

eHEALTH NEWSLETTER

13 September, 2022.
Volume 2, Issue 8

A monthly newsletter brought to you by the eHealth Communications Team. A huge thanks to all of our contributors this month.

If you wish to contribute to our October publication, please send your content to communications.ehealth@hse.ie by **Monday 26th September, 2022.**

A2i-HIDs do Hell and Back!



By Karina Hull, Operations & Support Manager, A2i-HIDs

After months of eager anticipation, twelve members of the A2i-HIDs team took part in HELL & BACK on 11th June 2022. Hell & Back, mooted as Ireland's "toughest mental and physical endurance challenge", is the country's largest and most popular obstacle course run – and it certainly is tough! The event took place in Killruddery Estate in Bray and the team completed an 8K trail route crossing rivers and lakes, climbing hills and mountains and crawling through bogs and swamps. There were numerous man-made obstacles to drag ourselves across, under and over. There was a sniper alley where we were shot at as we ran through a forest, a 10-foot wall, rope

ladders and most unpleasant of all, electric shock wires that we had to belly-crawl under. If it sounds like hell, it truly was at times but it was also incredibly good fun. Four of us had completed it previously in 2019 and always wanted to do so again. Doing it as a team was by far the highlight, we had a great sense of camaraderie during and after and so many laughs along the way. Overall it was a wonderful event and we are already planning to bring more along next year!

The "**Disruptive Athletes**" pictured above
Back Row L-R: Hell & Back team consisted of Yvonne Cantwell, Paul Mackin, Lauren Calmus, Karina Hull, Shelly Biddulph, Bronagh Kennedy, Eoin Sweeney, and Gavin Keogh.

Front Row L-R: Steve Jones, Marie Lalor, Craig McKeon, and Emer Handy.



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eHealth Internal Reporting

By Michael Porter,
Digital Management Consultant,
Corporate Services.

You probably noticed recently that you received an invitation to a Teams site called [eHealth Internal Reporting](#). This is a site for all eHealth staff (including contractors) to enable everyone to stay current with programme activity. It also provides access to past reports.

We want everyone in eHealth to have visibility to the breadth and depth of activities across the organisation. You can use these reports to communicate status with your teams, or to keep other

stakeholders up to date. It's meant to be a resource to you.

Currently we are only able to share reports covering capital-funded programmes, so not all areas of activity are included yet.

The Teams site has one folder called **Monthly Programme Reports**. This contains reports on capital programmes that go to the Winter Plan Steering Group (HSE COO) every month. The folder contains two subfolders:

2021: for year-end 2021 reports

2022: individual folders for each month

In the future, we plan to make other reports available on this site.



The next Lunch & Learn session will be:

SAP CoE

Friday 23rd September, 2022.


Presented by


Margaret Kilmartin, Head of SAP CoE.

All sessions take place on Fridays at 12.30 unless otherwise stated.

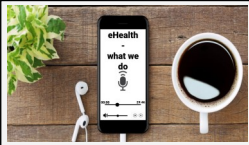
If you would like to view previous Lunch & Learn Sessions, most of them are available on the Discovery Zone on HSeLanD.

[View this handy guide on how to find the Discovery Zone on HSeLanD](#)







Sharing Insights



Backstage with eHealth



HSeLanD



Health and wellbeing collection

Health & Wellbeing

Access each playlist above by clicking on the image.

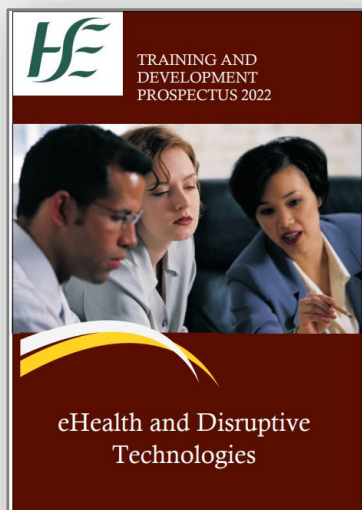
Our eHealth YouTube Channel can only be accessed by the links published here.

