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2025 edition of **UltraNews**

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Hello and welcome back to UltraNews!



You may have noticed we took a break from this newsletter last year while we focused on developing new and improved communication channels to better engage with both our staff and service users. Keeping our teams informed and connected remains a top priority, and we're delighted to bring **UltraNews** back.

Since our last edition, there have been significant structural changes across the health service, with the introduction of new Regional Health Areas. Cork and Kerry now form HSE South West, while the maternity units of UHW and TippUH have been incorporated into the Dublin East Health Area.

However, I'm pleased to share that, following extensive discussions and strong support from stakeholders, our maternity directorate remains intact and unaffected by these changes. This continuity is a testament to the collaborative spirit and mutual respect that has flourished among our units over the past eight years.

Our commitment to shared learning, staff support and wellbeing, and our steadfast 'No Refusals' policy has not only strengthened our internal relationships but has also stood as a model of collegiality and teamwork

within the wider health service. To disrupt that connection would have been inconceivable.

As we move forward, we will continue to celebrate and build upon the strong foundations we've created together. I encourage you to share the wonderful work you are doing, whether to raise awareness, educate, or celebrate achievements, through **UltraNews** and all of our communication channels.

If you have a story to tell or a success to highlight, please reach out to our Communications Manager, Elaine Harrington. Let's continue to shine a light on the incredible work of our teams.

I hope you enjoy this edition of **UltraNews**.

John R. Higgins

*Clinical Director, Ireland South
Women & Infants Directorate*

HSE South West

*Professor of Obstetrics and Gynaecology,
University College Cork*

Water Births and Home Birth Services Thrive at CUMH



Since their introduction in December 2024, 36 water births have taken place at Cork University Maternity Hospital (CUMH), a milestone in providing more birthing options for women. The water birth service launched on December 27, 2024, and is available in a newly equipped pool room in the Birthing Suite. Women are individually assessed for eligibility, enhancing the choices available to those giving birth at CUMH.

Orlaith Spitere, Designated Midwifery Officer for the CUMH HSE Home Birth Service for Cork City and County, remarked:

“This is the first time water births have been available at CUMH. It gives women more choice, and we’ve had a very positive response so far.”

Water births have long been a feature of the HSE Home Birth Service, which continues to grow in popularity. In 2024, 76 women applied for the home birth service in Cork; 38 of them went on to have a normal birth at home, a typical outcome rate of around 50%.

“It’s still the best-kept secret,” says Ms. Spitere. “Home births are available for healthy, low-risk pregnancies. Women get one-hour antenatal appointments, build a relationship with their midwife, and receive care throughout pregnancy, labour, and for two weeks postnatally.”

Currently, four self-employed community midwives, working under the HSE, cover Cork and parts of Kerry. Women are continually assessed to ensure their suitability for home birth.

“Safety is always our priority,” Ms. Spitere emphasizes. “We also work closely with a liaison Obstetric Consultant.”

CUMH is part of the Ireland South Women and Infants Directorate, where midwives are the cornerstone of maternity care, providing expert guidance and emotional support across every stage of the maternity journey.

For women not eligible for home birth, CUMH offers a range of alternative midwifery-led models:

- **The Domino Service** (Domiciliary Care In and Out of Hospital): This service provides continuity of care from a dedicated team of midwives, a hospital-based birth, early discharge, and follow-up support at home. Available to women living within 15km of CUMH.
- **Early Transfer Home Service:** Women can return home early after birth, regardless of birth type or risk level, with follow-up from CUMH community midwives for up to seven days postnatally.
- **Postnatal Hubs:** These community-based hubs offer feeding support, postnatal checkups, physiotherapy, birth

reflection sessions, and general health promotion for up to **six** weeks after birth. They are located across Cork City and County, with further expansion planned.

CUMH also provides local antenatal outreach clinics in communities such as Mallow, Carrigtwohill, Mitchelstown, Ballincollig, Bantry, Carrigaline, Clonakilty, and St Mary’s Campus, Gurranabraher, ensuring accessible care for women closer to home.

