



Annual Report

July 2024 - June 2025



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Acknowledgements

Mid West ARIES wishes to acknowledge the following individuals and groups who use their experience, expertise and commitment to support the development and rollout of recovery education in the Mid West:

Sandra Broderick, Regional Executive Officer, HSE Mid West

Maria Bridgeman, Integrated Healthcare Area Manager, HSE Mid West

Nuala Kelly, Head of Service, HSE Mid West Mental Health

Senior Management Team, HSE Mid West Mental Health

The Staff of the Mid West Mental Health Services

HSE Mental Health Engagement and Recovery

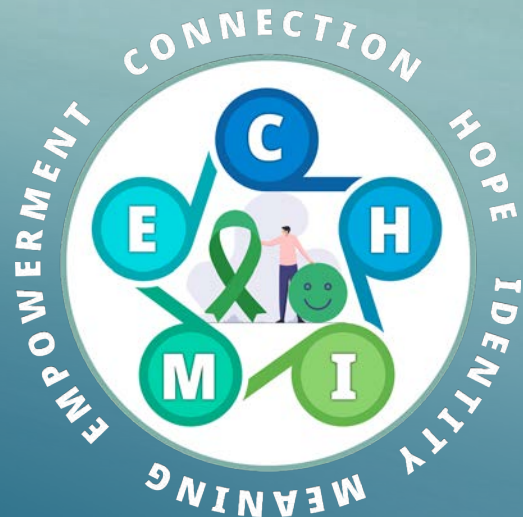
Mental Health Ireland

Communications, HSE Mid West

Mid West Communities

Our Community Partners

Learn to Recover



Message from **Head of Service**



I am delighted to welcome you to the Mid West ARIES **Annual Report July 2024 - June 2025.**

This has been a year of real progress and pride for the service. A standout moment was the recognition of the Perinatal Self Care Programme – *“My Perinatal Self Care, Taking Care of Me”* as joint winner of the Sláintecare category at the HSE Excellence Awards in November 2024. The programme was a cross service collaboration with the Specialist Perinatal Mental Health Team, UMHL and was the first time a co-produced recovery education initiative has won at the HSE Excellence Awards, underscoring the innovation and quality of work being delivered by ARIES in the region.

Throughout the year, Mid West ARIES has continued to reach more people than ever before, with over 10,000 engagements across fourteen workstreams. This growth is testament to the service’s ability to adapt, respond, and deliver quality assured, accessible, transformative recovery education that truly makes a difference. The team has once again demonstrated their continued commitment to empowering individuals on their journey toward personal recovery equipping them with the tools, knowledge, and support necessary to lead fulfilling lives. All with the key message that *“people can and do learn to recover”*.

The service has also made notable progress in the key area of community development, strengthening partnerships across the region, extending delivery both online and in person, and continuing to embed recovery education within acute, day, and community mental health services. Such collaboration has been critical in broadening reach and ensuring sustainable impact. The launch of the new website has created a dynamic platform that not only showcases recovery education but also serves as a vital signposting hub to mental health services, offering an invaluable resource for the HSE Mid West Mental Health Service and the wider community.

I wish to acknowledge and commend the Mid West ARIES team for their dedication, professionalism, and continued commitment to service improvement. Their efforts have ensured that recovery education remains a valued and effective resource within HSE Mid West Mental Health, and a source of meaningful support to those on their recovery journey.

A handwritten signature in orange ink, appearing to read 'Nuala Kelly', written in a cursive style.

Nuala Kelly

Head of Service - HSE Mid West Mental Health



Executive Summary

Mid West ARIES is the recovery education service for the Mid West region, serving Limerick, Clare, and North Tipperary. Our mission is to deliver an inclusive, inspiring, and transformative learning programme that supports people on their mental health recovery journey. This Annual Report, covering the period July 2024 to June 2025, highlights our key achievements and outlines the strategic initiatives undertaken to broaden access to recovery education both within the Mid West and beyond.



As a fully hybrid recovery education service we are committed to providing multiple, accessible learning pathways for those wanting to access and engage with recovery education. From in-person and online community workshops, to delivering recovery education workshops in the HSE Acute Psychiatric Units and HSE Day Services, through to online self-directed learning, our aim is to meet people “where they are at”, promoting the key message that no matter what the starting point anyone can learn to recover.

OUR KEY ACHIEVEMENTS

MID WEST ARIES WINS SLÁINTECARE CATEGORY - HSE EXCELLENCE AWARDS 2024

We are delighted to report that Mid West ARIES was announced joint winner of the Sláintecare category of the HSE Excellence Awards for our Perinatal Self Care Programme – “My Perinatal Self Care, Taking Care of Me” at a reception in Farmleigh Estate in November 2024. The programme was a cross service collaboration with the Specialist Perinatal Mental Health Team, UMHL and was the first time a co-produced recovery education initiative has won at the HSE Excellence Awards.

EXPANDING OUR REACH - MULTIPLE LEARNING PATHWAYS

Since our launch in 2018, this is the first year we have surpassed 10,000 engagements, reaching **10,332**. This remarkable milestone is a true reflection of the dedication, passion, and recovery-focused spirit of our team. We are also proud to have launched our new website after 12 months of development, creating a welcoming space to learn and access our resources and key information on the Mid West Mental Health Service.



We continue to expand our reach year on year with **375 separate events across 14 distinct workstreams**, with a variety of recovery education initiatives on offer to people attending the mental health services, their families, carers and supporters, to those wanting to support and improve their mental health, as well as our HSE colleagues and Community partners. We remain singularly committed to providing recovery education workshops to those most vulnerable across the mental health service particularly with our flagship service, our twice weekly workshops in both Acute Psychiatric Units, Ennis and Limerick.

Our pathways to learning include:

1. Recovery Education in the Community
2. Recovery Education Online
3. Recovery Education in the HSE Acute Psychiatric Settings
4. 3rd Level Colleges
5. Recovery Education for Community and HSE Closed Groups
6. Recovery Education in HSE Day Services
7. Community Partners - Training
8. Community Partners – Staff Workshops
9. HSE Staff Training
10. Coffee & Connection in the HSE Acute Psychiatric Settings
11. Introduction to WRAP
12. Webinars
13. Presentations and Conferences
14. Recovery Education - Online Digital Self-Paced Learning

1. Recovery Education in the Community

Our in-person workshops play a crucial role in our outreach strategy, providing participants with the opportunity to connect directly with their peers, our experienced facilitators, and evidence based learning content in a safe, supportive, and interactive learning environment. This year, we successfully delivered **29 workshops** across **12 different locations** in Limerick, Clare, and North Tipperary, resulting in a total of **224 engagements**. Partners included the Hunt Museum, Shannon FRC, Silver Arch Nenagh, Silver Arch Borrisokane, Silver Arch Newport, Ennis Library, Scariff Library, Ennistymon Library, Kilkee Library, Limerick City Library, West Clare FRC and Killaloe/Ballina FRC. We also established valuable partnerships with Traveller Health Projects across the Mid West.



2. Recovery Education Online

Our online workshops remained highly popular throughout the year, with **61 workshops** delivered and **552 engagements** recorded. Offering recovery education online enhances accessibility and reach, especially for individuals who may face barriers to attending in-person sessions due to their location, work or caregiving responsibilities, mental health challenges, disabilities, or limited access to transport.

3. Recovery Education in the Acute Psychiatric Setting

We consider the delivery of recovery education workshops twice weekly in both the Acute Psychiatric Units in Ennis and University Hospital Limerick to be our flagship service. We prioritise these workshops on our yearly plan, resulting in **168 workshops** delivered with **1,280 engagements**.

4. 3rd LEVEL

Our 3rd level partnerships with the University of Limerick, University of Galway are vital to the promotion and long term sustainability of recovery education. This year we hosted **4 training events** for Allied Health students, NCHDs, Paramedics, Mental Health Nursing Students and Shannon College of Hotel Management with **204 engagements**.

5. Recovery Education for Community and HSE Partners Closed Groups

We had a number of requests from Community Groups to run closed workshops for marginalised groups who may find it challenging to participate in an open community workshop. We met this need by facilitating **5 workshops to 4 closed community groups** including the NLN Focus Group Limerick, City Slickers LSSC, NLN Ennis and SPMHT & Community Mental Health Community Mothers Group with a total of **49 engagements**.

6. Recovery Education in HSE Day Services

As part of our strategic plan to extend our reach and meet the needs of potentially marginalised populations in the region, this year we saw a significant increase in the delivery of recovery education workshops in HSE Day Services. With the support of our trained mental health staff facilitators, we delivered **24 workshops** across 5 HSE Day Services with a total of **193 engagements**.

7. Community Partners - Training

This year we delivered **10 training sessions** with **108 engagements** primarily with the Traveller Health Primary Care Project staff. This included ARIES Induction, Co-production training, Facilitation Skills Training and Personal Narrative training.



8. Community Partners - Workshops

On foot of requests for workshops for staff this year, we delivered **3 workshops** with **42 engagements** for our Community Partners including Silver Arch Family Resource Centre, Nenagh, Limerick Youth Service and North Tipperary Development Company.

9. HSE Staff Training

Staff training is a key work stream and this year we are particularly delighted to report that we delivered **5 training inputs** to staff with **58 engagements** that includes Co-Production Training and Facilitation Skills Training.

10. Coffee & Connection

This year we hosted **13 connection café events**, with **158 engagements** across both HSE Acute Psychiatric Units and HSE Day Services. These gatherings, guided by our Recovery Education Facilitators, offer essential opportunities for connection.

11. Introduction to WRAP

This year we continued to ensure that our “Introduction to WRAP (*Wellness Recovery Action Plan*)” programme was made available to residents in HSE Acute Units. Delivered by our trained HSE Staff Facilitators, **33 workshops** were hosted with **206 engagements**.

12. Webinars

Our monthly webinars in partnership with Mental Health Ireland continued to be very popular with **8 webinars** in total and **932 engagements** (live and recorded versions).

13. Presentations & Conferences

Our development strategy enables us to broaden and extend our working partnerships both within the HSE and within the community. To this end, we presented a total of **11 presentations** with **454 engagements**. Highlights included presenting at the Mental Health Commission Staff Conference, the Digital Mental Health Conference - UL, the National Office for Mental Health Engagement and Recovery, NLN Focus Programme, Tusla Foster Care Ennis, Mid West Traveller Primary Care Health Projects and the Psychiatry of Later Life Nurse Education Development Group Conference.

14. Recovery Education - Online Digital Self-Paced Learning

Since 2020 we have steadily built an online portfolio of accessible self-paced courses and resources. These courses offer individuals self-directed learning opportunities providing a flexible, accessible way to learn skills and strategies to support their mental health recovery. We currently have **9 online resources** available which prove exceptionally popular with our learners, with **5,847 engagements** in the period.



1 Accessible

2 Inclusive

3 Transformative

Message from **Mid West ARIES Manager**



Welcome to our annual report for 2024 – 2025. This report is an opportunity to reflect on and showcase the previous years work and acknowledge the hard work put in by our team in Mid West ARIES, HSE Mid West Mental Health staff and community partners who have contributed to our success throughout the year. While there are many highlights there were three standouts for me.

The major highlight for me was when Mid West ARIES was announced joint winner of the Sláintecare category of the HSE Excellence Awards for our Perinatal Self Care Programme – “My Perinatal Self Care, Taking Care of Me” at a reception in Farnleigh Estate in November 2024. The programme was a cross service collaboration with the Special Perinatal Mental Health Team, UMHL and was the first time a co-produced recovery education initiative has won at the HSE Excellence Awards.

Another highlight was the launch of the Mid West ARIES website, this has been a major step in the development of recovery education in the Mid West. Our website includes access to our Eventbrite booking page along with free interactive self-paced learning and free downloadable resources. It has a section on the mental health services provided in the Mid West, which will be developed further with time. It also has an interactive map showing locations and contact details of all HSE mental health services across the region and also includes the “HSE Mid West Directory of Mental Health Services and Supports for Recovery”. The Directory lists statutory, non- statutory, community & voluntary, national and regional agencies that are supporting recovery for people who experience mental health difficulties.

And, the final highlight from me is to see our engagements increase to over 10,000 for the first time across our fourteen workstreams. This clearly demonstrates that having different learning pathways increases accessibility and opportunities for learning.

I’d like to finish with a big thank you to all the team in Mid West ARIES, without their commitment, talent, skills and professionalism none of this would be possible.

Mike

**Mike O’Neill
Manager**



Our Year in Numbers



We are proud to share our Year in Numbers. They highlight the measurable impact of our work.

Across acute, community, and online settings we reached more people than ever before. Despite staffing challenges, our efforts resulted in over 10,000 engagements, underscoring the reach and effectiveness of our recovery education programmes.



Growing Year on Year

Working harder to meet the recovery education needs of people across the Mid West region and nationally.

NO. OF ENGAGEMENTS



10,332

NO. OF EVENTS



375

MID WEST LOCATIONS



12



ACTIVITY	EVENTS	ENGAGEMENTS
1. In Person Community Workshops	29	224
2. Online Community Workshops	61	552
3. Recovery Education in the Acute Psychiatric Setting	160	1,280
4. 3rd Level	4	204
5. Community & HSE Partner Closed Groups	5	49
6. HSE Day Services	24	193
7. Community Partners Training	10	133
8. Community Partners Staff Workshops	3	42
9. HSE Staff Training	5	58
10. Coffee & Connection	13	158
11. Introduction to WRAP	33	206
12. Webinars	8	932
13. Presentations & Conferences	11	454
14. Online Digital Self-Paced	9	5,847



Our Team



Mike O'Neill

Manager

The highlight for me is winning the HSE Excellence Awards, this clearly demonstrates that co-production works, that doing it the right way with all stakeholders at the table pays off. When it comes to meaningful engagement, co-production is not just a skillset, it's a mindset. Once you try working in this way you'll see the tangible benefits it delivers, with meaningful outcomes for all.



Noelle Tanner

Recovery Education Facilitator

For me a standout has been working with perinatal mums. Being a mum myself I understand the highs and lows of motherhood. Seeing the connections made within the group and the feeling of not being alone was empowering. This is not something you can capture with numbers but instead with compassion, kindness and togetherness which goes beyond those few hours together, a ripple effect long after our workshop.



Mags Clifford

Recovery Education Facilitator

As a recovery education facilitator, I have the pleasure of going into Ennis and Limerick APUs. I often wonder do I make a difference? Do people come away with hope? I believe that they do. It's lovely to see a person grow and want to learn so they can manage their journey of recovery and to know I might have helped in any way is great, and for me, I learn so much as well. Life is full of learning, that needs to be shared, then recovery begins.



Margaret Keane

Education, Training & Development Officer

This year has been extra special, marked by recognition at the HSE Excellence Awards, the development of new partnerships across the service and community, and in particular, the opportunity to work with the Primary Care Traveller Health Projects. A major milestone was the launch of our new website after 12 months of dedicated effort, creating an accessible online resource hub where people can access recovery education in their own time.