If your team would like more information on how you can utilise this platform for your teams' benefit, contact communications.ehealth@hse.ie

eHealth Training & Development



To find out more about the courses we provide, please click the image below and the link will take you to our 2022 Training & Development Prospectus:



Below is a list of our upcoming schedule this month:

Getting Ready for Retirement

Date	Duration	Venue	Start & Finish	Closing Date
04/10/22	1 day	The Richmond Education and Event Centre No 1 North Brunswick Street, D7.	09:30 –17:00	13/09/22

Stress Management and Resilience

Date	Duration	Venue	Start & Finish	Closing Date
27/09/22	1 day	Ardee Business Park Hale St, Ardee, Co. Louth, A92 C7RW *	09:30 –17:00	16/09/22

Managing People Using H.R. Policies

This programme was previously titled 'Interpreting & Applying HR policies'. Course content remains unchanged.

Date	Duration	Venue	Start & Finish	Closing Date
18/10/22	1 day	Ardee Business Park Hale St, Ardee, Co. Louth, A92 C7RW *	09:30 –17:00	27/09/22

- Please note the change of venue above for Managing People Using HR Policies and Stress Management & Resilience.

If you are interested in attending any of these programmes and have line-manager approval to do so, please enrol via [HSeLanD](https://hselearning.com).

If you are experiencing problems trying to locate or enrol onto a course, please review our [support documents](#).

Alternatively please contact ehealth.training@hse.ie and we will be happy to assist you.

Parking at [The Richmond](#) is limited and offered on a first come, first-served basis. Smithfield Car Park is 5mins from the venue.

Click [here](#) if you wish to book in advance.

Q&A

JASON BLACK - International Expedition Leader and Professional Mountain Guide

By Sean Toner,
Training & Development.



On June 23rd, the Business Operations department held their first away day since before the Coronavirus Pandemic. The event was also host to the presentation of keynote speaker, Jason Black. Jason shared his story as one of the world's leading high altitude mountaineers, while also speaking of his childhood and experiences with bullying and depression. Following his presentation, I sat down with Jason for a conversation on the great work he does and what motivates him to continue forward on his expeditions.

In your presentation you spoke about being bullied during your childhood. What advice would you give to someone that is going through a similar struggle in their life?

Well, I think bullying takes so many different forms. In today's world, we're seeing bullying in work, marriages, teams and schools. It exists in society, whether we like it or not. Sadly, sometimes the bully doesn't realise that they're a bully as they're a by-product of something that may have happened in their

own life. I made the biggest mistake when it came to bullying by not having the courage to speak up and speak out. I didn't have the courage to say, look, I'm struggling or I need help. I had decided to soak it up and absorb it. And certainly in reflection that wasn't the right thing to do. It left too many scars and had left too much damage. I'm always encouraging people to check in and ask the open question; "is everything ok"? Don't presume that a person is ok because they are just ticking along in life, because I was that person. I camouflaged it and nobody could see it for what it was. I think sometimes it's just that simple question; "is everything okay"? That can be really important.

You also mentioned about your various achievements and accolades. Personally and professionally, what do you consider to be your greatest achievements?

Well, I think my greatest achievement is my four children and my family before and above all. When I talk about the climb of Everest, it was me as a human

being standing on the summit of an 8,000 metre mountain. In that moment, I realised and reflected on my life and how I had survived the battle of losing my mum early in life, losing an education and my self-worth at the hands of a bully and losing my brother to a motorbike accident. Then the judgement I felt from society by not getting a job because I didn't have an education and feeling suppressed for a long number of years. I felt an elation when I stood on the summit of Everest, being overwhelmed by the fact that I had survived all of this. Then there is K2, which for me is the ultimate prize as a Mountaineer. I think to be able to stand on the summit of the greatest and hardest mountain in the world and to be the first Irish man to survive it, has to be my greatest professional achievement.

The photograph at the beginning of this article was taken by Jason at the Business Operations team away day back in June at the Aisling Hotel, Dublin.

Continued on next page.

How do you go about building resilience to allow you to persevere with these challenges?

