

# LIGHTHOUSE

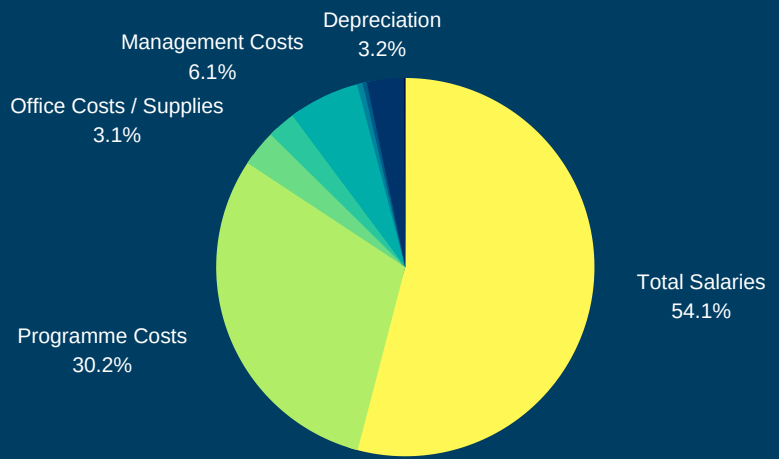
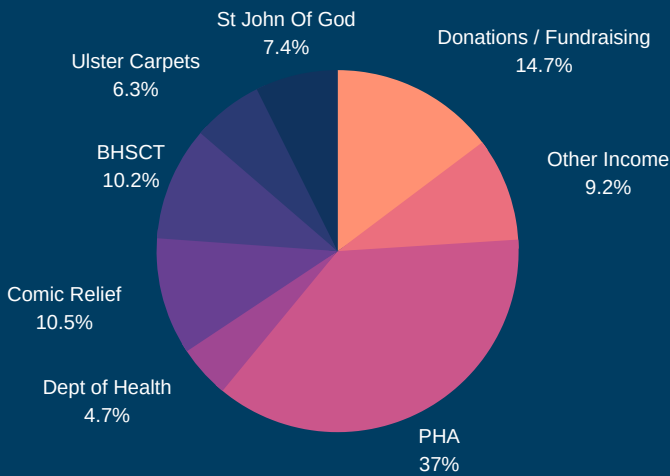
*"A beacon of hope"*