Eileen Shine

Recovery Education Facilitator

In February we had the privilege to work with the Primary Healthcare Traveller Project, delivering two mental health recovery workshops - "Let's Talk Anxiety and "Let's Talk Self Care". We had a fantastic turnout and the energy, sharing and co-production in the room was life affirming. Our stories connect with each other, those shared bonds and struggles, make us all human. Truly, my highlight.



Laura Carey

Recovery Education Facilitator

In the last year, I have learned that teamwork really is the key to success, especially when there is trust, thoughtfulness, respect and compassion in the team. A strong team really can take on the world. Another highlight of mine is my professional development; my skills and knowledge around mental health really have come so far since I began my role as a Recovery Education Facilitator nearly four years ago. I have enjoyed every minute of it.



Sylvia Kiely

Recovery Education Facilitator

A highlight of my work year was delivering Coffee and Connection in the Acute units and the Day centre in Ennistymon. This warm, welcoming space—once held solely online—felt meaningful, in a new way face to face. In-person gatherings allowed for deeper connection, spontaneous sharing, and the joyful expression of individual strengths and talents. Witnessing participants relax, open up, and support one another in a shared physical space was both inspiring and rewarding.

We are a compassionate and dedicated team who believe that recovery from mental health challenges is possible for everyone with the right support, knowledge, and skills. Each of us brings unique expertise and experience, but what unites us is a shared passion for empowering people to overcome challenges and achieve lasting recovery through learning.





What We Do

Our Vision

To provide the Mid West Region with an inspirational, transformative and inclusive educational programme on recovery and wellbeing.



Our Mission



- To provide education and resources created and delivered by service users, family members, carers and mental health professionals.
- To inspire hope, create opportunities and foster the belief that recovery and wellbeing are possible.
- To promote education as a tool in mental health recovery.
- To make this programme available in Limerick, Clare and North Tipperary.
- To promote a culture of inclusivity, mutual respect and learning among all: service providers, service users, family members, friends, carers and anyone with an interest in mental health and wellbeing.





Our Work Streams



IN-PERSON & ONLINE IN THE COMMUNITY

Making recovery education accessible to all



ACUTE PSYCHIATRIC UNITS

Personal and clinical recovery working together



MENTAL HEALTH STAFF & COMMUNITY PARTNERS TRAINING

Supporting recovery focused work practice

COMMUNITY PARTNERS STAFF WORKSHOPS

Supporting staff to practice self care in the workplace

HSE DAY SERVICES

Bringing recovery education to Day Service Attendees



3RD LEVEL TRAINING & WORKSHOPS

Making personal recovery part of the curriculum



DEVELOPMENT & INNOVATION

Building and developing key partnerships to co-produce award winning innovative recovery education programmes & resources

CLOSED COMMUNITY GROUPS

Tailored workshops for marginalised groups.

COFFEE & CONNECTION

For residents in Acute Units & Day Centres

PRESENTATIONS & CONFERENCES

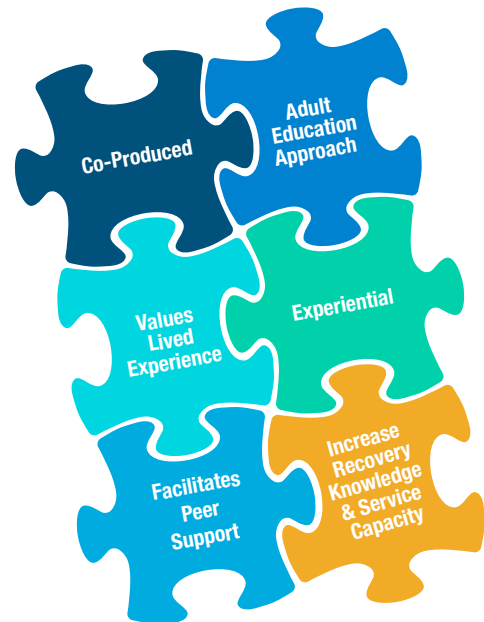
Promoting access for all to recovery education



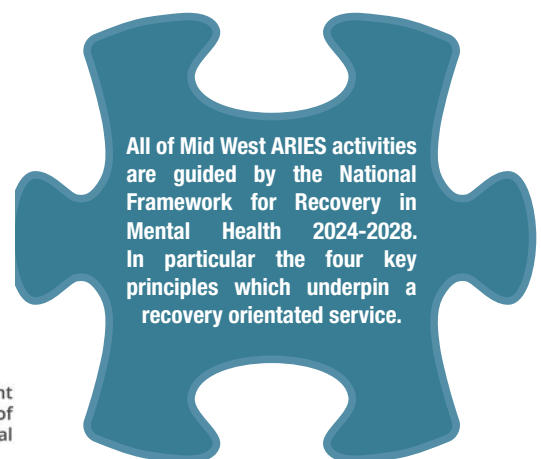


Why We Do What We Do

Recovery education takes a strengths-based and adult-learning approach to mental health recovery. It focuses on empowering individuals by providing them with the knowledge, skills, and resources they need to meet their own personal recovery needs and goals.



Central to this model of learning is lived experience, where people can share their experiences of what and who helped them on their recovery journey. This “peer-to-peer” learning fosters hope, builds resilience and facilitates peer support.





Our Stakeholders

Co-production is at the heart of our work, ensuring that workshop topics and learning content reflect the real needs of our stakeholders. This collaborative approach leads to more impactful, relevant, and transformative learning outcomes for all.

Co-Production is ...

a way for people who use the mental health services (including their families and carers) and community partners to work together with people who provide mental health services, to make those services better.

Mid West ARIES co-produced definition





How We Do What We Do

We continue to maintain and enhance the quality of our recovery education service, ensuring that all development is underpinned by the National Framework for Mental Health Recovery Education Toolkits.



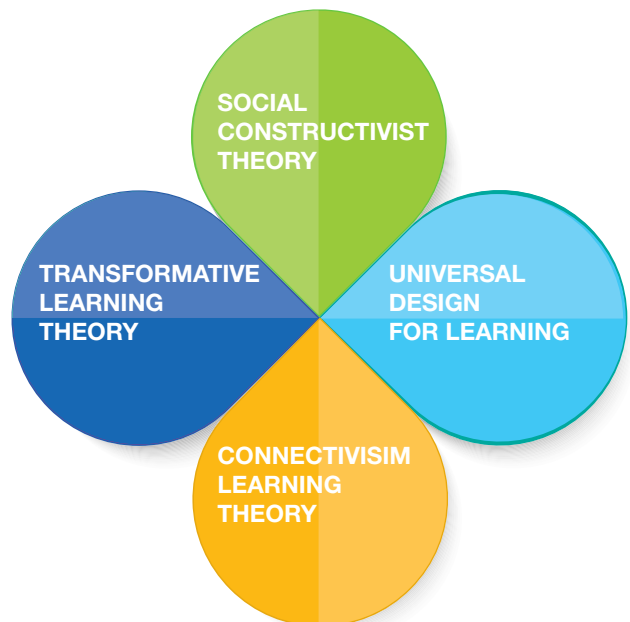
QUALITY ASSURANCE

Our values, principles, guidelines and strategies are essential to maintaining the quality of our service. They serve to promote best practice, standardise our delivery, ensure that legislative and regulatory requirements are met, and ensure that our team is clear on their roles and responsibilities.

Our recovery-focused team is committed to continuous professional development, ensuring staff are supported to grow and thrive. Guided by our Core Values in Community Development and our Core Communication Principles, we work to build strong and lasting partnerships across the Mid West region.

Our approach is shaped by national resources such as the Resources to Support the Development and Implementation of Recovery Education 2020–2025 and the accompanying Toolkit. Alongside these, we have developed a comprehensive suite of in-house guidance documents covering key areas including the development cycle, staff recruitment and training, GDPR, communications, and promotion. These frameworks place quality assurance at the heart of everything we do.

We also embed the principles of co-production, drawing on the Co-Production in Practice Guidance Document (2018–2020) and our team’s expertise in learning design. This enables us to create engaging, impactful content that applies best practice instructional design and harnesses modern technologies—enhancing both the reach and effectiveness of our programmes and resources.

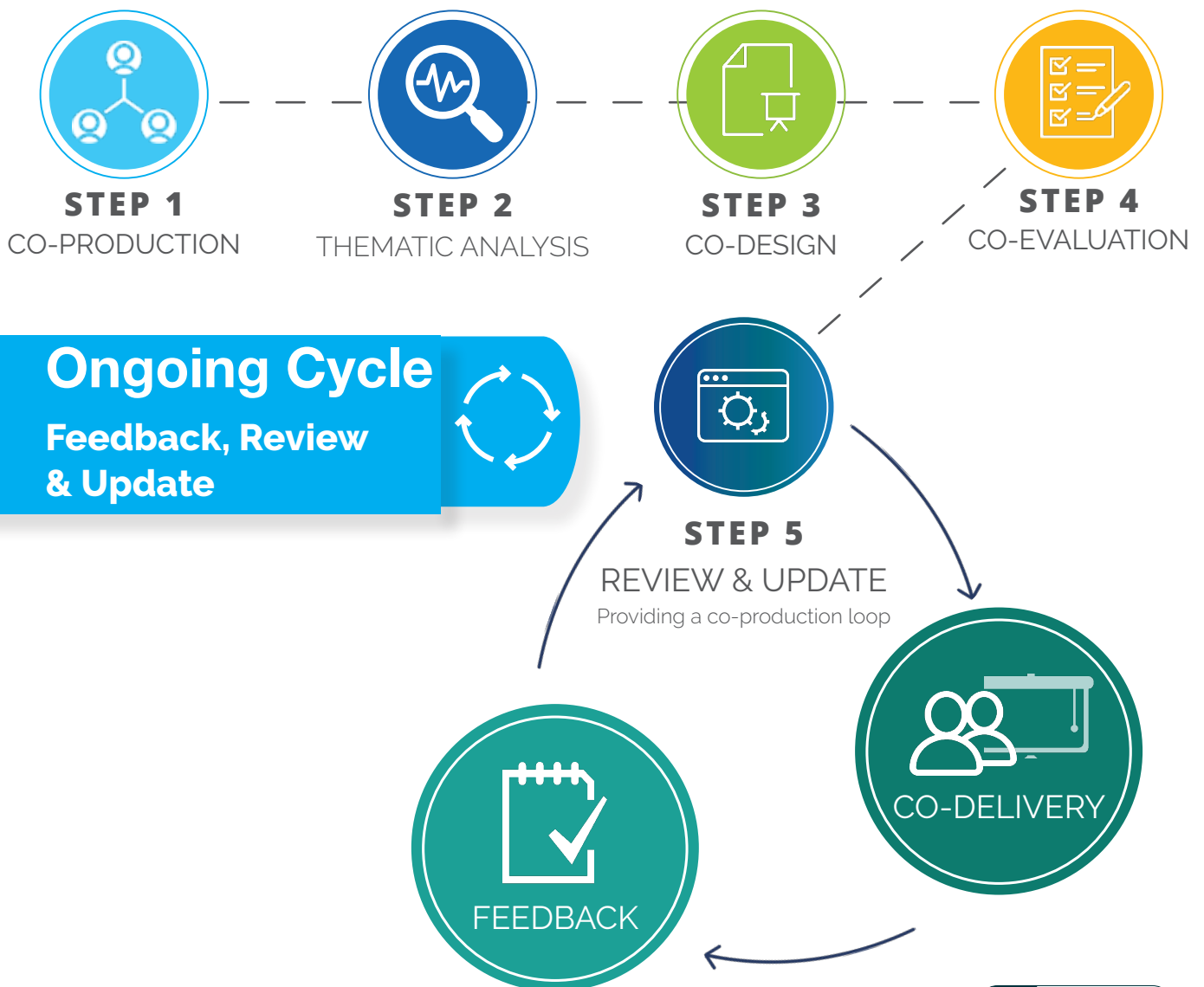


Built on Evidence-Based Adult Learning Theories



Our Development Cycle

All of Mid West ARIES' educational content, from workshop topics to learning materials, follows a rigorous development cycle rooted in co-production. This process spans from initial creation to co-delivery and co-evaluation, ensuring a collaborative approach at every stage. Additionally, we gather and document continuous learner feedback, establishing an ongoing co-production loop that drives the evolution of every workshop and resource. This cycle ensures that learner input remains central to everything we create.



"I enjoyed connecting with others.
Gaining clarity. Experiencing the
warmth and connection. Listening
and being listened to."

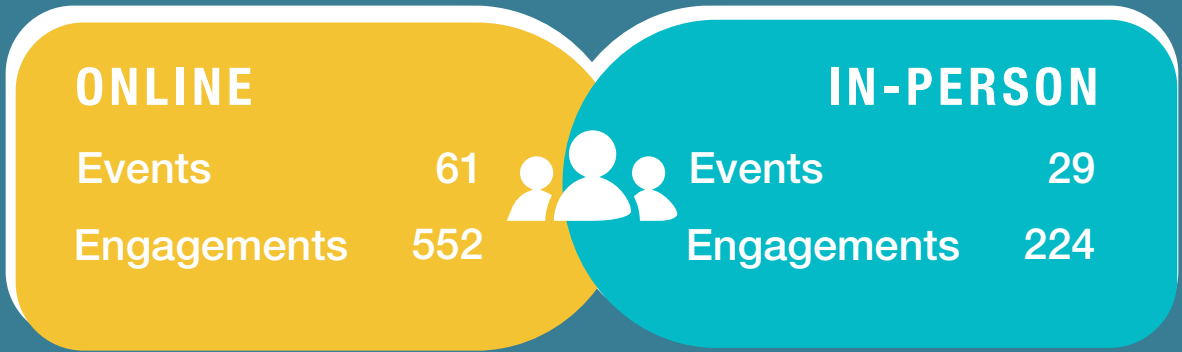


What People Say
About Our Workshops



Recovery Education Community

We work with communities across the Mid West to provide a comprehensive, co-produced and co-delivered transformative educational programme on recovery and well-being to those aged 18 years and over.



Our workshops, both online and in-person, remain at the heart of our work. This year, we proudly hosted **90 workshops**, reaching **776 participants** and fostering learning, connection, and hope across our communities.

We delivered **29 in-person workshops** in collaboration with community partners across **12 locations** in the Mid West, including 6 in Co. Clare, 3 in Limerick, and 3 in North Tipperary. Each session created opportunities for connection, learning, and shared recovery experiences within local communities.

Our online workshops continue to flourish, with **61 sessions** welcoming **552 participants**. These accessible sessions make it possible for people to join us regardless of location, mental health challenges, or disability.