For me, the physical challenges that I do are secondary to the mental battles in life. I'm constantly empowering people to explore their mental conditioning and mental strength so they can develop into a stronger and more resilient human being. Its simple things like just stepping beyond your comfort zone, putting yourself in a place that's just a little bit uncomfortable. You don't have to be extreme or reckless, just put yourself out there and start to normalise that. Then through that type of process, you open up brand new doors in your mind. Whether it's out in the mountains or through yoga, prayer or meditation, I'm a big advocate of continuously developing your mental strength.

For someone sitting on their couch watching a documentary on Netflix about mountain climbing, who has a dream of climbing Everest or K2, what would you say to them?

It sounds like a cliché but everybody has got a climb and everybody has an Everest. I think you should have the courage to set your own goals, which is a skill in itself. Goal setting, for me, is about writing it down. I have a saying that it's easy through the lips and it's harder through the pencil tips. So, first thing is to have a goal ready, you don't have to tell the world what it is, make it realistic and have a strategy to achieve it. Once you learn how to be successful at goal setting and achieving a goal, then all you have to do is keep shifting it up a gear and before you know it, you'll be climbing whatever your goal is.

Things don't come easy in any walk of life and require hard work, dedication, commitment and resilience and you've got to keep working at developing that. I never thought in my wildest imagination that I would ever achieve Everest or K2 or equal challenges but you've got to develop that belief in yourself and find your way. Even at times when you think you're paddling upstream.



Do you have a mission or goal through your public speaking? What is the one piece of information that you would like our group to take away with them today?

Jason: Be yourself. For a long time, I was trying to fit into a box in society that just didn't work for me and it was very peculiar and uncomfortable. Through age and experience, you start to become comfortable in your own skin and you start to become very natural in your behaviours and your thinking. Find something that works for you and don't be afraid to develop new skills. It may require you to upskill and get a deeper understanding of what you're trying to achieve in life. However, the most important thing for me is to be able to help somebody else that is struggling in life and be able to reach a hand out or give that smile on that important day. That might just be enough to lift that person out of their despair.



WE ARE HIRING

JOIN WITH OUR TEAM

There are a number of vacancies currently on the eHealth Ireland website. Click the button below for information on these positions:

eHealth & Disruptive Technologies

The most recent information on upcoming recruitment campaigns for eHealth are listed below:

- Grade VII ICT Service Transition Manager
- GM Head of End User Technology
- Grade VIII Infrastructure and Technology Data Centre Lead
- Grade VIII Senior Network Core & Design Operations Manager
- Grade VIII Solution Architect
- Grade VIII Senior Project Manager
- Grade VI Senior ICT Projects Officer
- Grade VII IT Operations Manager (South West)
- Grade V Business Operations
- Grade VII ICT Projects Manager
- Grade VII SAP CoE Developer

These positions should be advertised in the coming weeks.

Welcome to the HSE Lean Academy

Helping healthcare staff across Ireland to apply Lean Tools and Thinking to deliver process improvements and improved patient outcomes.

By Stacy Franklin, Programme Tutor at Central Solutions Ltd.

The HSE Lean Academy offers a range of strategy development supports for business units ranging from our Lean Champions and Operational Excellence workshops to support and advisory services. Building a culture of operational excellence and enabling staff to use Lean tools and methodologies in their day-to-day work, can drive significant change. To date, the HSE Lean Academy has provided high

quality, high impact, and university -accredited Lean programmes to over 500 HSE employees and realised tangible savings for the Business Units.

The HSE Lean Academy offers a full Lean Six Sigma Healthcare pathway from White belt through Yellow and Green Belts on to Black Belt level certified by the University of Limerick. These innovative work-based programmes leverage blended delivery to facilitate skills development on-the-job, for-the-job and to improve-the-job.

Emer Sheridan, National Virtual health Team—“Since completing my yellow belt, I find my approach to tasks both in my personal and professional life has changed for the better.... I find myself subconsciously looking for more efficient and smarter ways of doing things, leading to better outcomes. I don’t just ‘settle’ anymore”.