19-20

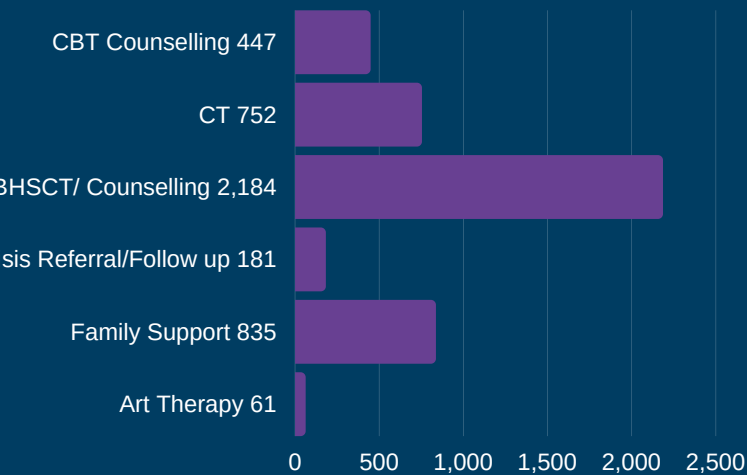


**INCOME £543, 245**

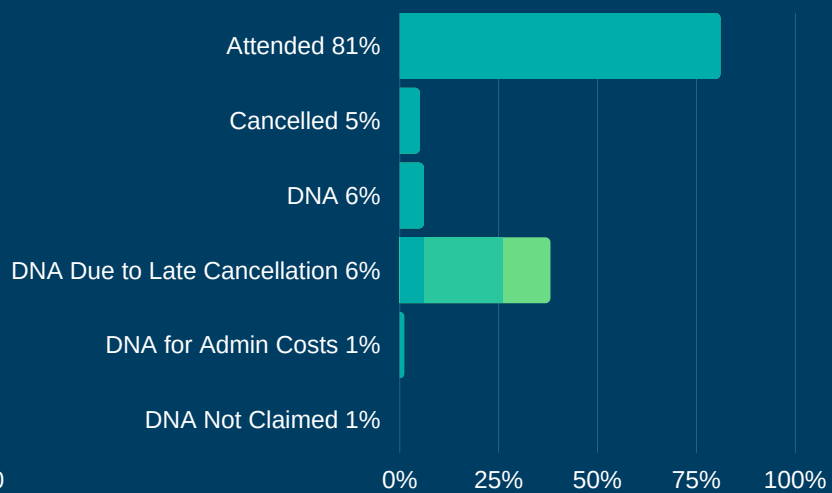
**EXPENDITURE £467, 952**



## SERVICE BREAKDOWN



## APPOINTMENTS



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# A word from the Chairperson

It is a pleasure and honour to present the annual report of Lighthouse for the year 2019/2020.

This has been a very busy year for Lighthouse, which had seen an ever-increasing demand for our services. Very sadly, the beginning of 2020 saw a number of suicides in the North Belfast area, which impacted not only on the families and friends directly concerned, but also the community at large. The challenges and restrictions of the Covid 19 pandemic also had an adverse impact on mental health and wellbeing. We have maintained delivery of our support services to individuals at risk of suicide and self-harm and families bereaved by suicide and continued to promote positive health and wellbeing, throughout this difficult period. For example, through the use of new technology and remote working, we were able to accept referrals and deliver counselling sessions with minimum disruption. During Covid-19 lockdown, Lighthouse staff and volunteers distributed more than 500 community wellbeing information packs in North Belfast, and we initiated the delivery of a new service providing wellbeing calls across North Belfast communities to those in need. The Board of Lighthouse recognizes that partnership and cooperation with others in the community is vital to our service delivery and we have continued to develop close relationships with organisations with similar objectives within North Belfast and beyond. A particular highlight was the official launch in the Belfast City Hall in October 2019 of the CareZone report which set out the priorities for addressing poor health indicators in North Belfast, including high levels of suicide. We remain committed to working with our partners in the CareZone, including YEHA and Belfast Healthy Cities to deliver and implement the recommendations in the report. We have also been involved in the recruitment and training of community champions and befrienders, with lead partner, Ashton in the Communities in Transition Health and Wellbeing project in Ardoyne and New Lodge and young mentors through our Endeavour project to support other young people.



Lighthouse is fortunate that we have continued to be funded and attract new funding from statutory partners to resource our crisis interventions, counselling and family support services. We are also very blessed and humbled at the fundraising carried out by our supporters and voluntary donations received which supports our vital work. We are however acutely aware of the need for proper and adequate funding of the sector. While the Mental Health Ten Year Action Plan, launched by Health Minister, Robin Swan is to be welcomed, as is the appointment of the Interim Mental Health Champion, Professor Siobhan O'Neill, we are under no illusion that without adequate resourcing, the future will almost certainly see ongoing financial constraints and we like other community organisations will continue to experience increasing demands for our services, and inevitably there will be unmet need.

Lighthouse will continue actively to explore partnership and collaborative working to address these difficult issues and to enable growth and development of our services, so that they are secured for future service users and stakeholders.

I would like to thank my colleagues on the Board, our committed, talented and hardworking members of staff, fundraisers, partners, service users, funders, volunteers and friends of Lighthouse for their support and efforts in making this last year so successful.

Finally, I would again like to pay tribute and express appreciation to our colleague and co-founder Jo Murphy, who announced her retirement in March 2020, for the amazing and valuable work carried out for Lighthouse over the years. We wish her every happiness for the future.

## Highlights & Achievements

**DJ night held in Plastic Nightclub by Sean Mullan raised £5,120**  
**Christmas event with family choir**  
**The respite to Derry in February 2019**  
**Year 13 mentors trained and completed OCN Level 2 qualifications**  
**Year 13 mentors provided one to one mentoring support for year 8 & 9 pupils**  
**Launch of Carezone report October 2019 and securing funding from Urban Villages for implementation project**  
**Flourish Clergy Self care Project ongoing training and support**  
**Skydive March 2020 raised £9228.36**  
**Easter 2020 Message of Hope - viewed over 8000 times on social media**