On May 5, 2025, CUMH celebrated International Day of the Midwife, highlighting the vital contribution midwives make to families and communities.

Reflecting on her role, Orlaith Spitere said: “No two days are the same. It’s incredibly rewarding. We’ve come a long way in developing midwifery-led services, and the focus is always on providing women with choice and personalised care.”

She adds: “Women want less intervention, more support, and to feel in control of their pregnancy and birth. Whether it’s home birth, water birth, Domino care, or postnatal hubs—we’re here to find the best fit for each woman.”



HSE Supra-Regional Endometriosis Centre

The HSE Supra-Regional Endometriosis Centre, located at the Lee Clinic and operated by the Cork University Maternity Hospital (CUMH), will improve access to care for women with advanced endometriosis across the region.



Above: Attending the official opening of the Supra Regional Endometriosis Centre, at the Lee Clinic, Lee Road, were: John R Higgins, CUMH; Mairead O'Riordan, CUMH; Health Minister Jennifer Carroll MacNeill; Cathy Burke; Aoife McSweeney; along with Jerry Buttimer, Minister of State at the Department of Rural and Community Development. Picture: Gerard McCarthy.

A Cork hospital is set to 'deliver a new model of care' for endometriosis patients following the recent official opening by health minister Jennifer Carroll MacNeill of a new facility dedicated to treatment of the condition.

The HSE Supra-Regional Endometriosis Centre, located at the Lee Clinic and operated by the Cork University Maternity Hospital (CUMH), will improve access to care for women with advanced endometriosis across the region.

Endometriosis is a condition in which tissue similar to the lining of the womb grows outside of it, a condition which affects approximately one in 10 women globally.

Speaking at the opening of the facility, Ms Carroll MacNeill said the specialist centre, which is already receiving patients, represents an important step forward in ensuring that women with advanced endometriosis receive the expert multidisciplinary treatment, and comprehensive support that they need.

"I have spoken with so many women who have struggled with endometriosis, with delayed diagnosis and difficulty in obtaining appropriate, ongoing treatment," she said.

"This facility in Cork will help deliver a new model of care, one that meets the complex needs of women with endometriosis, while providing timely, equitable access to essential services for women living with this condition. My hope is that this state-of-the-art facility will continue to bridge the gap in healthcare for those suffering with endometriosis."

Developed by the HSE and the HSE National Women and Infants Health Programme, this centre aligns with the National Endometriosis Framework.

The framework outlines, for the first time, a defined clinical care pathway for women with endometriosis in Ireland, together with another supra-regional clinic in Tallaght University Hospital.

Mairead O'Riordan, consultant obstetrician, gynaecologist, and clinical

director at the CUMH, said endometriosis can severely impact quality of life.

"Yet for many, the path to a correct diagnosis and effective treatment is a long and difficult journey," she said. "This centre should change that, offering not just expert care, but hope for better management of the condition. We are very grateful to the [programme] and HSE for their continued support."

The Government has invested more than €5m to fund staffing across endometriosis services since 2021, including €2.175m to expand services this year, with a further €1.7m invested in endometriosis services in Cork since 2022.

Dr O'Riordan said: "Thank you to the Government for its ongoing commitment to women's health. The launch of the centre is a significant step toward improving access to specialised healthcare and addressing the long-standing gaps in endometriosis care.

"This is an exciting time for women's health, and I am proud that CUMH is leading the way."





Women's Health Study Day at CNME UHK a Resounding Success

The Women's Health Study Day, held on March 19th at the Centre of Nurse and Midwifery Education (CNME), University Hospital Kerry (UHK), was a resounding success, drawing a well-attended and diverse audience.

Organised by Priscilla Lyons, Specialist Coordinator for Midwifery, and Deirdre Moss, RANP for Women's Health and Urogynaecology, the event brought together a multidisciplinary group of healthcare professionals, fostering a dynamic environment for shared learning and robust discussion.

The day's sessions generated engaged dialogue and meaningful exchanges, with participants exploring key topics in women's health and urogynaecology. The positive feedback received has been overwhelmingly encouraging, confirming the value and impact of the event.