Driven by our commitment to removing barriers to recovery education, we'll continue expanding access so that everyone has the opportunity to connect, learn, and thrive, ensuring that everyone, no matter their circumstance, has the opportunity to learn, connect, and grow through recovery education.





Recovery Education Community Co-Evaluation

Continuous co-evaluation of all workshop content and delivery is essential to maintaining a high-quality, recovery focused education service. Following each online or in-person community workshop, participants are invited to complete an anonymous feedback form that includes both quantitative and qualitative questions.



QUANTITATIVE FEEDBACK

We use two 5-point Likert scales to evaluate each workshop. The first scale evaluates participants' satisfaction with the facilitation and delivery across 11 statements, capturing participants' overall satisfaction with the learning experience:

1. *The process of becoming involved in the session was straightforward and trouble-free.*
2. *I felt welcomed by the facilitators to the session.*
3. *The technology used was adequate. (Online) OR The venue was comfortable with adequate facilities (in-person).*
4. *The aims and objectives of the session were clearly explained.*
5. *My involvement and contributions were supported and facilitated well.*
6. *The involvement and contributions of other group members were supported and facilitated well.*
7. *I felt respected and my opinions were valued.*
8. *The facilitators were knowledgeable.*
9. *The facilitators communicated effectively.*
10. *The structure of the session helped to achieve the stated aims.*
11. *I would be happy to participate in a future ARIES session.*

The second scale is based on the 5 key aspects of personal recovery identified by the CHIME Framework: **Connectedness, Hope, Identity, Meaning and Empowerment.**

1. *I felt connected to the activities and processes in this session*
2. *I feel hopeful about Recovery after taking part in this session.*
3. *I feel my identity was recognised and valued in this session.*
4. *I feel that the material delivered in the session is meaningful to me.*
5. *I feel more empowered after taking part in this session.*

QUALITATIVE FEEDBACK

We also gather qualitative feedback by asking what worked best and what worked less well or could be improved at the end of each workshop delivered. All of this feedback is then used to evaluate, reflect and update our learning content and delivery, in line with our co-production development cycle.



Recovery Education Community Workshops

Topics

CREATIVITY WORKSHOPS TO SUPPORT WELLBEING



ANXIETY & DEPRESSION WORKSHOPS



CHIME WORKSHOPS



SELF CARE & RESILIENCE WORKSHOPS



PERINATAL & PARENTAL SELF CARE WORKSHOPS



FAMILY RECOVERY WORKSHOPS





Community Workshops In-Person

1

Community Workshops In-Person

This year, our dedicated team travelled throughout the Mid West, delivering workshops in 12 key locations, including Limerick City and County, Ennis, Killaloe, Newport, Nenagh, Ennistymon, Shannon, and Kilkee. By strengthening long-standing community partnerships and welcoming new collaborations, such as Clare Healthy Libraries, we broadened our reach, deepening both the impact and accessibility of our services across the region.



We are pleased to report sustained expansion of our in-person recovery education programme this year. We delivered **29 workshops**, resulting in **224 participant engagements** across **6 locations in County Clare**, **3 in North Tipperary**, and **2 in Limerick**.

We extend our sincere thanks to our community partners for their continued support. This year, we were fortunate to partner with: Ennistymon Library, the Hunt Museum, Killaloe/Ballina Family Resource Centre, Kilkee Library, Limerick City Library, Scariff Library, Shannon Family Resource Centre, Silver Arch Family Resource Centre, and West Clare Family Resource Centre. Their support helps ensure that recovery education remains accessible throughout the region.



Community Workshops In-Person - Feedback

CHIME In-Person Community

162

Respondents

95%

The Learning Experience

**OVERALL
SATISFACTION**

94%

CONNECTEDNESS

Felt connected to the activities and processes in the session

91%

HOPE

Felt hopeful about recovery after taking part

94%

IDENTITY

Felt their identity was respected and valued

96%

MEANING

Felt that the material delivered was meaningful

92%

EMPOWERMENT

Felt more empowered after taking part



OVERALL SATISFACTION

To support continuous improvement of our in-person workshops, all participants are invited to complete a feedback form. During this reporting period, **162 attendees provided feedback**, rating the content, delivery, and overall learning experience across 11 key metrics. We are pleased to report an impressive overall satisfaction rate of **95%**, reflecting highly positive experiences across all areas.

PERSONAL RECOVERY - CHIME

As with our online workshops, in-person participants evaluate their learning experience using a 5-point Likert scale informed by the CHIME Framework: **Connectedness (94%)**, **Hope (91%)**, **Identity (94%)**, **Meaning (96%)**, and **Empowerment (92%)**. We are delighted to report that all five CHIME processes scored above the 90th percentile. These consistently high ratings highlight the meaningful impact of recovery education and underscore the value of our programmes in supporting individual recovery journeys.

Community Workshops In-Person - Feedback

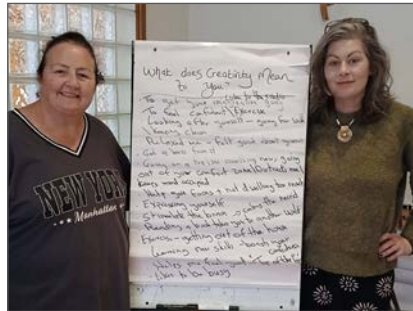
Sample Feedback



I enjoyed hearing the stories, it normalises mental health issues, makes it a safe place to discuss.



Thanks so much, it was a fantastic safe environment to speak in and great tips and tools to take from the course.



I have benefited greatly, thank you!

Great opportunity to meet in person - easy venue, accessible parking, local, tea and biscuits, relaxed environment - no pressure, with the links and follow up supports being made available.

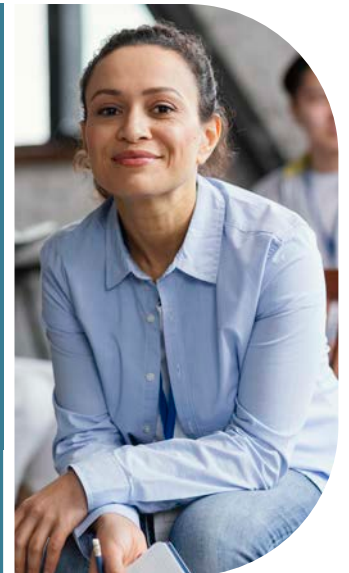


Today's session helped me understand fully on how to cope with a family member going through a mental health crisis.

Facilitators gave everyone time to talk. Makes you think about your life and what needs to be changed or improved to keep social.

Talking things out with each other. Listening I learned a lot. Laughing makes me feel good.

I felt safe to share my thoughts as I want to better myself and be resilient to life's challenges and to make my life count.



I enjoyed meeting new people, I learned more about caring for myself, everyone was non-judgemental.

Community Workshops In-Person - Feedback

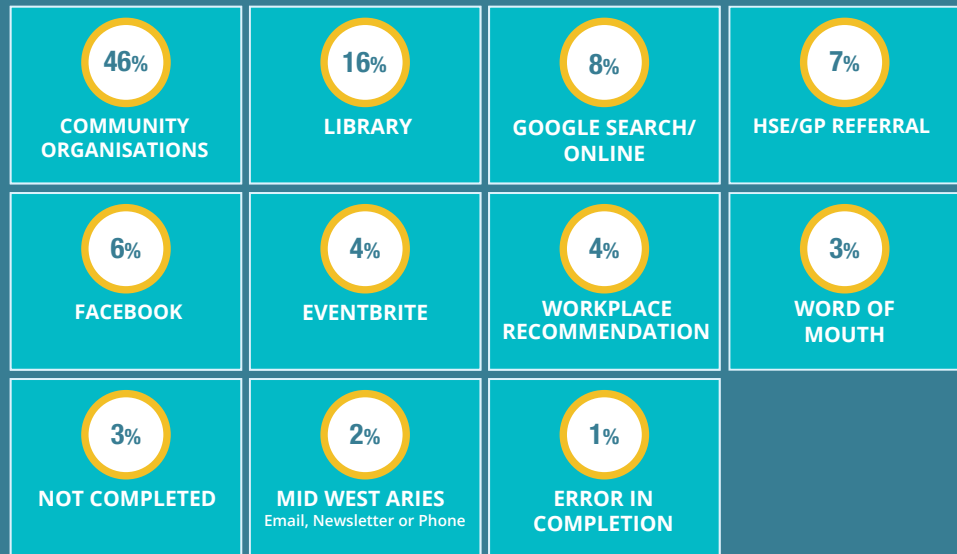
Where Did You Hear About Us?

Our Sources



Top 3

- Community Organisations
46%
- Library
16%
- Google Search/
Online 8%



***Please note: percentages are rounded up*



IN-PERSON COMMUNITY PROMOTIONAL STRATEGY

Our in-person community workshops continue to be made possible through strong partnerships with local organisations across the Mid West. Family Resource Centres, libraries, and mental health associations, each with deep roots and trusted relationships within their communities, play an essential role in promoting our workshops through their websites and social media channels.

Community organisations remain our most significant referral source, accounting for 46% of all attendees. In addition, 7% of participants were referred by the Mental Health Services, highlighting the importance of this ongoing in-service partnership in expanding access to recovery education. This year also marked an expansion of our work with the Mid West Library Network, which contributed 16% of attendees.

"I have learned so much from today. I was kind of nervous before but I am so glad I came. The facilitators were absolutely brilliant."



What People Say
About Our Workshops



Hunt Museum Partnership

Creativity for Wellbeing

This year, we continued our partnership with the Hunt Museum, Limerick, and our cross-service collaboration with Mid West Mental Health Engagement and Mid West Mental Health Occupational Therapy to co-deliver a highly successful series of Creativity for Wellbeing workshops. This innovative two-part series represents the first recovery education initiative of its kind, focusing on harnessing the power of creativity to support mental health and wellbeing.

We extend our sincere thanks to Rosemary Ryan, Mid West Mental Health Engagement Lead; Maria Cagney, Curator of Education & Outreach at the Hunt Museum; and Áine Frawley, Occupational Therapist with the Limerick & North Tipperary Mental Health Service, for their continued support of this project.

PART 1

Facilitated by Mid West ARIES Recovery Education Facilitators during this section learners explore their understanding of creativity and how they can tap into their creativity to support and enhance their mental health and wellbeing.

PART 2

In the concluding section, led by an art therapist, the group then gets to try out some inspiring creative activities such as copper repousse, lino printing, clay making or wreath making.



Series Evaluation

To strengthen the quality of insights gathered for this series, we revised our feedback form to elicit more meaningful and relevant responses. Two new evaluation questions were added:

- *After attending this workshop I feel more confident in using my creativity to support my mental health and wellbeing. **100% of respondents agreed or strongly agreed.***
- *After attending this workshop I intend to engage in simple creative activities each week to support my mental health and wellbeing. **100% of respondents agreed or strongly agreed.***

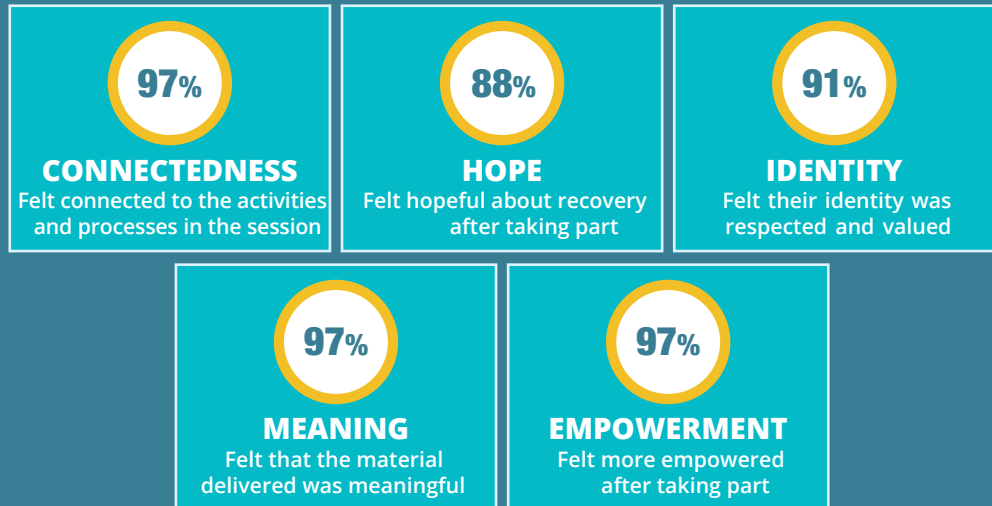
These exceptional results highlight the significant impact of the series.



Hunt Museum Partnership Feedback



CHIME Hunt Museum Workshops



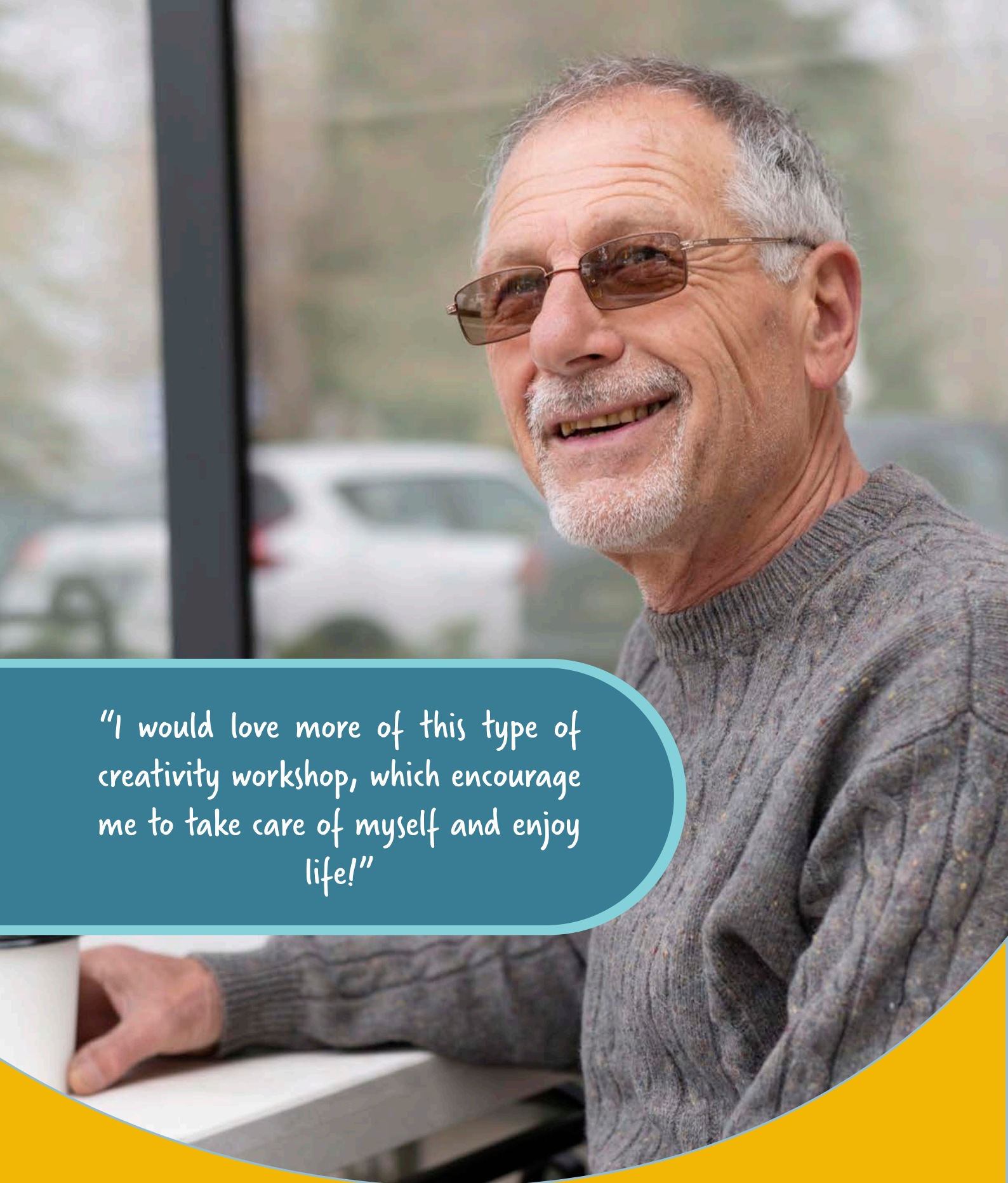
OVERALL SATISFACTION

Feedback from participants in the Creativity for Wellbeing series has been overwhelmingly positive. Among the **32 respondents**, **99% reported high overall satisfaction with their learning experience**, demonstrating the series' strong alignment with participant needs. We are especially pleased to note that 100% of attendees expressed an intention to engage in a creative activity to support their mental health and wellbeing—an encouraging indication that the workshops may have prompted positive behavioural change.

