

# Carmichael Centre

Summer  
Newsletter 2015



## *Summer is here!*



The sun shone on our annual Summer BBQ again this year. Many thanks to all who made it a great success. It also provided a chance to try out the new table and chairs (pictured above) kindly donated by Canteen Ireland.

### Inside this issue:

Training updates	PG 3
National Carers Week	PG 4
Mental Health Reform	PG 5





## carmichaelcentre Mentoring Scheme

### Carmichael Centre Mentor Programme – Next Round Commencing July 2015

Carmichael Centre has established a panel of mentors with relevant experience and skills who volunteer to provide one-to-one advice and guidance to CEOs and leaders of not-for-profit organisations. The programme is provided free of charge to mentees. The mentoring period will typically involve 6-8 meetings over a 7-9 month period. To-date there have been four rounds of the mentoring programme and the next round will start in July. The quotes below are a sample of the fantastic feedback received from participants.

*"My experience of the mentor programme has been really good. My mentor is very keen that I get as much as possible out of our meetings. I think it is very important to go into the scheme knowing what you want to get out of it. For me this evolved as our meetings went on".* **Margaret Rogers CEO Heart Children Ireland**

*"I was truly delighted to have been accepted on the Carmichael Centre Mentor programme. I felt it very worthwhile. It was a very positive experience and would encourage any CEO or senior personnel to participate in the programme. The not for profit sector is very challenging and does not necessarily have the support systems afforded to them as in other sectors".* **Michele Kerrigan, CEO, Grow in Ireland**

For CEOs interested in participating in the next round of mentoring programme starting in July 2015, please contact [Diarmaid@carmichaelcentre.ie](mailto:Diarmaid@carmichaelcentre.ie) by June 26th. For details on the programme take a look at our website <http://www.carmichaelcentre.ie/sector-supports/mentoring-scheme>



## Resident Member News



look good **feel better**  
HELPING WOMEN WITH CANCER

*Thanks to all who participated in the Mini Marathon in aid of Look Good Feel Better Ireland in the beautiful Irish wet weather. And a big thank you to our new Beauty volunteers joining us over the last month in our makeup workshops in Hospitals around the country for Ladies during their cancer treatment.*





## carmichaelcentre Training & Consultancy

### Carmichael Centre Training

We have just completed our **spring training and seminar programme**. We ran seven training events and six seminars on a range of topics including governance, risk, social finance, social media, finance, Charities Regulation and Garda vetting. Plans are afoot for an exciting line-up in **autumn 2015** including: the Governance Code, internal auditing, quality assurance and planning. We will post full details on our website <http://www.carmichaelcentre.ie/sector-supports/training-and-consultancy/scheduled-training> over the summer.

We have also completed two customised training programmes. Our **Social Enterprise Training** programme in Dublin and Athlone was delivered on behalf of Pobal. A total of 164 participants attended from 103 organisations throughout Ireland. We are now starting a mentoring programme for similar groups to address issues such as finance and income generation.

Our **Community Facilities Governance Programme** was run on behalf of Dun Laoghaire Rathdown County Council. A total of 40 participants attended a series of evening workshops which included development of a board handbook for Community Facilities.



*Attendees at Belarmine Community Facility receive their attendance certificates*

Carmichael Centre is involved in an ongoing **Governance Code** training programme in partnership with Boardmatch Ireland and the Wheel. This programme is part-funded by Pobal and has been in huge demand since its launch. To date Carmichael Centre has delivered training to 45 participants in Cork and plans to run further training and information sessions in Dublin, Limerick and Kilkenny before the end of 2015. The Governance Code recently had its 100<sup>th</sup> fully compliant organisation. See full details on: [http://www.governancecode.ie/news/article.php?article=includes/news/article\\_100thcompliantorg.html](http://www.governancecode.ie/news/article.php?article=includes/news/article_100thcompliantorg.html)

Carmichael Centre is delighted to be part of a new **Social Enterprise Grant** scheme which has been established by Inner City Enterprise (ICE), and drawn down under the Local Enterprise Office (LEO), Dublin. The scheme will disburse €45,000 and will provide a small number of flexible grants for Social Enterprises, either at start-up or development phase. Applications are now closed and applicants are being shortlisted.