The organisers extend their sincere thanks to all speakers who contributed their expertise and insight, helping to make the Study Day such a valuable and memorable experience.

Buoyed by this success, plans are already in motion to make the Women's Health Study Day an annual feature in the calendar.



Balancing Stress Programme



Balancing Stress is a free HSE programme to manage stress, worry, anxiety, low mood and relationship difficulties. You can do the programme any time and at your own pace.

About Balancing Stress

Everyone experiences stress at times. This programme can help you understand and manage stress.

In 6 sessions, you will learn practical ways to deal with stress, worry, anxiety, low mood and depression.

You do not need to register for the programme. You can watch the videos anytime and at your own pace. Each video is around 35 minutes long.

We recommend watching the videos in order over a few weeks.

This will give you time to practise the strategies and get the most benefit from the programme.

The 6 sessions are:

1. Understanding stress
2. Managing worry
3. Managing anxiety
4. Managing low mood and depression
5. Stress and relationships
6. Balancing stress now and into the future

You can find the programme on:

<https://www2.hse.ie/mental-health/self-help/balancing-stress/>

Profile of Janet Murphy – Waterford

Meet Janet Murphy – UHW’s New Director of Midwifery



In January 2025, Janet Murphy stepped into the role of Director of Midwifery at University Hospital Waterford (UHW), following the retirement of Paula Byrne, who held the post for several years. Having served in Advanced Practise for 10 years and as Assistant Director of Midwifery in Waterford for 3 years, Janet brings a wealth of experience, local knowledge, and a deep passion for woman-centred care to her new position.

What inspired you to become a midwife?

I trained as a nurse at Guy’s Hospital, London, from 1987 to 1991. During a secondment to Lewisham General Hospital in 1988, I found myself on a midwifery placement. My secondment to midwifery was at Lewisham General Hospital in 1988.

I clicked with my placement and the midwives in the maternity unit there especially the delivery suite where later in my midwifery career I gravitated to.

How would your colleagues describe your leadership style?

Compassionate and empathetic. I lead with authenticity, always aiming to create a supportive, approachable environment.

What does woman-centred care mean to you in practice?

It means ensuring women are actively involved in decisions about their pregnancy and birth. It’s also about empowering women to have a voice within both the maternity and NICU teams. Listening to their feedback is essential—it helps us improve our care and shape services around their needs.

What are you most proud of in your midwifery career so far?

Becoming a Registered Advanced Midwife Practitioner (RAMP) is a career highlight. The journey was challenging, requiring motivation, energy, and self-belief. I enjoyed twelve rewarding years in that role, filled with learning, leadership, and opportunity.

What change or improvement would you most like to lead in your first year here?

I want to ensure every midwife and nurse feels heard—from students to senior staff. Strengthening our teamwork will enhance the care we provide. I also hope to increase our presence in the community and improve collaboration between acute and community services. True integration is the key to seamless care from booking to long-term women’s health.

How do you build trust and connection with your team?

Look it, sound it, be it. I’m visible every day. I round the units at 7:15 AM to meet night staff, listen to feedback, and connect before the day begins. This practice, which I began as an ADON, continues in my current role as DOM. Before the formal reports begin, I have an idea of the day... it grounds me.

How do you support midwives when morale is low or pressure is high?

Talk less and listen more, life is short, no one knows what coming next, enjoy the journey and be kind to each other. Actively listen to the team. Make time to engage with staff, get to know everyone’s names that rotate in and out of the unit especially the students. I never use the words “don’t take it personally” as emotions are personal.

What’s the biggest lesson you’ve learned in your career to date?

You can’t control the uncontrollable. Just breathe and keep moving forward.

I’ve learned to mind my thoughts and words and to see situations from others’ perspectives. Sometimes, silence is the most powerful response—use it wisely.

How do you keep yourself motivated and grounded in a demanding role?

Eat well, sleep well, exercise well.