PERSONAL RECOVERY - CHIME

Using a 5-point Likert scale aligned with the CHIME framework for personal recovery, respondents reported consistently high scores across all five areas. The only metric falling below the 90th percentile was 'Hope,' which scored 88%. Notably, 9% of respondents opted not to answer this question, a pattern consistent with last year's feedback.





"I would love more of this type of creativity workshop, which encourage me to take care of myself and enjoy life!"

What People Say
About Our Workshops



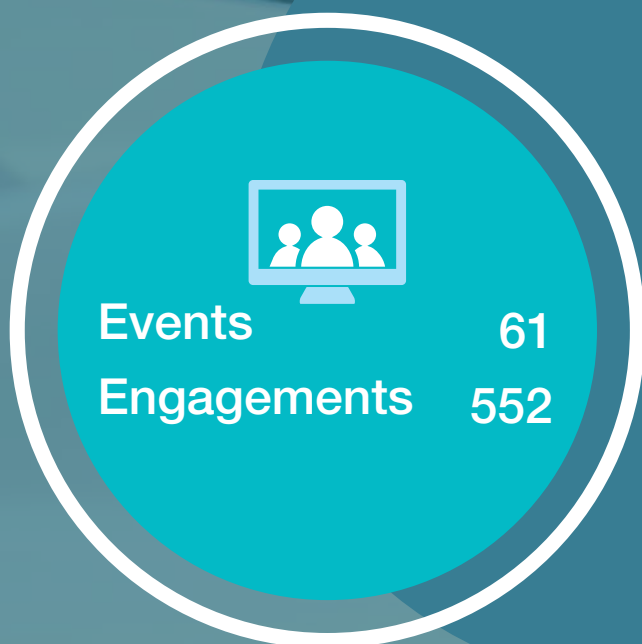


Community Workshops Online

2

Community Workshops Online

Our online community workshops remain a popular and positive choice for learners, offering a flexible and accessible way to connect, learn, and grow. We are committed to creating meaningful and transformative learning experiences in the online space, where participants feel supported and engaged. Our skilled facilitation team has developed strong expertise in virtual delivery, ensuring every workshop meets best practice standards in instructional design, making each session engaging, impactful, and relevant for everyone who takes part.



This year, our team facilitated **61 online community workshops**, with a total of **552 learner engagements**. The online learning space continues to offer a valuable and inclusive alternative for those who may find it difficult to attend in-person events due to disability, accessibility needs, or time constraints.

Following each live session, participants receive a comprehensive learner pack containing additional resources and a summary of workshop discussions. These materials are designed to support ongoing learning, reflection, and personal recovery journeys.

Community Workshops Online - Feedback

CHIME Online Community

163

Respondents

96%

The Learning Experience

**OVERALL
SATISFACTION**

95%

CONNECTEDNESS

Felt connected to the activities and processes in the session

89%

HOPE

Felt hopeful about recovery after taking part

96%

IDENTITY

Felt their identity was respected and valued

97%

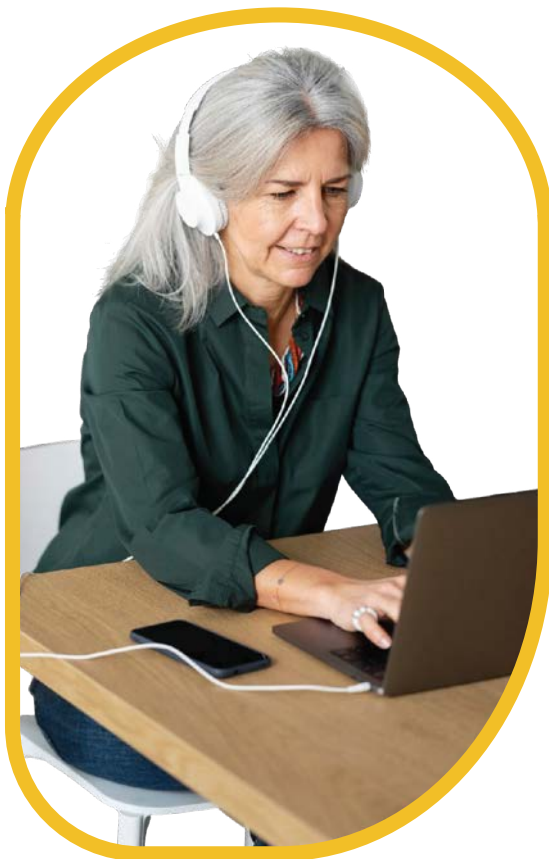
MEANING

Felt that the material delivered was meaningful

93%

EMPOWERMENT

Felt more empowered after taking part



OVERALL SATISFACTION

We are delighted to report another year of exceptional feedback from our learners, with 96% expressing overall satisfaction with their learning experience. This result reflects the quality and care that go into every online workshop, both in content and delivery. Our Recovery Education Facilitators continue to demonstrate outstanding skill in creating engaging, interactive, and supportive online environments that mirror the richness of our in-person sessions.

PERSONAL RECOVERY - CHIME

Using the CHIME framework we measure how our workshops contribute to participants' personal recovery journeys. Once again, results remain consistently high across all five dimensions: **Connectedness (95%), Hope (89%), Identity (96%), Meaning (97%), & Empowerment (93%)**. These strong results demonstrate the meaningful impact of our recovery education programmes in supporting people to connect with others, nurture hope, strengthen their sense of identity, find purpose, and feel empowered in their personal recovery journey.

Community Workshops Online - Feedback

Sample Feedback



Being online made it very accessible. The facilitators were respectful and heard what people were saying.



Everyone got an opportunity to speak and time to think.



Really lovely interactive session, great advice and nice tasks!

A great bunch of people who were open. I loved hearing everyone's challenges but we could learn from each other.



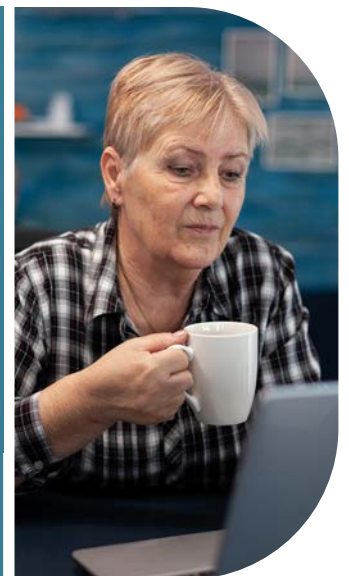
Thank you very much for a fantastic session!

Everyone had to identify themselves and be mindful of confidentiality and respect.

I thoroughly enjoyed taking part in the discussions. it was a relaxed and safe session.

I loved everything! The entire workshop was just so good, beautiful, warm, inclusive, definitely felt like we were all kindred spirits sharing and supporting each other.

The facilitators were all caring and observant.



Community Workshops Online - Feedback

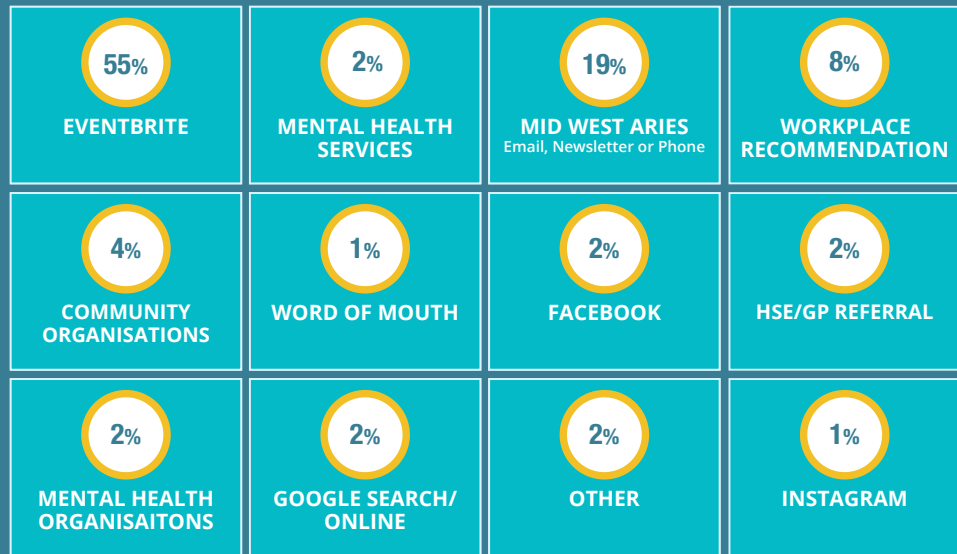
Where Did You Hear About Us?

Our Sources



Top 3

- Eventbrite 55%
- Mid West ARIES 19%
- Workplace Recommendation 8%



***Please note: percentages are rounded up*



ONLINE COMMUNITY PROMOTIONAL STRATEGY

Understanding how participants discover our educational programmes helps us strengthen our online workshop promotion and expand our reach to new audiences.

This year, Eventbrite continued to be our main source of registrations, accounting for 55% of online workshop sign-ups, showing the platform's growing effectiveness in connecting learners with our programmes.

Our monthly communications strategy is also showing great results, with 19% of participants saying they learned about upcoming events through these updates.

In addition, workplace recommendations have grown notably, now ranking third at 8%, reflecting the positive word-of-mouth and value our workshops bring to professional and community settings.

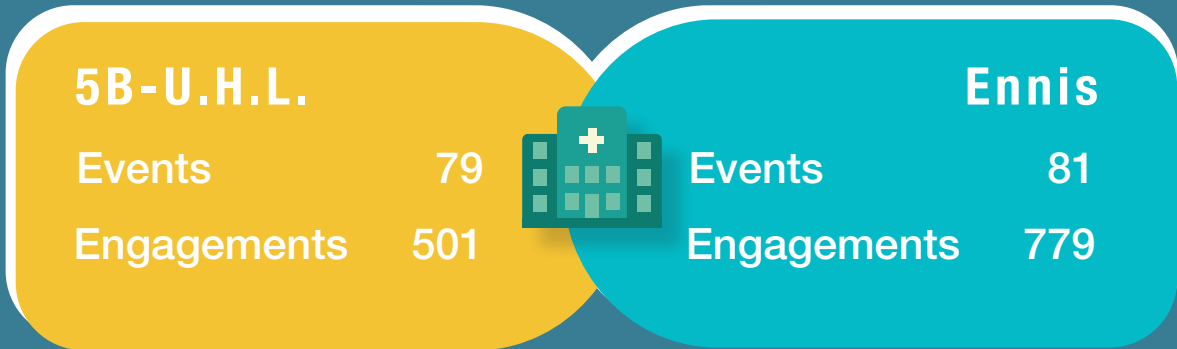
"I was able to relate to almost everything that was discussed, which helped me realise I am not on my own and others are going through similar painful situations."

What People Say
About Our Workshops



Recovery Education Acute Psychiatric Units

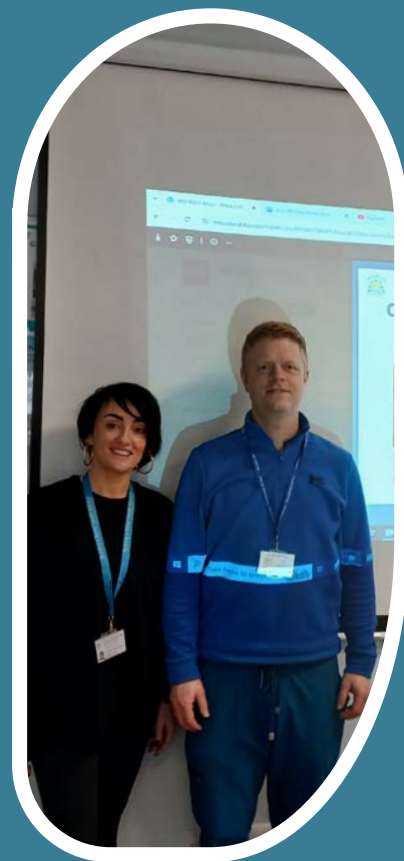
Working with the Recovery & Wellbeing Team in both Acute Psychiatric Units we delivered a comprehensive programme of recovery education with a total of 160 workshops for 1,280 attendees over the year.



Facilitating recovery education within the Limerick and Ennis Acute Psychiatric Units remains a cornerstone of our weekly programme, with workshops delivered twice weekly at each site. These sessions form an essential part of our Recovery Education Facilitators' work, enriched by the sharing of their own lived experiences of recovery in a safe, bounded way focusing on what and who can help. This personal insight is central to the programme, offering meaningful perspective, connection, and hope for those currently on their recovery journey.

Participant feedback continues to highlight the real value of these workshops, particularly the practical guidance offered and the impact of hearing about recovery from a personal perspective.