To find out more and how to start your Lean Journey today, visit:- www.HSELeanAcademy.ie

Lean Yellow Belt Training Programme

By Sean Toner, Training & Development.

The Lean Yellow Belt programme is created by industry experts that empowers participants to develop the knowledge and skills required to identify, analyse and develop solutions for Lean Six Sigma and Process Improvement Projects.

This year, the Lean Yellow Belt training programme was completed by a number of staff in eHealth, who brought forward great ideas that can be implemented in their division. Among those staff was Raymond Daly, a Senior Project Manager in eHealth.

Raymond’s project was to implement a solution that is fit for

purpose around the completion of Hosting Forms. Raymond noted that a very high percentage of Hosting Forms are completed incorrectly and as the forms must be completed correctly before servers can be provisioned by the Tech Office, this leads to wasted time and effort in the delivery of systems. Through his involvement in this programme, Raymond is now working with I&T leads to rationalise the spreadsheet and to validate the information thereon prior to submission. He also proposed creating a HSeLanD e-learning course to guide employees in completing the forms.

The Lean Yellow Belt Programme is targeted at Senior Management looking to gain an in-depth understanding of Lean and provide

a supportive role to their management team, along with Departmental Managers and Process Owners who have been tasked with the development and promotion of Lean projects. Individuals who are looking to focus on their professional development and gain Lean Certification, will also find this course to be an asset in the evolution of their career progression.

For those interested in taking part in future Lean Yellow Belt Programmes, please keep an eye on HSeLanD for any upcoming and available dates.



BOOK CLUB

The **BOoCIO Virtual Club** will meet TODAY:

Tuesday 13 September, 2022
at 1pm via MS Teams

If you are interested in joining, new members are always welcome and you can email us on:
communications.ehealth@hse.ie



Summer Sunlight Golden Meditation

with Sandra Wrafter

A healing meditation bringing to mind golden sunlight to help bring peace and calmness into body and mind

Successful Networking Opportunity for SNOMED CT

By Theresa Barry, Clinical Terminology Architecture Lead.



The National Release Centre for SNOMED CT invited persons with a specific role in managing healthcare, clinicians, and the digital health agenda in Ireland to meet the international team to gain an understanding of SNOMED and its role in healthcare data, healthcare management and healthcare analytics.

SNOMED International team were having their annual conference in Dublin, and this was a unique opportunity to meet them.

SNOMED CT is a clinical terminology that has been endorsed by HIQA and the Department of Health, it is to be used as the reference terminology in all electronic health records in Ireland. As more and more information systems are being procured, this meeting was aimed to help gain an understanding of people's role in ensuring that SNOMED is adopted in Ireland. The aim of the meeting was also knowledge sharing with people working in the digital health space to ensure that impactful use of SNOMED CT, that is used correctly,

to improve data standardisation, to make better clinical decisions and to enable better data insights, that impacts patients and their care.

The meeting was a successful networking opportunity with like-minded people with an interest in the digital health space in Ireland and how all shared the goal of interoperability and standardisation of data. It was a good opportunity to hear how another country has adopted SNOMED CT successfully and how it has improved their Healthcare system for the benefit of the end user, Clinicians, and patients.

Read the full article on eHealthireland.ie.

Photograph above:

Back Row L-R: Shelly Lipon, Peter Connolly, Yvonne Coughlan, Niall Sinnott, Don Sweete, Ian Green.

Front row L-R: Theresa Barry, Loretto Grogan, Sarah Craig, Emer O'Shea, Anita Flynn and Dr. Conor O'Shea.



THE FUTURE IS DIGITAL

Insights from the International Conference in Quality in Healthcare
Gothenburg, Sweden.

By Veronica Hanlon, Educationalist, HSE National Quality and Patient Safety Directorate.

A key theme of this inter-national conference was the digitalization of healthcare and the importance of equipping staff with the necessary knowledge and skills to use technology to improve the delivery of services to patients and service users.

Why digitalization?