- I Rise early at 5.15am every day. My morning ritual includes coffee and a slice of my homemade sourdough bread (my hobby) with marmalade.
- I’m totally engaged then when I arrive at work. The silence of the clinic where my office is based at 7 am allows me to plan my day without interruption.
- I try to walk the grounds of UHW at lunchtime when I can 2 rounds is 30 minutes. The grounds are full of nooks and crannies with trees and outdoor eating facilities.
- The hospital church is another haunt of mine if I find myself overwhelmed on a day, I just sit for 5 minutes reset and start again.
- I love to run it helps me switch off at weekends.
- I avoid TV and constantly rise to the challenge of reading more.

I will leave you with a thought: Remember in a world where you can be anything, be kind ...



*Dr Coleen Cormack, Senior Clinical Psychologist,
Staff Support & Wellbeing, Ireland South Women
& Infants Directorate, 2025.*

We were delighted to introduce the **TRiM Service (Trauma Risk Management)** across the directorate in December 2023. This service is available to all staff across Ireland South Women & Infants Directorate (CUMH/UHK/IUHW/Tipp UH).

Trauma Risk Management (TRiM) is an organisational approach to personnel management following potentially traumatic incidents. It is an evidence-based, **peer delivered** psychological support process, which aims to ensure that those who develop psychological disorders as a result of being exposed to traumatic events, are assisted to seek help.

TRiM is not treatment or counselling, but a validated method offering peer support after exposure to a potentially traumatic event. The aim of TRiM is to provide post-incident briefing and group or individual follow up where necessary or requested. It is a mechanism to detect early signs of traumatic stress, facilitate early informal support and to encourage formal help-seeking for those that need it.

TRiM aims to give the right kind of support in the right way following serious incidents.

The ultimate aim of TRiM is to mitigate against long-term distress by providing an initial peer support intervention following a serious incident.

How does it work?

Following a serious incident a **TRiM Incident Briefing** is carried out by a member of the TRiM Team with those exposed to the incident (this may be a broad range of people depending on various departments/ wards or units involved). The aim of this is to normalise people's reactions to the abnormal event. The facts of what happened are shared alongside some information about common reactions to serious incidents and suggestions about how people can look after themselves in the coming weeks.

Following the TRiM incident briefing individual or group **TRiM Structured Conversations** are then offered to those who may have a need for further follow-up. Attendance at these sessions is entirely voluntary. They are carried out by TRiM Team personnel and start no sooner than 72 hours after the incident.

For those who attended TRiM Structured Conversations an individual follow-up will be offered one month later by the TRiM Team member who met them for the initial conversation. At this time if further supports are necessary for staff they will be referred onwards to specialist supports such as EAP or the Psychologist for Staff Support & Wellbeing or other appropriate supports. This will vary depending on the needs of the staff member. It is worth noting that 90 to 95% of those who avail of the TRiM process do not need further support at this time as the early intervention component prevents need for further intervention. However, if further intervention is identified as a need staff will be signposted to it.

Why is TRiM Helpful?

The TRiM model bases itself on **keeping employees functioning** after traumatic events by providing support and education to those who require it. This helps to build resilience in employees through actively supporting them following a serious incident.

TRiM aims to **identify those who are experiencing ongoing difficulties** after potentially traumatising events and ensure they are supported to find professional sources of help.

When the TRiM process is activated **staff feel supported** and looked after. They know that we **care** about their welfare.

Why TRiM?

The occurrence of some types of potentially traumatic incidents is unavoidable within the acute hospital setting. Incidents have and will continue to occur that are potentially traumatic for staff. Many individuals cope very well with potentially traumatic incidents both during and after the event, following an initial period of adjustment. However some will require further help and support.

Although many departments within the hospital provide support informally for their staff, prior to the introduction of TRiM there was no robust overarching system in place and there was a risk that some individuals who required support would not be identified in a timely manner following an incident. TRiM aims to prevent that.

This TRiM approach is peer-led and offers social support at peer level in times of difficulty. Social support is the factor that is most predictive of resilience in times of trauma. It also develops the peer support system from within the staff and the directorate.