We extend our sincere appreciation to the outstanding mental health staff who co-facilitate these sessions. Special thanks to Sarah Danagher and Barbara Keating in Limerick APU, and to John O'Connor and Angela Chaplin in Ennis APU. Their commitment, collaboration, and support are vital to ensuring that recovery education remains accessible within the Acute Units, and we are deeply grateful for their dedication to person-centred recovery.





Recovery Education Workshops

Acute Unit Co-Evaluation

As with our community workshops, gathering feedback from attendees in acute settings is essential to ensuring that our service remains true to co-evaluation at every stage of delivery. To support this, we invite all participants to complete a short feedback form that includes both quantitative and qualitative questions. This process enables us to continuously reflect, learn, and enhance the quality and relevance of our recovery education offerings.



QUANTITATIVE FEEDBACK

Using a 5-point Likert scale the feedback form focuses on the 5 key aspects of personal recovery identified by the CHIME Framework: Connectedness, Hope, Identity, Meaning and Empowerment. In this way, we can assess the effectiveness and impact of each individual workshop in terms of personal recovery.

1. *I felt connected to the activities and processes in this session*
2. *I feel hopeful about Recovery after taking part in this session.*
3. *I feel my identity was recognised and valued in this session.*
4. *I feel that the material delivered in the session is meaningful to me.*
5. *I feel more empowered after taking part in this ARIES session.*

QUALITATIVE FEEDBACK

We also collect qualitative feedback by asking participants what aspects of each delivered module worked well, and what could be improved.

All of this feedback is then used to evaluate, reflect and update our learning content and delivery for acute psychiatric settings; supporting our co-production review and update cycle.



Mid-Workshop Feedback Form

Thank you very much for taking part in this session. We would like your feedback to help us to improve for the future.

Please respond to the statements below, ticking an option from Strongly Agree to Strongly Disagree.

Statement	Please tick a box				
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I felt connected to the activities and processes in the session.					
I feel hopeful about Recovery after taking part in this session.					
I feel my identity was recognised and valued in this session.					
I feel that the material delivered in the session is meaningful to me.					
I feel more empowered after taking part in this session.					

Please answer the following questions based on your experience today:

What worked well in the session today?

What worked less well in the session today or what could be improved?

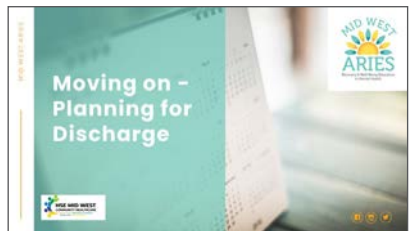
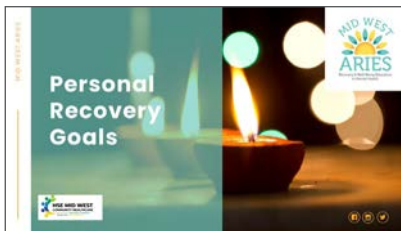
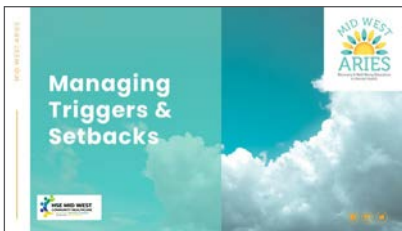
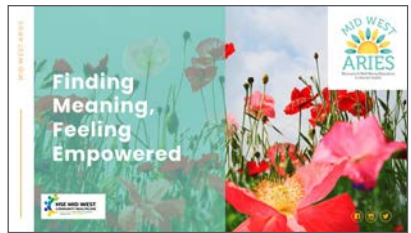
Any other comments or suggestions?

Thank you!



Recovery Education Acute Unit Workshops

Topics



Community Workshops Acute Unit - Feedback

CHIME Acute Psychiatric Units



PERSONAL RECOVERY - CHIME

During this reporting period, we received feedback from **728 participants** across the Acute Psychiatric Units in Limerick and Ennis. Responses were overwhelmingly positive, with an average of **91% of attendees reporting increased feelings of Connectedness, Hope, Identity, Meaning, and Empowerment** after taking part in a Mid West ARIES workshop.

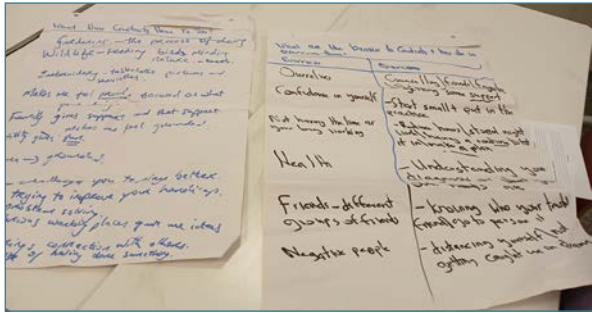
These outcomes underscore the meaningful impact of recovery education within acute psychiatric settings, where workshops can play a vital role in supporting individuals on their personal recovery journey, even during times of significant distress.

We extend our sincere thanks to all participants in the Acute Units for their openness, engagement, and valuable contributions to our workshops.

Community Workshops

Acute Unit - Feedback

Sample Feedback



Very good communication, very real and human and very inspiring.



The speaker was very down-to-earth and kind. Hearing how other people struggle made it feel less taboo.



Thanks it was brilliant. Really enjoyed it. Excellent workshop.

It was an amazing hour, amazing wise words and knowledge were shared with links to memories and experiences.



Hearing everyone else's ideas, and feeling like we are going through the same journey of dealing with depression.

The interactive aspect - I loved going around in a group and sharing.

Understanding that support is always available even when its hard to want it.

Excellent questions, instilling belief in me/us in the room, personal examples shared, understanding that we're not alone, we're all in this together.



I have learned that I have a right to fail.

“Mid West ARIES is obviously a valuable service and it was nice to meet innovators in the field.”



What People Say
About Our Workshops





ARIES Training 3rd Level Partnerships

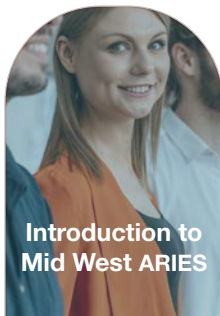
4

This year, we further strengthened our training partnerships with Third Level Institutions, creating meaningful opportunities to introduce students to the principles of co-production, personal mental health recovery, and our new offering, CHIME for Teams. In total, we delivered four workshops to 204 participants.



Our long-standing collaboration with the **University of Limerick** continued to strengthen, with training provided to **Paramedics, Allied Health Professionals, and Non-Consultant Hospital Doctors (NCHDs)**. We are also pleased to report the expansion of our

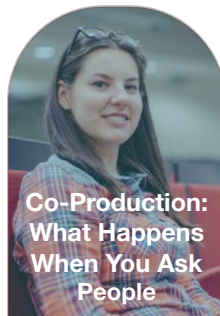
partnership with **Shannon College of Hotel Management**, where we delivered targeted CHIME-based training designed to support second-year students in maintaining their mental health and wellbeing while on international placement.



Introduction to Mid West ARIES

35

Non-Consultant Hospital Doctors



Co-Production: What Happens When You Ask People

124

UL Allied Health Professionals



Recovery Principles & Practice Module 1

28

UL Paramedics



CHIME for Teams

17

Shannon College of Hotel Management



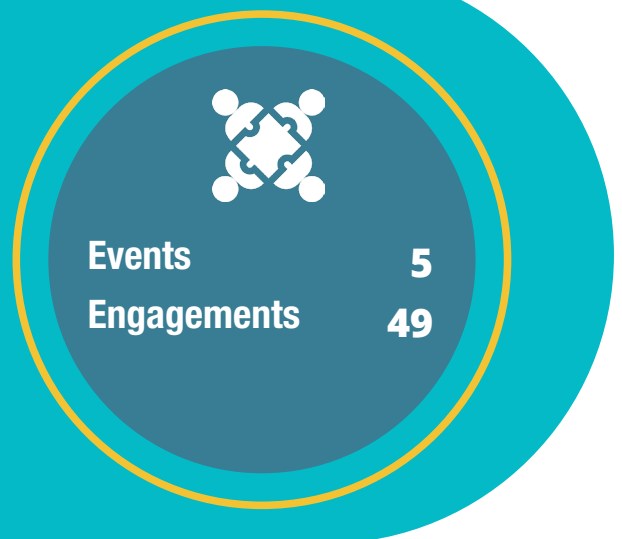
Community & HSE Partner Closed Groups

5

As a responsive, community-focused service, we remain committed to listening, adapting, and meeting the needs of people across the Mid West region, particularly those from marginalised or hard-to-reach groups. This year, we continued to expand recovery education access for individuals who may experience barriers to participation.

We prioritised expanding our work streams to deliver tailored workshops for these groups, ensuring that those unable to attend our open community sessions can still engage in a supportive, accessible environment designed to meet their unique needs.

To achieve this, we were privileged to collaborate with several remarkable organisations, including the National Learning Network Focus Programme, the NLN Office Ennis, LSSC, and a number of dedicated community mothers' groups. One of the highlights of the year was delivering our Perinatal Self-Care workshop to a vibrant young mothers' group in Southill, Limerick. These partnerships have empowered us to extend recovery education to those who need it most, fostering inclusion, nurturing confidence, and creating meaningful opportunities for personal growth and wellbeing across our communities.



 <p>Perinatal Self Care "Taking Care of Me" Workshop</p> <p>14</p> <p>SPMHT & Community Mothers Groups</p>	 <p>Journaling for Wellbeing</p> <p>4</p> <p>NLN Focus Programme</p>	 <p>Creativity for Wellbeing</p> <p>4</p> <p>NLN Focus Programme</p>	 <p>Journaling for Wellbeing</p> <p>16</p> <p>National Learning Network (NLN) Ennis</p>	 <p>Perinatal Self Care "Taking Care of Me" Workshop</p> <p>11</p> <p>LSSC Young Mothers City Slickers Group</p>
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Closed Groups - Feedback

CHIME Closed Community Groups

39

Respondents

87%

The Learning Experience

**OVERALL
SATISFACTION**

85%

CONNECTEDNESS

Felt connected to the activities and processes in the session

82%

HOPE

Felt hopeful about recovery after taking part

85%

IDENTITY

Felt their identity was respected and valued

90%

MEANING

Felt that the material delivered was meaningful

87%

EMPOWERMENT

Felt more empowered after taking part



OVERALL SATISFACTION

We are delighted to report that across the five “closed” community workshops delivered during this period, **39 of the 49 attendees completed our feedback form.** Respondents rated their **overall learning experience at an impressive 87%**, reflecting the strong impact and quality of these tailored sessions.

PERSONAL RECOVERY - CHIME

The feedback aligned with the CHIME framework of Connectedness, Hope, Identity, Meaning, and Empowerment was highly positive. **On average, 86% of respondents reported meaningful improvements** across these key areas after taking part in the workshop.

These remarkable results shine a light on the transformative power of offering recovery education in ways that truly meet people where they are at. By tailoring our workshops to groups who may face barriers to accessing our regular programme, we are opening new pathways to connection, confidence, and personal growth.

Closed Groups - Feedback



Sample Feedback



It was good talking about burdens and listening to other people having the same burdens.

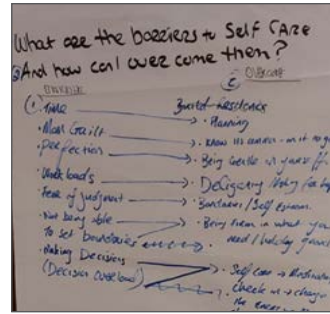


The videos and presentation worked the best.



It was good to have the Perinatal Self Care Workbook, the wellness dimensions - being aware of them, to help build your resilience.

Thank you for coming in today.



The facilitators giving the workshop were very nice and considerate.

To be honest I enjoyed everything. It was so insightful.

Facilitators did a lovely job organising the event, and presented very valuable info.

It was good meeting others who are all in the same boat. All aspects were good, I learnt so much and opened my mind so much. Thank you. Felt class worked well. I was very impressed with the personal story.



I am inspired to start journaling!



"It was very interactive. I felt very comfortable with sharing things. Everyone was sharing their feelings without judgement."

What People Say
About Our Workshops





Recovery Education HSE Day Services

6

This year, we significantly expanded our collaboration with Mid West HSE Day Services, including Iniscara Day Centre (Limerick), Ivy Gate Day Centre (Kilmallock), Stella Maris Community Mental Health (Lisdoonvarna), North Clare Day Centre (Ennistymon), and Ennis Day Centre. Across the period, we facilitated 24 workshops with 193 participants. This expanded programme provides an important bridge for individuals transitioning from our Acute Unit workshops, allowing them to continue their learning journey within community settings that nurture hope, connection, and growth. We are deeply encouraged by the impact of this work and remain committed to extending recovery education access across HSE Mid West Mental Health Service.

We would like to extend our sincere thanks to the dedicated mental health staff across the HSE Day Services for their ongoing partnership and support in bringing recovery education to their communities. Their commitment to person-centred, recovery-focused care is truly inspiring and reflects how deeply recovery education is valued and embraced within these services. These workshops would simply not be possible without their enthusiasm, collaboration, and on-going support.



Events 9 Engagements 63	Events 8 Engagements 72	Events 1 Engagements 2	Events 6 Engagements 56	Events 2 Engagements 26
Iniscara Day Centre Limerick	Ivy Gate Day Centre Kilmallock	Stella Maris Community Mental Health Lisdoonvarna	North Clare Day Centre Ennistymon	Ennis Day Centre Ennis

Recovery Education Day Services - Feedback

CHIME HSE Day Services



PERSONAL RECOVERY

The CHIME framework continues to be an invaluable measure of the positive impact our workshops have on personal recovery. We are delighted to report that, across our Day Service workshops, an average of **90% of respondents expressed positive improvements across all five CHIME dimensions** of Connectedness, Hope, Identity, Meaning, and Empowerment.

These results highlight the transformative nature of recovery education for our HSE Day Services participants. They demonstrate the importance of offering accessible, meaningful learning opportunities that empower individuals to take positive proactive steps in supporting their own mental health and wellbeing, while complementing their clinical recovery.

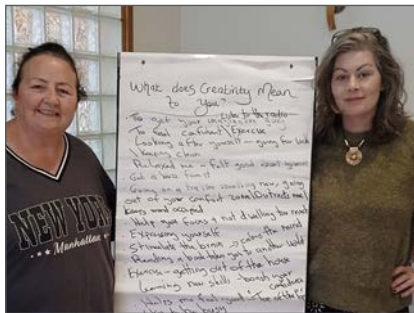
Sample Feedback



Great facilitators, lovely people - really, really understanding.



This session was beneficial and I would recommend it to other people.



Everyone had the chance to speak their mind.

It taught me to think for myself.



Very interesting talk on anxiety, I have more of an understanding of what anxiety is.

Love the sessions always, they help me think positively.

Ye are brilliant, and thank god for ye, thanks a million!

I think what worked best in this session is listening to everyone and their opinions. I think what worked well was the nice people taking part in it and the facilitation.