Across the globe, we are facing limited financial resources to deliver healthcare and many health services are experiencing the same limited availability of staff that we experience here in Ireland. Therefore, using technology to improve the efficiency and the effectiveness of healthcare is paramount. There is also a strong drive from patients and service users to be managers of their own health and wellbeing and technology can greatly support this ambition.

Christian Colldén, a project manager for DigITSU- the EU funded project with the aim of providing a hospital-wide boost for digitalization and digital competence at the Sahlgrenska University Hospital in Sweden shared his learning to date. He suggested that “digitalization builds on both individual competence and organisational maturity. The level of digital competence varies greatly, but all employees need to be on board and patience and flexibility are important in efforts to improve digital competence.”

What is digital competence?

Digital competence involves the confident, critical, and responsible use of, and engagement with

digital technologies for learning, at work and for participation in society. It includes information and data literacy, communication and collaboration, media literacy, digital content creation, safety (including well-being and cybersecurity and safety) and intellectual property related questions.

[View the Key competences for lifelong learning here](#)

Colldén suggests that in a digital work environment, staff must have the following:

(a) Knowledge and understanding of how digital technologies can support communication, creativity, and innovation. They should understand the general principles, mechanisms and logic underlying evolving digital technologies and understand the basic function and use of different devices, software, and networks.

(b) Skills to use digital technologies to support their work and to actively collaborate with colleagues, patients, and service users. Skills involve effectively using digital technology and software, as well as accessing, filtering, evaluating data, and creating and protecting digital content.

(c) Attitude to be open-minded and forward looking to engage with digital technology and content. A motivation to develop new digital knowledge and skills is required, not only as healthcare staff but as active citizens in an ever-evolving digital society which requires an ethical, safe and responsible approach to the use of technology. An awareness of the

transformation opportunities that digitalisation can provide is important but equally so is an awareness of the limitations, risks, and effects.

DigITSU and the Sahlgrenska University Hospital has embarked on a journey to develop the digital competencies of both staff and partnering patients. Their first step was to provide ‘inspiration seminars’ where managers and staff develop their understanding and readiness for new digital working methods. The hospital provided web-based training for managers and staff on use of existing software such as MS office applications and other healthcare applications and managers were encouraged to facilitate ‘dialogue’ sessions at the workplace with their teams.

Colldén and his project team are at the start of their journey, but already their advice for others is clear. They strongly advise involving line managers at the start to enable them to support training and development. Their experience has been that involving clinicians has proved more difficult and that the organisation needs to be able to provide and support the opportunities for development for all staff and staff need to appreciate the benefits of developing their digital competence not only as healthcare workers but also as citizens in a world where the future really is digital!

LEADERSHIP AND MOTIVATION

By Thelma Pentony,
Training & Development.

Motivating staff seems like it should be easy. And it is — in theory. But while the concept of motivation may be straightforward, motivating staff in real-life situations is far more challenging. As leaders, we're asked to understand what motivates everyone on our team and manage them accordingly. What a challenging ask of leaders, particularly those with large or dispersed teams and those who are already overwhelmed by their own workloads.

A recent Harvard Business Review article on motivating people points to three universal psychological needs of autonomy, relatedness, and competence.

Autonomy is people's need to perceive that they have choices, that what they are doing is of their own volition, and that they are the source of their own actions. The way leaders frame information and situations either promotes the likelihood that a person will perceive autonomy or undermines it.

To promote autonomy:

1. Frame goals and timelines as essential information to assure a person's success, rather than as dictates or ways to hold people accountable.
2. Don't apply pressure to perform. Sustained peak performance is a

result of people acting because they *choose* to — not because they feel they *have* to.

Relatedness is people's need to care about and be cared about by others, to feel connected to others without concerns about ulterior motives, and to feel that they are contributing to something greater than themselves. In eHealth we have great opportunities to help people derive meaning from their work.

To deepen relatedness:

1. Validate the exploration of feelings. Be willing to ask people how they feel about an assigned project or goal and listen to their response. All behaviour may not be acceptable, but all feelings are worth exploring.
2. Connect staff's work to the noble purpose of supporting healthcare in Ireland.