TRiM in Ireland South Women & Infants Directorate:

To date a total of 19 staff members have trained in TRiM across the 4 Maternity Units in Ireland South Women & Infant's Directorate (CUMH/UHK/IUHW/Tipp UH).

We are currently conducting a research survey in conjunction with The Department of Clinical Psychology, UCC. We are keen to learn about the impact of TRiM on those who have availed of the service and any psychological phenomena influencing it. If you have attended the TRiM service we would love to hear your feedback through the research survey. To participate or find out more, please scan the QR code or link below:

https://ucc.qualtrics.com/jfe/form/SV_aVnvHrQGHiz8WPA



Riley – One Year On



As part of a pledge to promote more sustainable solutions, Ireland South recently partnered with Riley to offer eco-friendly, toxin-free period care and are also seeking sustainable options for other products through their partnership with Health Innovation Hub Ireland.

“After receiving such positive feedback from staff, the products were made available to all staff across Ireland South Women and Infants Directorate. The Group embraces the maternity and neonatal units of University Hospital Waterford, Tipperary University Hospital, University Hospital Kerry and Cork University Maternity Hospital,” said a hospital spokesperson.

Dr Mairead O’Riordan, Clinical Director, CUMH, emphasised the importance of menstrual health in the overall well-being and productivity of staff.

“At CUMH, we prioritise the health and well-being of our staff, especially regarding women’s health. **It is the very nature of the service we provide.**”

“This is not just a basic, necessary gesture, but a substantial positive impact on our staff’s well-being. We understand the disruption periods can cause, especially when period products are not easily accessible in a fast-paced environment. Riley, a Cork-based, female-founded, innovative organisation providing sustainable period care, is the perfect

partner for CUMH in this endeavour,” she said.

We Are Riley, an eco-friendly period product company, was founded in Schull, West Cork in 2021 by three friends, Aine Kilkenny, Fiona Parfey, and Lauren Duggan. It was an idea conceived in the throes of the Covid-19 pandemic, and its mission is to ensure period products do as little damage to our environment as possible by bringing periods into the 21st century. It was founded on the belief that people deserve a healthy, sustainable solution to their period that also fits their lifestyle. Selling their homes and other businesses to fund the project, the three women went all in and quit full-time jobs to focus on Riley.

Driven to make the lives of menstruators better, the aim is to make superior period care products more accessible to everybody and the business continues to go from strength to strength.

“We are absolutely delighted to be working with Ireland South Women and Infants Directorate on this extremely exciting initiative.

Having one of Ireland’s leaders in women’s health partnering with Riley just highlights the importance around making eco-friendly period care freely and easily accessible in hospital environments.

We highly commend the CUMH for being the first large hospital in Ireland to roll out this initiative with Riley. Hopefully this partnership helps other organisations to recognise that menstrual health is a crucial aspect of overall well-being and can directly impact productivity and how their staff members might feel at work,” said Lauren Duggan, founder at Riley.

Siobhan added: “I am delighted that Riley is the supplier of choice; they are female-led, sustainable, and local. It makes sense for us to support them.”



Professor Richard Greene Cycles from Cork to Paris for CUMH Bereavement Suite



This May, Professor Richard Greene embarked on an incredible journey cycling over 600km from Cork to the Eiffel Tower in Paris as part of a dedicated team of 12 cyclists raising vital funds for the CUH Charity.

The CUH Charity plays a critical role in funding **life-saving equipment, essential patient services**, and support systems for patients and families across CUH. Prof. Greene has chosen to direct all funds raised through his efforts to a special project at CUMH, the development of a dedicated comfort suite for women and families following bereavement.

“Having been a consultant at CUMH for close to 25 years, I have witnessed firsthand the need for an appropriate, private space where families can take time to grieve, reflect, and be supported

following a pregnancy or neonatal loss. This comfort suite will provide that space, something we’ve needed for a long time.”
– Prof. Richard Greene

Prof. Greene has set a fundraising goal of €5,000, with every euro going directly towards the creation of this much-needed space. The suite will provide families with privacy, dignity, and compassionate care during one of the most challenging times in their lives.

