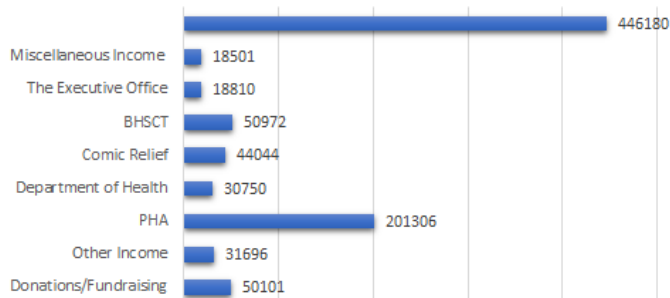


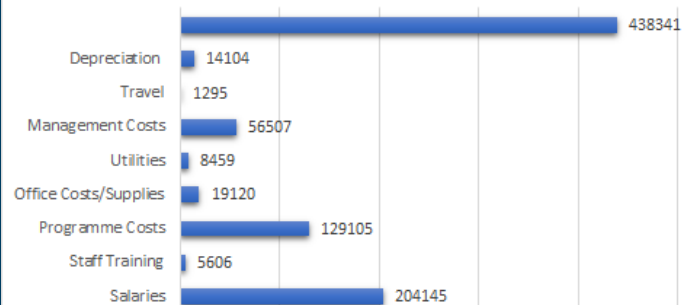
### INCOME (£446, 180)

Income Breakdown 2020/21



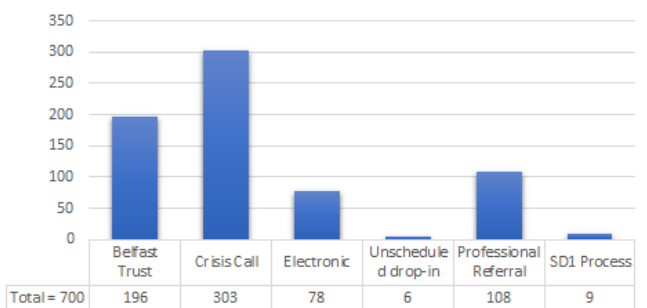
### EXPENDITURE (£438, 341)

Expenditure Breakdown 2020/21



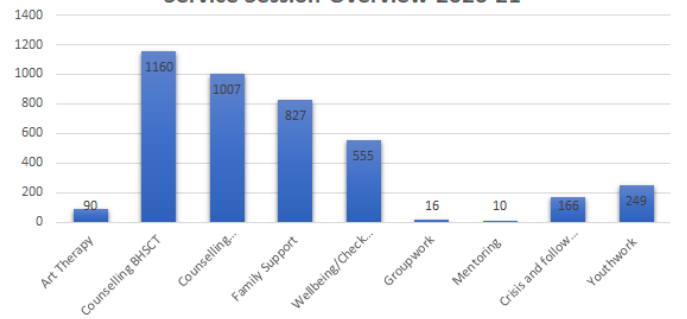
### REFERRALS OVERVIEW (700)

Referrals 2020-21



### SERVICE BREAKDOWN (4080)

Service Session Overview 2020-21



## Highlights & Achievements

Lighthouse were involved in a documentary 'Our Silent Emergency', presented by Roman Kemp where he spoke of his experiences of mental health problems and shone a spotlight on male suicide, which remains the leading cause of death in men under the age of 45. Joe Lyons, Roman's 27 year old producer on his Capital FM Breakfast Show, had died by suicide in August 2020. In the programme Roman came to Lighthouse and met with a group of teenage males from North Belfast whose friend – Carl, died in May 2020, aged 15. There was a visible connection between Roman and the group when they discuss that none of them knew their friend was suffering. Through speaking with the group and the Lighthouse staff who had supported the young people through their trauma, Roman learned that opening up conversations can be vital in preventing such tragedies from taking place. He learned about the two ok rule. That is where you ask "How are you doing?" and then ask "But how are you doing really - mentally? Are things a bit hard, are you a bit down?" Overwhelmed by the reaction to Our Silent Emergency, Roman took to Twitter to write: "Seeing people now checking on their friends and asking twice is incredible. We ALL need to do it."