Competence is people's need to feel effective at meeting every-day challenges and opportunities, demonstrating skill over time, and feeling a sense of growth and flourishing. Leaders can rekindle people's desire to grow and learn.

To develop people's competence:

1. Set learning goals — not just the

traditional results-oriented and outcome goals.

2. At the end of each day, instead of asking, "What did you achieve today?" ask "What did you learn today? How did you grow today in ways that will help you and others tomorrow?"

The exciting message to eHealth leaders is that when the three basic psychological needs are satisfied in the workplace, people experience the day-to-day high-quality motivation that fuels eHealth staff work passion.

"In eHealth we have a unique opportunity and privilege to make a real difference to people's health outcomes through digitisation by supporting health service delivery. Every individual in the country has dealings with the Health Service, we directly support the people (Doctors, Nurses, Allied Health Professionals) who provide health care at the frontline. What our team does makes a real difference to the efficiency, safety and delivery of Health Care in every setting." Fran Thompson, CIO.





COACHING is a free confidential service available to staff working in the HSE, Tusla and Section 38 agencies.

The service is provided by professional coaches who have completed an accredited coach training programme.

You may wish to consider coaching if you:

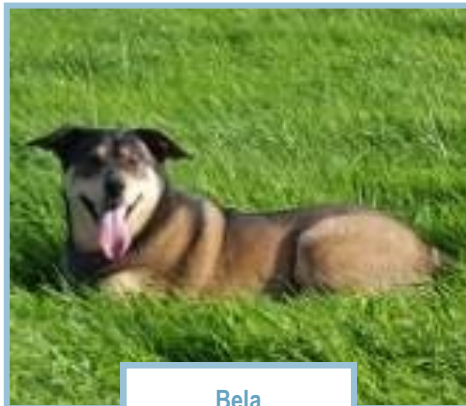
- have been recently promoted
- are exploring your career progression
- are dealing with conflict
- are feeling 'stuck' in your current role
- would like to increase your self-confidence
- are managing change
- need to improve your work-life balance
- are feeling stressed

[Click Here](#) for more information

Beautiful Bela and her fluffy friends

This month we have a cute and cuddly overload for all you animal lovers!

Bela is an 8 years old Labrador-Husky and lives with Indre Dapkeviciene and her family. Bela is very loyal, intelligent, friendly and a very good guard dog. She loves long walks, sunshine, belly rubs, and treats.



Bela



Floppy & Theo

And if Bela wasn't enough to handle they also have two beautiful fluffy bunny rabbits called Floppy and Theo. Even though they do look very cute they actually are very cheeky! Countless chargers have been destroyed by these two, so you could say they are technology driven!



Recruitment:

eHealth.recruitment@hse.ie
eHealth.hr@hse.ie

Employee Relations

Employeerelations.ehealth@hse.ie

Training & Development

eHealth.training@hse.ie

Mobile Telephony

Mobile.queries@hse.ie
Mobile.ne@hse.ie

Finance

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Capital:

revenue.po@hse.ie

Executive Support:

DSHmgt.Support@hse.ie

New Staff:

NewStaffIT.ehealth@hse.ie

Communications

Communications.ehealth@hse.ie



[Culture Night / Oíche Chultúir](#) is an annual, all-island public event which takes place on **Friday 23 September 2022**.

It promotes culture, creativity and the arts, celebrating all that makes up the richness and diversity of Culture in Ireland today.

Special and unique events and workshops at participating locations, and all activities are made available to the public free of charge.

LISDOONVARNA MATCHMAKING Festival

FIND LOVE IN LISDOONVARNA

The largest [matchmaking festival in Europe](#) returns to Lisdoonvarna County Clare, “where music’s played and matches are made”.

Head to this festival to find the love of your life, or you could just pop along for a bit of craic.

The festival runs throughout the entire month of September, featuring music, dancing, and everything in between.

Lisdoonvarna attracts 40,000 people annually ranging from tourists, party-goers and bachelor farmers...

DON'T MISS OUT!