“Your support means the world to me, and even more to the families who will benefit from this space. Together, we can make a meaningful and lasting impact.”

A heartfelt thank you goes to all who have already donated, shared the fundraising link, or offered words of encouragement and support.

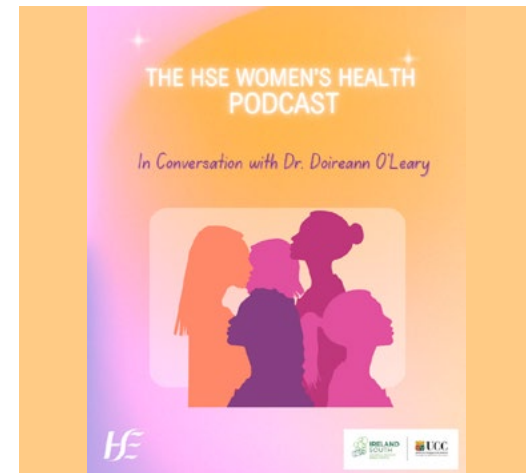
ISWID Develops Women’s Health Podcast

We are proud to announce the launch of our new Women’s Health Podcast, a valuable resource dedicated to providing expert insights, advice, and support for women across Ireland. The podcast aims to educate, inform, and empower women on a range of important health topics, from complex menopause and perinatal mental health to breastfeeding and early newborn care.

Hosted by leading experts from the Ireland South Women and Infants Health Directorate in conversation with Dr Doireann O’Leary, this podcast will serve as an accessible and informative tool, offering women the knowledge they need to make informed decisions about their health and wellbeing.

The podcast will tackle a variety of topics relevant to women at different stages of life, including, Complex Menopause, Menorrhagia, Incontinence, Supporting Families through the NICU, Breastfeeding, Birth Reflections, Perinatal Mental Health and The Early Days with Newborns.

Featuring interviews and discussions with a team of medical professionals, specialist nurses, midwives, and psychologists from CUMH and across the Ireland South Women and Infants Health Directorate, the podcast’s goal is to break down complex



medical topics into clear, digestible information that women can relate to and apply in their own lives. In addition to expert guests, Dr Doireann O’Leary, a GP, will contribute valuable insights to each episode, reflecting her expertise both in clinical practice and in the digital space. Dr O’Leary has earned a reputation for using her platforms to educate people on vital health matters and guide them in navigating healthcare services.

Our HSE Women’s Health Podcast launches this summer.



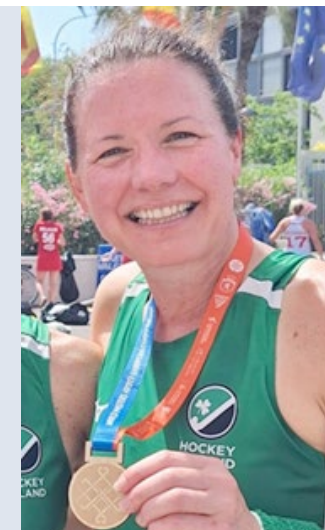


First Irish Neonatal Occupational Therapists Meeting

The inaugural Irish Neonatal Occupational Therapy Meeting was recently held at Cork University Maternity Hospital, marking a milestone in our commitment to specialized neonatal care. Remarkably, just two years ago, CUMH's own Kannan Natchimuthu was the sole Neonatal Occupational Therapist practicing across the entire country. Since then, his

pioneering work has inspired growth and collaboration, and today he is joined by seven equally dedicated colleagues. This expansion to eight Neonatal Unit Occupational Therapists nationwide not only underscores the critical importance of early occupational intervention but also promises to elevate the standard of care for our tiniest patients and their families.

Goal-Den Moment: Noreen and Team Claim European Bronze

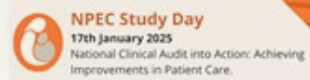


Huge congratulations to Noreen Daly Gillis, Section Officer at CUMH, on winning bronze while proudly representing Ireland at the World Masters Hockey European Championship in Valencia. In a tightly contested match against a highly skilled Belgian side, both teams remained scoreless throughout regular time, resulting in a 0–0 draw.