Excellent workshop for the day centre, I see great improvement in our clients' recovery, very positive.



"I feel empowered after taking part in this session."

What People Say
About Our Workshops





ARIES Training Community Partners

7

This year, in response to additional training requests from our community partners, we broadened our training offerings to better support their evolving needs. As part of our community development strategy, we place strong emphasis on addressing identified skills gaps, particularly those relating to the delivery of more person-centred, recovery-focused services. We are especially delighted to highlight a new and inspiring partnership with the HSE Mid West Primary Care Traveller Healthcare Projects, through which we delivered a comprehensive training programme during the reporting period. This collaboration reflects the growing recognition of Mid West ARIES as a trusted and valued partner in continuous professional development.

Community Partners who received Mid West ARIES training:

- LSSC - Primary Healthcare Traveller Project
- CLDC - Primary Healthcare Traveller Project
- ARCHES Recovery College



Co-Production PRINCIPLES & PRACTICE	Facilitation Skills Training for Recovery Education Facilitators	INTRODUCING Mid West ARIES Learn to Recover	INTRODUCING Mid West ARIES Learn to Recover	Personal Narrative Skills Training for Recovery Education Facilitators
Events 1	Events 1	Events 5	Events 1	Events 2
Engagements 5	Engagements 5	Engagements 108	Engagements 5	Engagements 10
Co-Production Training	Facilitation Skills Training	ARIES Introduction to Recovery Education Tasters	Induction - Introduction to ARIES	Personal Narrative Training



Staff Workshops Community Partners

8

This year, several of our community partners invited us to deliver recovery education workshops specifically for their staff teams. Their leadership recognised the value of creating space where staff wellbeing could be prioritised and nurtured. These sessions served as an important reminder that caring for oneself is just as vital as caring for others, and that staff deserve the same compassion, support, and encouragement that they extend to the communities they serve. We were delighted to facilitate these workshops and to contribute to strengthening wellbeing at the heart of our partner organisations.



NTDC
North Tipperary
Development Company

**Self Care -
Building My
Resilience**

8

North Tipperary
Development
Company

Silver Arch
Family Resource Centre

**Creativity
for
Wellbeing**

8

Silver Arch
Family Resource
Centre

Limerick youth service
Supporting Young People for 50 Years

**Journaling
for
Wellbeing**

26

Limerick
Youth
Service



ARIES Training HSE Staff

9

This year, we continued to offer a range of key training opportunities designed to strengthen service delivery across the region. Training sessions included: *Co-Production Training, Facilitation Skills Training, Introduction to ARIES, Introduction to Recovery Education Tasters, and Office 365 Project Management Tools Overview.*

These sessions were developed in direct response to requests from teams who had identified specific skills-development needs. The increasing demand for this training, particularly from HSE staff across a wide variety of disciplines, highlights ARIES' growing reputation as a trusted and valued training partner. Over the reporting period, we delivered five training sessions, resulting in 58 engagements.

Groups & Multi-Disciplinary Teams who received Mid West ARIES training:

- Bespoke Leadership Programme - Clinical Nurse Managers
- Public Health Staff - HSE Mid West
- Newcastlewest Day Hospital Nursing Staff
- Senior Management Team - HSE Mid West Mental Health
- Senior Administrative Staff - HSE Mid West Mental Health



Events 1 Engagements 10	Events 1 Engagements 3	Events 1 Engagements 25	Events 2 Engagements 20
Co-Production Training	Facilitation Skills Training	ARIES Introduction to Recovery Education Tasters	Office 365 Project Management Tools Introduction



Connection Café Coffee & Connection

10

Launched during the first COVID-19 lockdown in 2020, our online virtual café Coffee & Connection was created to offer a vital lifeline for individuals in our Acute Psychiatric Units and HSE Residences, fostering meaningful connection and supporting the CHIME Framework for personal recovery. As services evolved, so too did this initiative. We have now transitioned fully to in-person delivery, aligning with the Recovery & Wellbeing Programmes in both Ennis and Limerick Acute Psychiatric Units. This year, we were delighted to host 13 in-person Coffee & Connection events, resulting in 158 engagements across both units and Ennistymon Day Centre.

Our in-person sessions has brought renewed energy, warmth, and authenticity to these gatherings, reaffirming the power of community, conversation, and shared experience in nurturing personal recovery.

The primary focus of each café is to foster creativity, joy, and hope, offering opportunities to connect through conversation, music, poetry, and art. These events exemplify the CHIME principles in action, serving as a vital lifeline for those at risk of isolation. Coffee & Connection has become a highlight of our monthly schedule, bringing people together in meaningful ways. We extend our heartfelt thanks to the mental health staff who co-facilitate these joyful gatherings.



CHAT - SHARE - CONNECT



Introduction to WRAP

Acute Psychiatric Units

11

The Wellness Recovery Action Plan (WRAP) continues to be recognised as a powerful resource for supporting individuals on their mental health recovery journey. Our five-hour *Introduction to WRAP* course focuses on the core recovery concepts of Hope, Personal Responsibility, Self-Advocacy, Education, and Support. Designed as an accessible taster programme, it helps to prepare participants for the more in-depth, comprehensive WRAP programme. We are delighted to report that 33 sessions were facilitated by mental health staff during the period, resulting in 206 engagements.

Our 'Introduction to WRAP' programme is now firmly embedded within the Recovery & Wellbeing Programmes in both Acute Psychiatric Units (Ennis & Limerick) facilitated by ARIES trained mental health staff. This reflects our commitment to enhancing mental health services and promoting a recovery-oriented approach across the region.

We would like to thank those staff who are at the forefront of bringing ARIES education initiatives to the people in their care.





"Hearing someone else's story made me more positive in my own recovery."

What People Say
About Our Workshops



Live & Recorded Webinars

12



Our monthly webinar series, supported by Mental Health Ireland, continues to provide an engaging and accessible platform for an open and safe conversations on key mental health topics. This year, we explored a diverse range of themes including doomscrolling, family recovery, CHIME for Teams, parenting while living with mental health challenges, and seasonal influences on wellbeing.

We extend our sincere thanks to our exceptional panellists, whose authenticity, expertise, and generosity greatly enriched each discussion. Their contributions came from across a variety of disciplines and organisations, including the University of Limerick, HSE Mental Health Services, Mary Immaculate College, Clarecare, and Tusla.

Over the reporting period, we hosted 8 webinars, welcoming 153 live attendees, generating 694 video views, and 85 podcast plays, resulting in an impressive total of 932 engagements.

All webinars are recorded and shared on our YouTube channel (@MidWestARIES) and released as long-form podcast episodes through The Wellness Panel, available on Spotify and all major podcast platforms. This multi-format approach allows us to extend our reach, ensuring that the knowledge, insights, and conversations sparked through the series continue to support individuals and communities long after each live event.



WEBINAR

ARIES Presentations & Conferences

13



Each year, we strengthen long-standing partnerships while exploring new opportunities both within and beyond the mental health service. These established and emerging collaborations continue to open doors to innovative initiatives, broaden our reach, and deepen engagement across diverse services and communities. As a result, alongside our core education programme, our team delivered key presentations and participated in a number of important conferences throughout the year, further extending our message of recovery across the Mid West and nationally.

Presenting at conferences and delivering talks to key groups continues to be an important and impactful part of our engagement work. This year, our team contributed to 11 separate events, reaching 454 attendees. We were honoured to speak in a wide range of venues to diverse organisations and disciplines, introducing audiences to ARIES (*who we are, what we do, and how we do it*) while demonstrating the power of co-production in driving meaningful and sustainable innovation.



During this period, our team delivered and took part in a range of special events:

- Lived Experience Panel - National Office for Engagement & Recovery
- Community Connect - Health & Wellbeing, HSE Mid West
- Ballyhoura Traveller Health Project
- Primary Care Community Healthcare Network Nenagh
- WLR Traveller Health Project
- Digital Mental Health Conference - University of Limerick Psychology Department
- Staff Conference - Mental Health Commission
- Focus Programme - National Learning Network
- Clare Foster Care Service Team - TUSLA
- IPOANEDG Conference - The Irish Psychiatry of Old Age Nurse Education & Development Group

ARIES Presentations & Conferences



Highlights

DIGITAL MENTAL HEALTH CONFERENCE

In December 2024 we were delighted to be invited once again to present at the second Digital Mental Health Conference, hosted by the University of Limerick in partnership with the HSE. Our presentation explored how co-production can drive needs-led digital innovation in mental health, highlighting our award-winning Perinatal Self-Care Programme as a powerful example of impactful, meaningful, and person-centred design. We were excited to fly the flag for innovation in digital mental health in HSE Mid West to a national audience.



MENTAL HEALTH COMMISSION CONFERENCE

We were honoured to be invited to speak at the Mental Health Commission's Staff Conference in December 2024. In response to the request for a focus on staff self-care, we used this opportunity to soft-launch our new "CHIME for Teams" presentation, showcasing how the CHIME Framework can be used to nurture, assess, and strengthen team wellbeing. This event provided an ideal platform to introduce this innovative approach to a national audience committed to creating healthier, more resilient workplace cultures.

POLL CONFERENCE

This year, we were honoured to contribute to the IPOANEDG Conference. To help support staff working within the often complex and demanding field of Old Age Psychiatry, we delivered our innovative "CHIME for Teams" workshop. The session centred on fostering Connection, Hope, Identity, Meaning, and Empowerment for staff, both as individuals and as members of multidisciplinary teams. It was a privilege to meet those who provide such vital care, and to highlight how CHIME can strengthen wellbeing, resilience, and team cohesion in this important area of practice.



“Thank you so much for everything you are doing, you are definitely helping me in my recovery.”



What People Say
About Our Workshops





Recovery Education Self-Paced Learning

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This year, our self-paced courses continued to play a pivotal role in driving engagement, offering learners the freedom to access recovery education at a time and pace that best suits them. By providing complete flexibility, these courses help remove barriers to participation and ensure our programmes remain accessible to all.

Each course is designed in-house by our Education, Training & Development Officer, Margaret Keane. This internal expertise allows us to build a strong library of scalable, high-quality digital mental health resources that can be easily updated, supporting long-term cost-effectiveness and sustainability.

The continued success of our self-paced offerings reflects our commitment to learner-centred, needs-led innovation, delivering adaptable and personalised learning experiences that respond to the evolving needs of our learners.

We are particularly delighted that our *Perinatal Self Care Programme – Taking Care of Me* was recognised at the HSE Excellence Awards 2024 as a joint winner in the Sláintecare category. The audiobook version of the Perinatal Self Care Workbook marked a significant first for ARIES, and since its launch has become our most accessed digital resource, reflecting how providing accessible learning pathways delivers impact.

- *My Perinatal Self Care Workbook (Audiobook Version) – 2,100*
- *Perinatal Self Care – Taking Care of Me – 1,497*
- *Understanding Acute Mental Health Services for Families, Carers & Supporters – 849*
- *Online Guide to Occupational Therapy for Mental Health Recovery – 707*
- *My Self Care – Taking Care of Me – 323*
- *Getting the Best from My Mental Health Appointment – 255*
- *Perinatal Messages of Hope Animations – 116*



Events	9
Engagements	5,847

Recovery Education Self-Paced Resources

Accessible - Transferable - Needs Led

MY SELF CARE

Online Course for HSE Mid West Staff

Learn simple, practical strategies to look after your **Physical, Emotional, Social and Intellectual Health.**

In your own time, and at your own pace.

Mobile Friendly - Scan the QR code to access
Log in on your laptop - <https://tinyurl.com/selfcareabout>
Self-Paced - Available 24/7

HSE Mid West Community Healthcare | ARIES | HSE

My Self Care - Taking Care of Me

Build your personal daily self care toolkit. Learn simple, practical ways to look after your **Physical, Emotional, Social and Intellectual Health.**

In your own time, and at your own pace.

Mobile/Tablet Friendly - Scan the QR code to access
Log in on your Laptop/Desktop - tinyurl.com/selfcareaboutstaff
Self-Paced - Available 24/7

HSE Mid West Community Healthcare | ARIES | HSE

FREE RECOVERY EDUCATION COURSE

Understanding Acute Mental Health Services for Families, Supporters & Carers

Available Online 24/7

Learn In Your Own Time and At Your Own Pace:

- How admission to an Acute Psychiatric Unit works.
- The different members of the Care Team and their roles.
- The signs or terms you may hear.
- What supports are available to you and your loved one.
- How to support your own mental health and wellbeing.

Mobile/Tablet Friendly - Scan the QR code to access
OR Log in on your Laptop/Desktop - <https://tinyurl.com/UnderstandingMCHMS>

Need More Information? Contact:
Margaret Keane | margaret.keane@hse.ie | 095 287 2628
Cliona Keane | cliona.keane@hse.ie | 095 287 2628

HSE Mid West Community Healthcare | HSE | HSE

WINNER

Understanding Acute Mental Health Services for Families, Carers & Supporters

AVAILABLE 24/7

The course provides families, carers and supporters with everything they need to know about their loved one's admission to an Acute Psychiatric Unit.

Learn

- 01 Practical Information**
 - Walk through the Acute Psychiatric Unit
 - Walk through the admission process
 - Meet the people who work there
 - Understand the role of the different teams
 - Learn how to support your loved one
 - Learn how to support your own mental health
- 02 How You Can Support Your Loved One**
 - Understand what a carer/supporter role is
 - Understand what a carer/supporter role is
 - Understand what a carer/supporter role is
- 03 How You Can Support Yourself**
 - Self-care
 - Self-care
 - Self-care

Click & Go - <https://tinyurl.com/UnderstandingMCHMS>

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Getting The Best From My Mental Health Appointment

- Learn how to prepare for your mental health appointment to support your recovery.
- Explore what you can do **before, during and after** your mental health appointments to enhance your recovery.

In your own time, and at your own pace.

Mobile/Tablet Friendly - Scan the QR code to access
Log in on your Laptop/Desktop - <https://tinyurl.com/asmh>
Self-Paced - Available 24/7

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Introducing Occupational Therapy for Mental Health Recovery

Are you attending the Mental Health Services? Do you still have mental health issues? Would you like to know more about Occupational Therapy? Then check out the short online guide!

Discover

- 01 Occupational Therapy**
 - What is Occupational Therapy?
 - How Occupational Therapy can help you
- 02 How Occupational Therapy Can Support Mental Health Recovery**
 - Assessing your needs
 - Setting up your environment
 - Working with your therapist
- 03 What Other Supports are Available**
 - Local supports

Click & Go - <https://tinyurl.com/OT>

HSE Mid West Community Healthcare | ARIES | HSE

WINNER

My Perinatal Self Care "Taking Care of Me"

Are you pregnant or had a baby in the last year? Are you finding it challenging sometimes to self care? Then this online self-paced course is for you!