MindBody experience

Dublin City

[Ireland's largest holistic event](#) returns to the RDS, Dublin on the 16th, 17th & 18th of September 2022.

Over the weekend the event will host 200 exhibitors, and 100 hours of complimentary talks, workshops and classes led by various guest speakers.

The event comprises five different elements all in one venue, the Mind Body Soul Expo, the Yoga and Meditation Festival, Conscious Life Dublin, the Dublin Psychic Fair, and the Live Well - Talks & Workshops.

Admission is free!



50th Irish Hot Air Ballooning Championships

In September 2022 the skies above Birr, Co. Offaly will once again be filled with the beautiful sight of dozens of Hot Air Balloons - weather permitting. This year's event, its 50th anniversary, will be held in Birr Castle from Saturday 24th to Friday 30th September 2022.

More information and tickets [click here](#).

Introducing our new colleagues to the eHealth Community



Nicola Rogers

Data Analyst
Data Visualisation
Team

What fictional place would you most like to visit?
Atlantis.

If you could trade places with one person for a day, who would you choose and why?

Not a person, but I would like to change places with my dog, he always seems to be having a great time playing in the garden so that would be a nice way to spend the day!

What is the top destination on your must visit list?

Hawaii – I have been wanting to go to Hawaii for as long as I can remember! Hopefully in the next couple of years I can tick this off the list.

If you had to pick an age to be permanently for the rest of your life, which would it be?

I think I would choose to be 25 - not too young, not too old, and no back problems 😊



**Aleksandra
GawinJedryczka**

NSD Account
Management Support
Officer

What fictional place would you most like to visit?
Hogwarts.

If you could trade places with one person for a day, who would you choose and why?

The Pope, for good wine and access to all Vatican treasures.

What is the top destination on your must visit list?

Rome.

If you had to pick an age to be permanently for the rest of your life, which would it be?

28.

Introducing our new colleagues to the eHealth Community



Claudine Teape

Service Delivery Officer

What fictional place would you most like to visit?

Nowhere really (not very exciting I Know ☺)

If you could trade places with one person for a day, who would you choose and why?

My daughter—she's three and she seems to have it all figured out!!

What is the top destination on your must visit list?

Greece, I was there once but want to visit many more places—it was more beautiful than I realised.

If you had to pick an age to be permanently for the rest of your life, which would it be?

32



Alicja Nykiel

Executive support /
Business operations

What fictional place would you most like to visit?

Willy Wonka's Chocolate Factory – no matter the age, chocolate is a guilty choice of food that everyone likes to indulge in every once in a while.

If you could trade places with one person for a day, who would you choose and why?

My own, I'm happy in my life, with my own world around me. Spending a day in someone else's shoes would be asking for their problems as well as their triumphs, and I wouldn't know where to start.

What is the top destination on your must visit list?

Bali, Indonesia.

If you had to pick an age to be permanently for the rest of your life, which would it be?

I think 31, when I realized that I can create my own reality.

Introducing our new colleagues to the eHealth Community



**Sanish
Perumbayil**
Senior Database
Analyst

What fictional place would you most like to visit?

Dragonstone – From the Game of Thrones Series

If you could trade places with one person for a day, who would you choose and why?

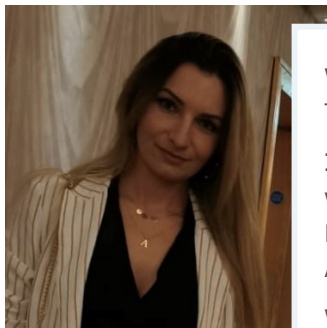
I would swap with Dr.APJ Abdul Kalam who was the former President of India who is my role model and help people to dream and chase that to succeed in life. I want to see how he was thinking and feeling about things around him. What was the major challenge he faced even when he was asking 1.38 Billion Indians or more to dream. Curious to know how hard was it to become a ISRO Scientist, a president of India, yet be the most beloved person of every children.

What is the top destination on your must visit list?

Malaga in Spain and Tomorrowland.

If you had to pick an age to be permanently for the rest of your life, which would it be?