The outcome was decided by a tense shootout, during which Noreen Daly Gillis successfully converted one of Ireland's two goals. With Belgium managing just a single goal in response, Ireland secured a 2–1 victory and a well-deserved bronze medal. We are exceptionally proud of Noreen's contribution on the international stage.



Updates from UHW



Well done to Maria Breathnach who presented her poster on the introduction of an Early Warning Score Chart to the Postnatal Ward at the NPEC Study Day in January.

The Nurses In Colposcopy Clinics Ireland Association (NICCIA) Conference marked its 25th anniversary this year, held on the 6th and 7th of March at the Granville Hotel in Waterford. Organized by the Waterford Colposcopy and Clonmel Colposcopy teams, the event brought together healthcare professionals, researchers, and industry experts for two days of insightful presentations, networking, and innovation.

Fetal Monitoring Focus Group, 13th February 2025



NRP 8TH Edition Programme



PROMPT, 10th April 2025



LISA Study Day & Workshop



LISA (Less Invasive Surfactant Administration) study day and workshop for neonatal staff. Education was facilitated by ANPs Jean James and Aine Binchy (University Hospital Galway) and Dr Joyce O'Shea.

Dr Joyce O'Shea who joined via live video link from Scotland discussed the advances in airway management in Neonates and the administration of surfactant via an LMA (Larangeal Mask Aiway).



International Day of the Midwife & Nurse



On Monday, May 5th, we once again marked International Day of the Midwife 2025, a meaningful opportunity to recognise the outstanding dedication of our midwives and to ensure they feel supported, valued, and celebrated.

The following week, on Monday, May 12th, we celebrated International Day of the Nurse, honouring the essential contributions of our nursing colleagues across all areas of care.

We also acknowledged Administrative Professionals Day on April 23rd, taking the time to thank the vital team members whose dedication helps keep our health service running smoothly each and every day.

To mark these important occasions, we were delighted to have the coffee and ice

cream van onsite on Wednesday, May 8th, with food pots also provided for our night staff as a token of appreciation. Those working off-site received food pot deliveries to ensure they were included in the celebration.

While these designated days are wonderful reminders to pause and celebrate, our broader goal is that all staff feel appreciated and supported throughout the year.

Each and every one of you plays a vital role in delivering exceptional care to the women and families who depend on our services across Ireland South. These occasions serve as special reminders to express our gratitude, but please know that your hard work and dedication are valued every single day.





Celebrations of the one-year anniversary of TippUH PHCC Outreach Clinic

In April 2025, TippUH proudly celebrated the one-year anniversary of our outreach clinic at Cahir Primary Health Care Centre (PHCC).

This marks the fourth such clinic established in Tipperary, reflecting the growing success and popularity of this community-based model.

These clinics play a vital role in supporting women and families throughout the antenatal and postnatal periods, offering accessible, welcoming care in comfortable and friendly settings. By bringing essential maternity services closer to home, we continue to strengthen community health and wellbeing across the region.



HSE South West Launches Post Birth Wellbeing Plan

HSE South West has officially launched a new booklet which supports new mothers to mind their wellbeing during pregnancy and post-birth. The booklet, which is available to all expectant and new mothers across Cork and Kerry, have useful advice on topics including nutrition, exercise, sleep, and mental health supports.

The booklet is a joint project between staff and the CUMH, University Hospital Kerry and HSE South West mental health services. It was funded by HSE South West Connecting for Life (the regional self-harm and suicide reduction plan).

The team involved included Dr Freda Wynne, Breda Bird, Zodwa Lenihan, Louise Chawke (all from the Perinatal Mental Health Service in CUMH and UHK) Martin Ryan, (Resource Officer for Suicide Prevention, Cork); and Donagh Hennebry (Resource Officer for Suicide Prevention, Kerry).