**Employers Resources**, maintained by Adare HRM and supported by Carmichael Centre and the Wheel, has just published its May newsletter. This edition focuses on Disciplinary and Grievance Procedures. See details on: <http://www.employerresources.ie/newsletter>

### Other news:

Do you need information on the upcoming **Post Codes**? Check out the Eircode Community Outreach Champions in your area:

<http://www.wheel.ie/sites/default/files/Champions%20Contact%20Sheet%20-%20Sheet2.pdf>

Full details on the initiative are on <http://www.eircode.ie/>

Clann Credo is sponsoring a new **"Community Impact Prize"** as part of the "Get Involved 2015" competition. Communities all over Ireland have the opportunity to partner with their local newspaper to bring about positive change in their area and share in a €12,000 Prize Fund. See: [www.get-involved.ie](http://www.get-involved.ie)



Good things are about to happen: Body & Soul is becoming a Fairtrade Festival. If you are heading to Body & Soul this year, why not follow us on Twitter and play our #FindMark game? You could win some Funky Fairtrade Freebies! Find out more about Mark [here](#).



### National Carers Week - June 8<sup>th</sup>-14<sup>th</sup> 2015

The 9th Annual National Carers Week will take place from June 8<sup>th</sup> to 14<sup>th</sup> this year. Over 150 events will take place across Ireland to celebrate and recognise the role of Ireland's Family Carers. RTE Presenter Nuala Carey who is supporting the week says *"I know how important family carers are, enabling people to continue to live at home. The week is a fantastic celebration of the contribution carers make to our loved ones' lives and it's an opportunity for us all to do something extra special for Family Carers in our community"*

The objectives of the week are three fold:

- To raise awareness of Family Carers in our community
- To deliver events for Family Carers throughout the country
- To engage with Family Carers not yet availing of carer support services

There are 9 National Organisations who are partners in the week and are organising events around the country to acknowledge the valuable work and contribution that Family Carers make not only to their individual families but Irish society itself. Partners this year are; The Carers Association of Ireland, Caring for Carers Ireland, The Alzheimer Society of Ireland, The Irish Cancer Society, The Disability Federation of Ireland, Acquired Brain Injury Ireland, MS Ireland, The Irish Hospice Foundation and Care Alliance Ireland. Lots of other groups are organising their own events in their local area. For details on events being organised see [www.carersweek.ie](http://www.carersweek.ie) or our Facebook page [www.facebook.com/nationalcarersweek](https://www.facebook.com/nationalcarersweek) over the coming weeks.







## Mental Health Reform

Promoting Improved Mental Health Services

In early June Mental Health Reform, the national coalition on mental health, published a report on the implementation of the national mental health policy *A Vision for Change*. The report, **A Vision for Change nine years on: a coalition analysis of progress**, describes implementation as “incomplete and uneven”, and highlights gaps in mental health services, in particular services for children and adolescents, older people and people with an intellectual disability. Mental Health Reform has heard from people who use mental health services and their families that they wanted to be listened to, to be treated with respect and to have a say in their own treatment. People have a right to expect quality services when they seek mental health supports, and MHR will continue to advocate for reform of mental health services and the social inclusion of people with mental health difficulties. The full report is available at [www.mentalhealthreform.ie](http://www.mentalhealthreform.ie).



Kevin Dundon launching Coeliac Society Roadshow in association with SuperValu in Carmichael Centre gardens.



The National Men's Health Week is running from Monday 15th – Sunday 21st June 2015 visit [www.mhfi.org](http://www.mhfi.org) to find out more



**25 YEARS**  
Supporting Small Charities that make a Big Difference  
[www.carmichaelcentre.ie](http://www.carmichaelcentre.ie)

### Good Friday Concert 2015

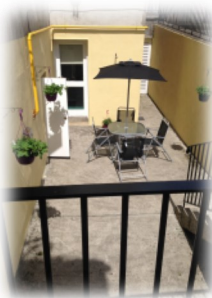
Carmichael Centres Good Friday Concert 2015 took place on the 3rd of April 2015 in St. Patricks Cathedral. This was the 20th Anniversary of the concert and once again was a magical evening,

We would like to pass our appreciation to everyone involved including Goethe Institut Choir, Organist David Leigh, Conductor John Dexter and soloists Raphaela Mangan Whyte, Gavan Ring and Patrick Hyland.

### Have a great Summer!

Here's hoping we have a great Summer this year as our maintenance guys have put a great amount of effort into transforming our outdoor areas . Well done to everyone involved, if you are in Carmichael Centre over the Summer make sure to pop outside for a cup of coffee!

Have a great Summer everyone!



### STOP PRESS!!!!

Special thanks farewell to Jennifer Moran, Carmichael Centre Communications and Fundraising Officer, who has been tirelessly producing these newsletters since 2012. Best of luck to Jen in her new job with ISPCA from all at Carmichael Centre.

### Follow our Social Media Here!



Carmichael Centre for Voluntary Groups  
Tel: 01 873 5702  
[www.carmichaelcentre.ie](http://www.carmichaelcentre.ie)

Visit our virtual  
Hub:



carmichaelcentre  
**KnowledgeNET**