meaning of the traumatic event. Without this service some service users are left in 'limbo' at a total loss with no one to turn to. Post hospital discharge distress is exacerbated by prolonged waits for housing grants, adaptations, equipment and a suitable package of care. Direct access to this free counselling service for family or service user is instrumental in regaining autonomy and independence following SCI.

SERVICE OUTCOMES ACHIEVED

Number Outreach Visits by COO	1572 interactions	X 6 regions
Peer to Peer support sessions	102 interaction and meeting	NRH and Nationally
Professional Counselling Sessions	4 Service Users	24 sessions
Rib Trip in Dun Laoghaire Harbour	30 trips	29 service users
Grants Applied for	39 applications	11 in progress
Water Inclusions Games Dublin	2 days	32 trips
Regional Meetings and Education sessions	45 meeting	160 attendees

GRANTS

Vocational goals are an imperative goal for many service users many of which have an associated cost which can inhibit the goals begin achieved. In this instance the COO with research available grant to support the service user move towards their goal. COOs apply to local agencies, Lottery funding and other charitable organisation. Regular success is achieved whether for further education, mobility appliances or exercise programmes, these grants are invaluable enabling service users realise their goals.

DIRECTORS/TRUSTEES AND OTHER INFORMATION

Directors/Trustees

John Twomey
James McCarthy
Keith Mangan
Donal O'Flynn
Herman Wilmink
Eimear Smith
Brian Dempsey
Emma Cahill

Company Secretary

Marcus Lynch

Chief Executive Officer

Fiona Bolger

Registered Office

Unit G3 & 4 Pottery Business Centre
Dun Laoghaire Industrial Estate
Potter Road
Dun Laoghaire
Co Dublin
QA96 Y932

Company Registration Number

225205

Charity Regulatory Authority Number

20031855

Charity Number

CHY 11535

Principal Bankers

Bank of Ireland Plc
371 – 373 North Circular Road
Phibsborough
Dublin 7
D07 XF65

KBC Bank Ireland Plc
Sandwith Street Upper
Dublin 2
D02 X489

Solicitors

Augustus Cullen Law
7 Wentworth Place
Wicklow
A67 FX59

Auditors

Power & Associates
Chartered Certified Accountants
Statutory Auditors
1 Sussex Street
Dun Laoghaire
Co Dublin
A96 C8N3

FINANCIAL STATEMENTS

Income and Expenditure Account Year ended 31st December 2017

	2017 €	2016 €
Income	808,662	753,163
Interest receivable and similar income	1,518	4,317
Other Income		1,000
Gross income for the reporting period	810,180	758,480
Expenditure	897,510	919,008
Depreciation and charges for impairment of fixed assets	57,781	31,049
Total expenditure in the reporting period	955,291	950,057
Net income/(expenditure) before tax for the reporting period	(145,111)	(191,577)
Tax payable	-	-
Net income/(expenditure) for the reporting period	(145,111)	(191,577)

All income and expenditure arise from continuing operations.

There were no other recognised gains or losses during the period under review.

Balance Sheet as at 31st December 2017

	2017 €	2016 €
Fixed Assets:		
Tangible Assets	39,109	57,850
Current Assets:		
Debtors and prepayments	36,372	17,624
Cash at bank and in hand	1,126,814	1,268,690
	1,163,186	1,286,314
Liabilities		
Creditors: Amounts falling due within one year	(36,499)	(33,257)
Net current assets:	1,126,687	1,253,057
Total assets	1,165,796	1,310,907
The funds of the charity:		
Restricted income funds	22,479	13,127
Unrestricted funds	1,143,317	1,297,780
Total charity funds	1,165,796	1,310,907



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



ciste na
gcuntas díomhaoin
the dormant
accounts fund



An Roinn Sláinte
DEPARTMENT OF HEALTH



An Roinn
Gnóthai Fostaíochta agus Coimirce Sóisialaí
Department of
Employment Affairs and Social Protection



pobal
supporting communities



Comhshaol, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government



**Spinal
Injuries
Ireland**