The project team thanked and acknowledged HSE colleagues in HSE Dublin and South East, as this booklet took their work and built on it to make it suitable for families in Cork and Kerry.

Dr Freda Wynne said: “The booklet clearly outlines the fundamental elements of well-being: nutrition, exercise, sleep, and the critical importance of carving out time for oneself. It also addresses the mental health concerns that new mothers may face and directs them to the appropriate resources for support. Additionally, we have curated a comprehensive list of services, ranging from acute care to community-based family resource centres and online support.”

Martin Ryan, Resource Officer for Suicide Prevention said: “This impactful booklet was funded by the Connecting for Life Programme, ensuring that families have the essential tools they need for a thriving start. This initiative exemplifies successful cross-disciplinary collaboration with the potential to significantly enhance the well-being of expecting and new mothers, as well as their support networks, including new dads.

The booklet can be found on the Ireland South Women and Infants Directorate website. Scan QR code.



Focus on HSE South West

The HSE has created 6 new health regions. Each region is responsible for providing both hospital and community care for the people in that area. This changes the way that services are delivered so that they're easier for people to find and use. The HSE is still a single organisation, with 6 health regions. The regions remain under the governance of the HSE Board and the HSE continues to be responsible for standards and guidelines.

About HSE South West

The HSE South West health region has 3 healthcare areas:

- HSE Cork North and East
- HSE Kerry
- HSE Cork South and West

It manages and delivers all public health and social care services in:

- Cork
- Kerry

More than 700,000 people live in this region.

Hospital Groups and Community Health Organisations

HSE South West includes all hospital and community healthcare services in the region. This includes:

- South / South West Hospital Group
- Cork Kerry Community Healthcare

The Department of Population and Public Health, HSE South West is also aligned with this health region.

Services in the HSE South West health region

HSE Services working within this region include:

- acute hospitals
- primary care services
- community care
- social care services
- public and private providers
- health and social care professionals
- voluntary sector services
- national ambulance services

EMT

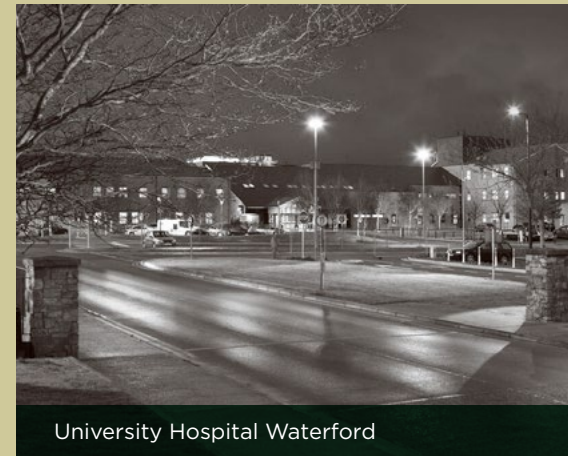
- Dr Andy Phillips, Regional Executive Officer
- Priscilla Lynch, Integrated Healthcare Area Manager, Cork South and West
- Sonya Cotter, Interim Integrated Healthcare Area Manager, Cork North and East
- Julie O'Neill, Integrated Healthcare Area Manager, Kerry
- Deborah Harrington, Regional Director People
- Dr Anne Sheahan, Regional Director Population and Public Health
- Bridie O'Sullivan, Regional Director Nursing and Midwifery
- Dr Ger O'Callaghan, Regional Director Finance
- Dr Peter Kearney, Regional Clinical Director
- Jonathan Hoare, Regional Director Communications and Public Affairs
- Rob Moriarty, Regional National Ambulance Service Lead
- Daniel Clifford, Regional Estates Lead
- Prof John R Higgins, Regional Director Planning and Performance



Cork University Maternity Hospital



University Hospital Kerry



University Hospital Waterford



Tipperary University Hospital



Have you got a story?

Thank you to all staff who contributed to this edition of UltraNews. If you have a story for a future edition, please contact **Elaine Harrington**, Communications Manager, eharrington@ucc.ie I would love to hear from you!