# A word from the Chairperson



It is a pleasure and honour to present the annual report of Lighthouse for the year 2020/2021. It has again been a very busy and eventful year. Lighthouse has continued to play an important leadership role in North Belfast and beyond, working with key stakeholders and partners to empower and bring hope to the community, which for many years, has had to endure deprivation and inequalities in health and wellbeing.

Against the challenging background of Covid 19, we continued to give immediate and life saving support, through our Crisis Response service, to those presenting at risk of suicide and self-harm, and where appropriate, provided therapeutic support through our Counselling Service. We have given emotional and practical support, through our Family Support Services. Lighthouse surpassed all service targets as required by our funders and has made a positive difference to the lives of many people affected by suicide and self-harm. I am happy to report that Lighthouse successfully secured almost £100,000 from dormant funds which will enable us to improve our accessible support services over the next three years.

Lighthouse recognises the importance of acting from our experience as an advocate for services users and influencing the design of service delivery and support for the community in the field of suicide prevention, where appropriate in partnership with others. In March 2021, we took part in the stakeholder consultation event held by the Department of Health of Health/PHA under Protect Life 2. We have played a leading role in the Flourish Working Group and the development of a new training programme to support Northern Ireland clergy in the wake of Covid 19 and the anticipated issues which may arise as a result of the past year.

As we emerge from the pandemic, we anticipate that an increase in mental health issues will result in the need to develop and extend our service provision. It is essential that there is proper and adequate funding for the sector as a whole. Without long term and sustainable funding, suicide prevention projects such as Endeavour, our youth mentoring programme, which works with post primary aged young people to promote positive mental health and build resilience, could be lost. The crucial importance of this project to engaging young people in suicide prevention, was highlighted by Roman Kemp's television documentary "Our Silent Emergency", which was an insightful and sensitive exploration of mental health issues and suicide among young men.

We are very grateful to our supporters and friends - individuals, families, organisations and local businesses- for their generosity over the past year. There are too many to mention here individually but we are indebted to them for their fundraising efforts and donations which are such a support for our vital work. We are very pleased and proud to have been nominated as the Hastings Hotel Christmas charity partner, which will provide an invaluable opportunity for Lighthouse to increase awareness of its suicide prevention work and raise funds for the organisation.

We have also benefited greatly from funding and grants received from Charitable Foundations and Trusts, usually for specific purposes, in recognition of the immense value of our work with the local community in alleviating and providing solutions to mental health problems. In the last year such funding has enabled us to rent additional office and service space which will greatly enhance the facilities and services available to our service users.

In the past year, we recruited a number of new staff members, including our Executive Director, Paul Finnegan, who brings a wealth of experience from his previous roles in the mental health sector, to support the Board and provide strategic direction for the provision and development of our services and to lead and support our committed, talented and hardworking staff team. It is also a privilege to welcome DJ Johnny Hero and football legend Gerry Armstrong, who have agreed to act as ambassadors for and to help promote and support the work of Lighthouse.

I would like to thank my colleagues on the Board, all our valued 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.

*Julie Knight*

## A word from the Operations Manager

2020 has been an unprecedented year for Lighthouse, in relation to the impact of COVID-19 and the need to quickly expand our service provision, so that we were able to continue to provide essential services via the use of remote platforms.

The volume of work we dealt with continued to increase throughout the year and we anticipate that this will continue to be the case for the foreseeable future. However, in other ways, things have been exciting with the development and expansion of core services and recruitment of additional staff members onto the team. To facilitate this growth, we hope to acquire additional local premises, which will offer us flexibility and opportunities to develop our service portfolio.

I'm proud to be able to say that the Lighthouse staff team and associates stepped up to the pandemic challenges and helped ensure a swift and seamless transition of services, so that our client work was able to continue successfully and without interruption.

*Sharon Quinn*