Build Your Own Personalised Self Care Toolkit

- 01 Physical Wellness** - Sleep, Diet, Exercise
- 02 Emotional Wellness** - Mindfulness, Journaling
- 03 Social Wellness** - Family, Friends, Support
- 04 Intellectual Wellness** - Learning, Reading, Hobbies

Want to start learning now? Scan the QR Code or go to: <https://tinyurl.com/PerinatalSelfCare>

HSE Mid West Community Healthcare | ARIES | HSE

WINNER

My Perinatal Self Care Workbook

Are you pregnant or had a baby in the last year? Are you finding it challenging sometimes to self care? Then this audiobook is for you!

Listen & Build Your Own Personalised Self Care Toolkit

- 01 Physical Wellness** - Sleep, Diet, Exercise
- 02 Emotional Wellness** - Mindfulness, Journaling
- 03 Social Wellness** - Family, Friends, Support
- 04 Intellectual Wellness** - Learning, Reading, Hobbies

Want to start listening now? Scan the QR Code or go to: <https://tinyurl.com/PerinatalSelfCare>

HSE Mid West Community Healthcare | ARIES | HSE

WINNER

Video content showing various educational resources and support services.

HSE Mid West Community Healthcare | ARIES | HSE



Recovery Education - Self Paced Course Introducing Occupational Therapy for Mental Health Recovery

The aims of the guide are:

1. To increase awareness regarding the role of occupational therapy in mental health services.
2. To provide understanding of the guidance and support occupational therapy can give to a person on their mental health recovery journey.
3. To help people know what to expect when they attend occupational therapy.
4. To dispel some myths regarding occupational therapy as a profession and service.



The Guide is designed to be highly interactive and engaging for learners. It includes:

- Staff videos explaining Occupational Therapy and what to expect during your first appointment.
- A video message someone using the service sharing how Occupational Therapy supported her recovery journey.
- A “Myth Busting” section featuring a fun and educational True/False quiz to address common misconceptions about Occupational Therapy.
- Information on local resources to support further learning and access to services.

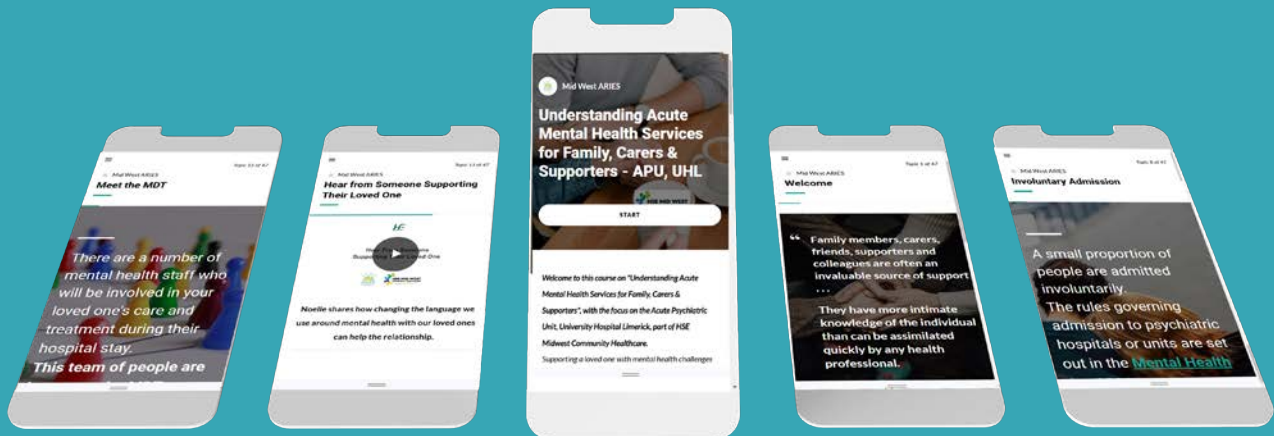


Recovery Education - Self Paced Course

Understanding Acute Mental Health Services for Families, Carers & Supporters

The aims of this co-produced course are:

1. To demystify the Acute Mental Health Service for service users and their families, carers and supporters.
2. To provide an accessible, easy to use guide for staff to share at point of contact.
3. To highlight quality of care in the unit.
4. To improve service user and family/carer/supporter experience.
5. To foster understanding and improve communication.



An interactive co-produced course providing families, carers and supporters with everything the need to know about their loved one's admission to an acute psychiatric unit, providing clear, accurate information accessible 24/7 on:

- Admissions (Voluntary & Involuntary)
- The Multi-Disciplinary Team
- Jargon Busting
- Treatment & Care Planning
- Discharge Planning
- Patient Rights
- Information Sharing & Confidentiality
- Important Safety Information
- Self-Care



Recovery Education - Self Paced Course

Getting the Best from My Mental Health Appointment

The aims of this co-produced short course are:

1. To help individuals using mental health services learn how to effectively prepare for their appointments, ensuring they get the most out of each clinical interaction.
2. To guide learners in understanding what steps they can take before, during, and after their mental health appointments to enhance and support their recovery journey.
3. To empower service users with the confidence to attend and engage in their appointments, thereby reducing the number of missed appointments, or “Did Not Attends” (DNAs).

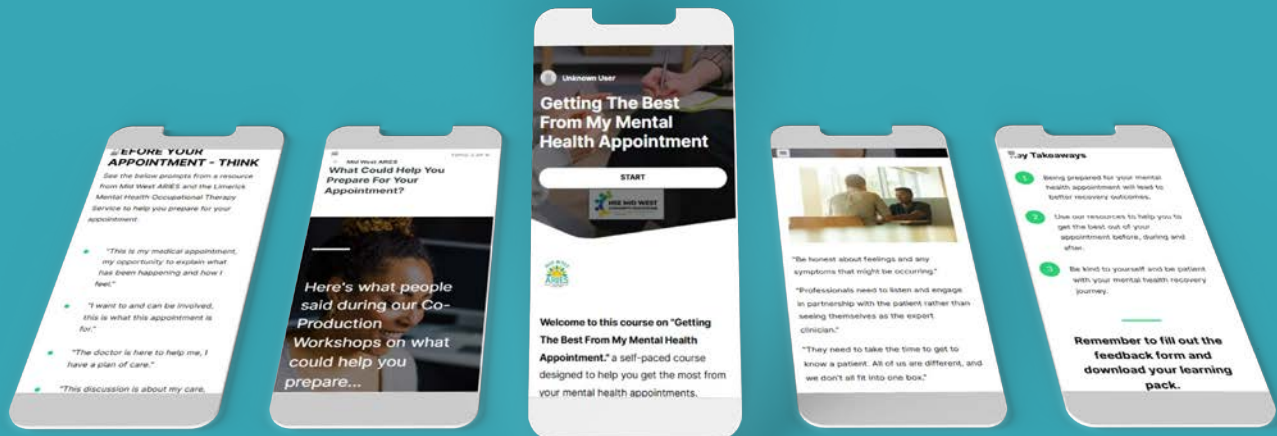
Getting The Best From My Mental Health Appointment

- Learn how to prepare for your mental health appointment to support your recovery.
- Explore what you can do **before**, **during** and **after** your mental health appointments to enhance your recovery.

In your own time, and at your own pace.

Mobile/Tablet Friendly - Scan the QR code to access
Log in on your Laptop/Desktop - <https://tinyurl.com/pspt-prag>
Self-Paced - Available 24/7

HSE MID WEST
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Designed to engage and empower learners in actively participating in their mental health recovery, this course offers:

- Three distinct sections focusing on Before, During, and After a mental health appointment.
- Prompts and checklists to assist learners in preparing for their appointments.
- Practical advice gathered from participants who contributed to our co-production sessions.
- Downloadable resources to help service users identify strategies for making the most of their mental health appointments.



Recovery Education - Self Paced Course

Self Care - Taking Care of Me (Community)

The aim of the course is to support learners to build their own personalised Self Care Toolkit to enhance their mental health and wellbeing. In particular to:

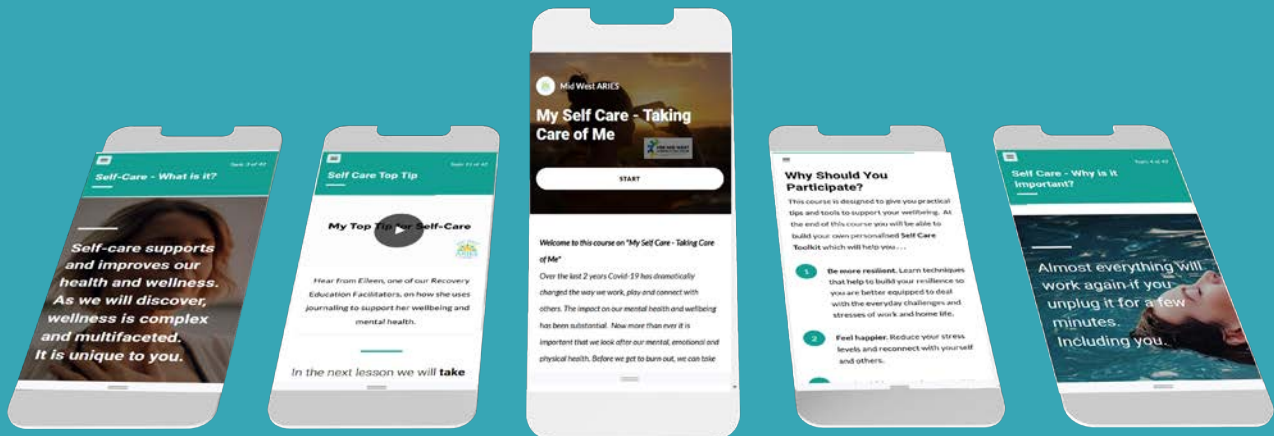
1. Be more resilient. Learn techniques that help to build your resilience so they are better equipped to deal with the everyday challenges and stresses of work and home life
2. Feel happier. Reduce their stress levels and reconnect with yourself and others.
3. Be healthier. Learn how to build in daily exercise routines that suit their individual level of fitness, improve your sleep and nutrition

**My Self Care -
Taking Care of Me**

Build your personal daily self care toolkit. Learn simple, practical ways to look after your **Physical, Emotional, Social and Intellectual** Health. In your own time, and at your own pace.

Mobile/Tablet Friendly - Scan the QR code to access
Log in on your Laptop/Desktop - tinyurl.com/selfcaremidwestories
Self-Paced - Available 24/7

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The course engages learners through a rich blend of interactive multimedia elements. These features create an immersive and supportive learning experience, empowering participants to build sustainable self-care habits.

- Interactive wellness check-ins across the physical, emotional, social, and intellectual wellness areas.
- Short video messages offering practical, easy-to-implement self-care tips.
- Mindful Moments – guided meditations designed to promote calm and reduce stress.
- Downloadable resources that support continued reflection and practice.

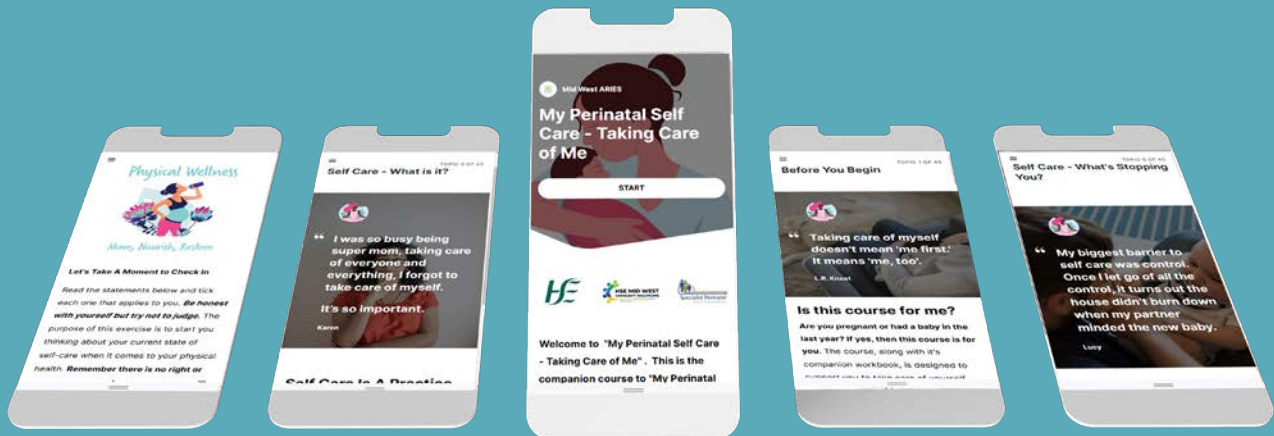


Recovery Education - Self Paced Course

My Perinatal Self Care - Taking Care of Me

The aims of this HSE Excellence award-winning course are:

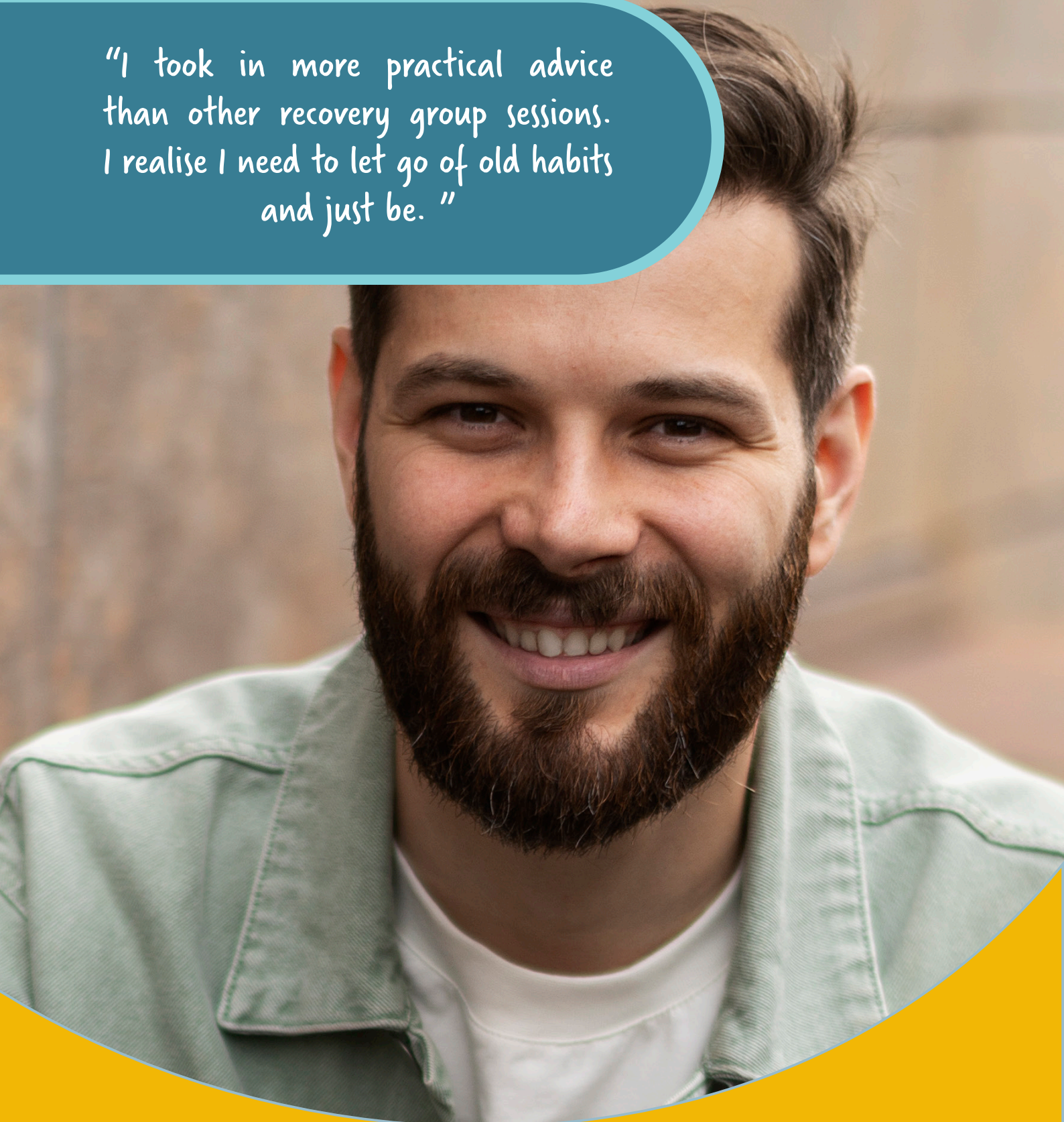
1. To provide a digital, accessible companion course to the “Perinatal Self Care Workbook”.
2. To empower perinatal women to prioritise daily self-care to support their mental health and wellbeing.
3. To provide a practical, accessible suite of self-care prompts and tools to support Physical, Emotional, Social and Intellectual Wellness.
4. To provide a recovery-focused intervention for use in multiple healthcare settings.