25



Aga Quinn
ICT Applications Officer

What fictional place would you most like to visit?

The world from Avatar movie

If you could trade places with one person for a day, who would you choose and why?

Maybe JLo, I wouldn't mind spending a day with Ben Affleck!

What is the top destination on your must visit list?

It changes quite frequently ☺ but at the moment it's Santorini.

If you had to pick an age to be permanently for the rest of your life, which would it be?

Hard question, I think I am pretty happy with moving on ☺

Introducing our new colleagues to the eHealth Community



Serena O'Sullivan

Change Management
Analyst

What fictional place would you most like to visit?

Hogwarts.

If you could trade places with one person for a day, who would you choose and why?

My younger self to experience a day of rag week in Galway all over again.

What is the top destination on your must visit list?

South Africa.

If you had to pick an age to be permanently for the rest of your life, which would it be?

25.



Joanne White

Data Quality Lead HIDs

What fictional place would you most like to visit?

Hobbiton.

If you could trade places with one person for a day, who would you choose and why?

Marianne Vos, Pro cyclist, experience what it is like to be a pro cyclist.

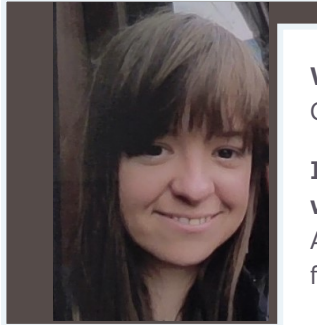
What is the top destination on your must visit list?

See the northern lights, Iceland or Norway.

If you had to pick an age to be permanently for the rest of your life, which would it be?

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Introducing our new colleagues to the eHealth Community



Nicola Caheny

TCO Device Requests
Team

What fictional place would you most like to visit?

Charles Chocolate Factory.

If you could trade places with one person for a day, who would you choose and why?

An Astronaut on the space station, to be able to see Earth from Space.

What is the top destination on your must visit list?

Japan.

If you had to pick an age to be permanently for the rest of your life, which would it be?

33.



Cathy McGonigle

PA to Chief Technology
Transformation Officer

What fictional place would you most like to visit?

I wouldn't mind stopping by Central Perk for a coffee with some "Friends" 😊

If you could trade places with one person for a day, who would you choose and why?

Jane Fonda, in her 80s and still killing it as an actress, activist, feminist and an all-round icon really so it would be interesting to spend a day in her shoes.

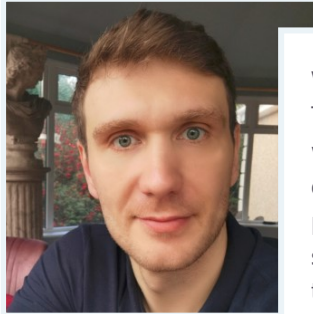
What is the top destination on your must visit list?

Hawaii or British Columbia and Alberta, Canada

If you had to pick an age to be permanently for the rest of your life, which would it be?

25, reminds me of the year I first moved out of home and shared a house with my best friend, just a pity we hadn't learned to cook by then, then it would have been the perfect year!!

Introducing our new colleagues to the eHealth Community



**Szymon Grodecki
(Simon)**

Support and
Operations Manager

What fictional place would you most like to visit?

This one is easy. Gene Roddenberry's Star Trek universe. I would absolutely want to see how much we can achieve as a civilisation with progressive and inclusive attitude. Star Trek pushes the boundaries of advancement of social and political structures as well as technology and the ethics of its application.

If you could trade places with one person for a day, who would you choose and why?

I would swap places with any full time student of Quantum Information Science at MIT. It would be such a fantastic opportunity to learn about this pioneering research even for just one day.

What is the top destination on your must visit list?

I do not travel much so the list of places I want to see is still very long. The top of the list is Ijen volcano in Indonesia. Extraordinary sight!

If you had to pick an age to be permanently for the rest of your life, which would it be?

I am really happy where I am now with my age. I am precisely 40 years old and I have learnt so much so far. If I had to pick an age for ever it would be Me now.