The co-produced course uses a variety of interactive elements to engage learners.

- It guides learners through the process of building their own personalised self care toolkit.
- It starts from a strengths based approach to build confidence and resilience.
- Throughout the course there are supportive ‘messages of hope’ from other women who have experienced challenges during their pregnancy and into the first year.
- The course can also be shared with friends and family to help them develop a better understanding of the importance of self care during this time.

"I took in more practical advice than other recovery group sessions. I realise I need to let go of old habits and just be."



What People Say
About Our Workshops





Social Media

Guided by our Social Media Communications Strategy we continue to use a number of social media platforms to inform, engage and signpost. We are delighted to see its effectiveness with an increase in reach and engagement.

OUR GOALS

- To increase engagement and interaction with our stakeholders.
- To offer trustworthy, evidence-based recovery focused learning resources.
- To provide signposting to mental health information and supports.
- To raise awareness around recovery education, highlighting that recovery from mental health challenges is possible.
- To create an online community for people passionate about recovery education.
- To help build and maintain important connections with community partners in the Mid West region.
- To promote our online and in person events and self-paced learning to reach a wider audience.

FACEBOOK

Followers: 813



YOUTUBE

Subscribers: 242

Views: 1,112



INSTAGRAM

Followers: 559



EVENTBRITE

Followers: 1,211



TWITTER

Followers: 606



GOOGLE

Profile Views: 2,083



"The facilitation was engaging and empathetic. Connection between a variety of age groups, (new moms to older moms). The content was so creative and felt very real. "



What People Say
About Our Workshops



A Year of Engagement



Engagement in year three in this role has led to a deeper understanding of experiences on the recovery journey for people and their supporters who come to mental health services. The opportunities to build working relationships have been both in mental health care and in community-based settings which reflects the variety of supportive spaces which contribute to mental wellness. Creating and supporting pathways that bring the voice of lived experience to management has involved individual engagement, focus groups, surveys of experience and working collaboratively with staff and service users.

Empowerment of peers (someone with lived experience of mental health challenges) has been a focus. This has facilitated the successful launch and ongoing development of the Peer-Led Wellness Cafe model in Clare, and continues to make CHIMERS mental health community choir a welcoming and enjoyable group which has grown further in it's sixth year.

In taking feedback on people's experiences in the acute service with the Individual Care Plan, satisfaction with the design of the new midwest care plan documents was evident. The need for service users in acute care to be familiarised with Multi-Disciplinary Team roles and with their ICP was expressed clearly. A project to develop a standardised community mental health team resource for mid west teams use is underway and aims to ensure that all teams have an information resource available to people coming to the service. Operational management teams provided a route for bringing feedback to specific areas- for example the approved centres OMT and community OMT. A pilot in CAMHS engagement via physical activity sessions, supported by Healthy Tipperary, began with an introduction to indoor athletics and outdoor hillwalking.

The collaborative approach of many staff in the mental health service when working together with people bringing their lived/living experience supports meaningful involvement in service developments by welcoming and including the voices of all stakeholders. A key aim in the next year will be to further develop pathways for involvement in service developments in areas of interest to people with individual or supporter experience of specialist mental health services. I am most grateful to all who engaged with this role and helped to progress Engagement in the past year including colleagues in Mid West ARIES.

Is mise,

Rosemary Ryan

Area Lead Mental Health Engagement - HSE Mid West

Engagement

A Year In Numbers

Engagement Events Held

EVENTS	ENGAGEMENTS
Information/ Education Sessions	12
Consultation/Involvement	21
Co-Design/Co-Production	13
TOTAL	46

Staff/Service User Engagements

EVENTS	ENGAGEMENTS
Chimers Community Mental Health Choir	629
Peer-Led Wellness Café Drop-ins & Development Group	522
Individual Contacts For Information & To Give Feedback	18
Individuals Providing Feedback in Groups or Online Survey Format	57
TOTAL	1,226

Engagement

A Year In Numbers

Cross Service Collaboration

- Staff engagement with **29 staff** in total at Staff Connect UHL Limerick and at Making Every Contact Count MECC training also in Limerick provided an opportunity to share information on mental health services and the range of voluntary/community sector services which support different levels of need.
- Further staff engagement with **6 CAMHS clinical and administration staff** in relation to establishing service user engagement pathways was supported by MHER grant funding from Genio. This aims to feed into the established Service User Engagement group and facilitate more collaboration on projects such as design of spaces and programmes.
- Participation in the **Talking Therapies national steering group of 9 clinical and non-clinical professionals** as the Engagement Area Lead representative gave me an insight into the work of national groups overseeing pilot sites outside the midwest-monitoring progress on the journey from pilot towards building evidence, evaluation and recommendations and towards the implementation of service change.
- **Community of Practice engagements** with just 9 individual contacts (with colleagues in Mid West ARIES Recovery Education Service, Mid West Patient Service User Engagement, Wellness Cafes Donegal and Grow Mental Health Mid West) were a hugely valuable source of information and insight, and essential to my role. I appreciated the generosity of these 9 leaders in their fields in their sharing of expertise and experience.



Engagement Funding has supported:

- Local meetings and focus groups
- Exercise sessions in acute inpatient setting
- Music facilitation for community choir activity
- Wellness cafe development group and events
- Creativity for Wellbeing workshops at the Hunt with MW ARIES
- Survey tool facilitating online feedback

Engagement

Some Highlights



Chimers choir continues to grow with 629 individual attendances this year. Since 2023, 46 individuals have tried out community singing, with the average attendance increasing from 13 in 2024 to 16 in 2025. The warm and friendly atmosphere created by staff, service users and community members makes it a welcoming and mutually supportive place. The choir was established in 2018 with the name chosen based on the elements of CHIME. Practising songlists and visiting to UHL acute unit and rehabilitation psychiatry events are highlights.

The Peer-Led Wellness café model came to Glór Ennis at the launch in October 2024 with a group of 60 supporters from Mid West Mental Health, Healthy Clare, Mental Health Ireland and community sector organisations.

Training was completed by a group of 11 staff and peers which included Personal Narrative training with ARIES and facilitation training with Wellness Cafes founder Sharon Ferguson. Since October, 522 engagements with the weekly drop-in mornings or quarterly events has made the Wellness cafe a safe and supportive space to connect socially with people who understand mental health and the importance of Connection.



Healthy Tipperary grant funding has allowed a pilot of activity sessions to begin with CAMHS Nenagh and provide opportunities to try out activities suggested by children and adolescents engaging with the team. Participants are encouraged to take part by the clinical team with staff facilitating involvement. National Guidelines for Physical Activity in Ireland recommend at least 60min of moderate to intense activity daily for this age group which is not met on a regular basis by over 80% of children. Pilot activities are delivered by tutors- Indoor Athletics, Outdoor Hillwalking, Tai Chi and Zumba. Athletics sessions have taken place in Nenagh Olympic AC indoor stadium and hillwalks on routes in Silvermines and Lough Derg area.



"The two facilitators were absolutely excellent, I could really identify with them."

What People Say
About Our Workshops



Spotlight On HSE Excellence Awards

This year marked a true “red letter” moment for Mid West ARIES. Having previously received commendations in 2020 and 2023, we were absolutely delighted to see our *Perinatal Self Care Programme – Taking Care of Me* recognised as a joint winner in the Sláintecare Category at the 2024 HSE Excellence Awards. This national recognition celebrates the innovation, quality, and impact of our work, and is a powerful endorsement of our commitment to co-produced, recovery-focused, and accessible mental health supports.



On November 28th 2024 at a reception in the beautiful Farmleigh estate Mid West ARIES was announced winner of the Sláintecare category of the HSE Excellence Awards. This is the first time a co-produced recovery education initiative has won at the

Excellence Awards. We would like to thank HSE Human Resources for organising the event and our partners in this endeavour, the Specialist Perinatal Mental Health Team, UMHL and Nuala Kelly, Head of Service, HSE Mid West Mental Health.

Accessibility and transferability have been central to the development of this programme. Our goal is to provide diverse learning pathways for all perinatal women, with the result that these resources are now being utilised across multiple healthcare settings providing “*the right care, in the right place and at the right time*”. We are excited to share that the programme is now also being delivered in partnership with key community partners to provide targeted supports for vulnerable and hard-to-reach women across the Mid West, extending its reach and deepening its impact where it is needed most.



Co-produced by women attending the Specialist Perinatal Mental Health Service in UMHL, together with members of the Specialist Perinatal Mental Health Team and Mid West ARIES, the main purpose

of this comprehensive Perinatal Self Care Programme is to empower women to create a personalised self care plan to suit their own individual needs and personal recovery goals.

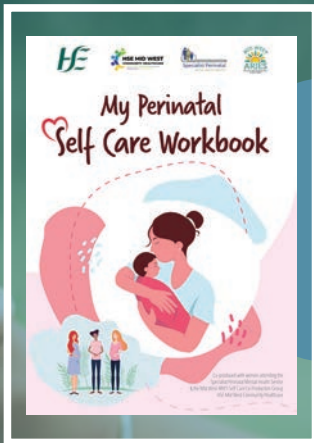


PERINATAL Self Care Taking Care of Me

PERINATAL SELF CARE WORKSHOPS

Our baby-friendly perinatal workshop **“Self Care - Building My Resilience”**, aims to:

- Bring women with similar experiences together
- Foster relationships based on mutual experiences
- Explore self-care opportunities
- Explore ways to overcome self-care barriers



MY PERINATAL SELF CARE WORKBOOK

Our co-produced printed resource **“My Perinatal Self Care Workbook”** was launched in October 2023, covering Physical, Emotional, Social & Intellectual Wellness, with women sharing supportive messages of hope. All with the aim to support women to prioritise their self care to support their wellbeing and mental health. We are now in it’s third print run.

ONLINE COMPANION COURSE

With access in mind, we launched our companion online self-paced course **“My Perinatal Self Care – Taking Care of Me”** in 2024. Available 24/7 from any internet-enabled device including mobile phone, the course mirrors the workbook, with some additional resources such as mindful moments of pause with short guided meditations.

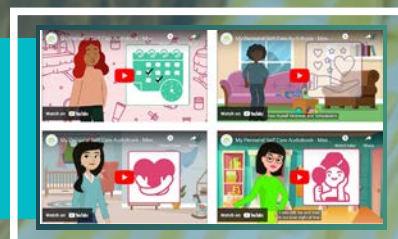


SELF CARE WORKBOOK AUDIOBOOK VERSION

Released in June 2024, this free audiobook version offers an accessible “anytime, anywhere” option for those who want to use the Self-Care Workbook on the go or at home. It has quickly become the most accessed resource in our entire learning portfolio.

ANIMATIONS - MESSAGES OF HOPE

Throughout the resources are the authentic voices of women sharing their stories. These voices are now found in a series of animated shorts shared across social media.



Spotlight On

ARIES & Mid West Traveller Health Projects

As part of our commitment to reaching minority and hard to reach communities, we are proud to have established a meaningful working partnership with all five Traveller Health Projects across the Mid West. This collaboration is rooted in co-production, inclusion, accessibility and community empowerment.

Through this initiative, Community Link Workers complete ARIES Recovery Education Facilitator training, enabling them to co-facilitate our workshops directly within their own communities. The enthusiasm and commitment shown by both Link Workers and Project Coordinators has been truly inspiring. This partnership represents a significant step forward in enabling Traveller Health



Project staff to take a proactive, preventative approach to mental health within the Traveller community. Our shared vision is to bring recovery education directly to Traveller communities by removing barriers, and creating accessible multiple learning pathways.

Traveller inclusion is defined as “A process of identifying, understanding and breaking down barriers to participation and belonging. The provision of resources to achieve equality of outcome for all. It recognises the need to involve those being ‘included’ in its practices and decision-making processes and that this is not possible without those being targeted playing a full part in the process.” (Nolan, 2011:32)



Training modules includes *Induction, Co-Production, Facilitation Skills, and Personal Narrative Training*. It is anticipated that all five projects will complete training by Quarter 2, 2026, with trained facilitators already meeting agreed delivery targets. Recovery education workshops delivered to date include *Let’s Talk Anxiety* and *Self Care - Building My Resilience for Parents*. A key principle underpinning all workshop design is visibility and representation, ensuring that people can see themselves reflected in the images, language, and learning spaces we create. This approach fosters

safety, trust, and meaningful engagement. Co-production remains at the heart of everything we do. It is not only a skillset, but a mindset that guides our decision-making, our partnerships, and our practice. While strategic plans and structures are essential, we firmly believe that meaningful change also comes from doing the right thing, in the right way, alongside the right people. We look forward with great optimism to the continued growth of this collaboration, confident that it will deliver lasting, positive change and better outcomes for Traveller communities across the Mid West.



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