

ANNUAL REPORT

“ A beacon of hope for people
affected by suicide and self-harm ”

2009/2010

WELCOME

Welcome to the 2009-2010 Annual Report of Lighthouse.

LIGHTHOUSE was established in 2003 as a community response to a community problem. Since this time we have strived to combat the levels of suicide within our communities and to help and support those families bereaved through suicide. Over the course of the year Lighthouse has continued to provide these much needed services and save lives.

MISSION STATEMENT

Lighthouse is a caring and professional centre of excellence, supporting positive mental health for people affected by suicide (and self-harm).

AIMS & OBJECTIVES

We aim to:

- Save lives, offer advice and support those affected by suicide and self harm.
- Increase the community's awareness around issues about suicide and self harm with a view to reducing the stigma of suicide and encouraging people to seek help.
- Inform people about places that offer help in their area.
- Provide information and training.



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FOREWORD

by Chairperson
Dr Kevin Donaghy

It seems no time ago since our last AGM – yet much has happened and the need for our services and support continue to grow.

In 2003 PIPS (Public Initiative for the Prevention of Suicide and Self Harm) was established in response to the high level incidence of suicide in North Belfast. Some eight years later, we continue to respond to increasing numbers of individuals and families in distress: there has never been a greater need for the support and services we provide. Indeed, there has never been a greater need for clarity of purpose and clarity regarding the services we provide and the partners we work with.



In 2009, following a prolonged fundraising campaign supported by many of you here today, a Centre of Excellence was opened in our new building at Duncairn Gardens where we're based today. It's a centre we are proud of, it's a centre at the heart of our community, it's a centre based on strong partnerships and it's a centre that has skillfully brought together a range of service providers.

However the organisation has grown at a level beyond that which we had anticipated. When any small organisation grows and expands, it becomes apparent that there is a requirement to revise its structures, agreed sense of purpose, priorities and management of resources. These are some of the areas where PIPS, as an organisation, found itself struggling.

In addressing these concerns, you – our Members – voted in favour of changing our name from PIPS to Lighthouse. Your vote some ten months ago was unanimous – sending a clear message to re-brand the organisation and move forward with a clear and agreed sense of purpose. I am delighted to report that our re-branding was a phenomenal success. We have appointed a number of new Directors to our Board with a composite of skills and experience that will support us continue to embrace change and respond to the increasing demands of our clients. As we move forward as Lighthouse, we will continue to work closely and in partnership with any organisation who shares our commitment. We are particularly grateful to our family members and volunteers of Lighthouse for the ongoing support of the work we do through fundraising and volunteering of their time.

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COORDINATOR'S REPORT

Mrs Jo Murphy

As Coordinator of Lighthouse, I would like to extend a warm welcome to our annual report for the period April 2009-December 2010. Lighthouse continues to grow and develop as a vital support organisation for those who have been affected by suicide and for those in crisis.



It takes great courage to seek help and support and it is the people who come through the doors of Lighthouse that inspire me. This year, our work has reached out to 768 individuals in crisis. There continues to be a demand for education and awareness talks which have taken place, throughout the year, in a wide variety of settings.

This year has brought about a number of changes for the organisation but most importantly a genuine commitment to ensuring we remain focused on our users needs. I would like to offer my sincere thanks to all involved in helping Lighthouse reach out to those affected by suicide and those in crisis, particularly our board, volunteers, fundraisers, counsellors & therapists and lastly, but certainly not least, the dedicated staff team. I'm looking forward to the forthcoming year and the challenges it may bring. As someone who has always seen the benefits of partnership working, I believe that this is the way forward for all community organisations, particularly with current funding constraints.

SERVICES

LIGHTHOUSE provides support, advice and information regarding suicide, self-harm and mental health at community level. We try to ensure that people in the local community have access to appropriate services and are receiving the best possible service with the most efficient use of resources. A wide range of services are co-ordinated from our base in Duncairn Gardens. We work with a range of facilitators, holding weekly support groups for bereaved families, and respond to those in crisis through phone and drop-in at these offices, which have become the hub of the organisation.

Counselling

We have learned that everyone is different and we need to be able to offer an appropriate service to cater for individual needs. LIGHTHOUSE now offers a range of counselling including -: trauma counselling, addiction counselling, bereaved family counselling, young person's counselling and crisis counselling.

Complementary Therapies

The complementary therapies on offer, facilitated by Ashton Stress Clinic, provide not only a safe place to let go of physical aches and pains and promote relaxation, but also a space to clear and relax the mind. The practitioners all work using a holistic approach.

Bereavement Support Group

LIGHTHOUSE runs regular support groups for bereaved families.

Crisis Interventions

LIGHTHOUSE provides responsive care to those in need, including accompanying distressed individuals to hospital for psychiatric assessment and attending crisis home visits.

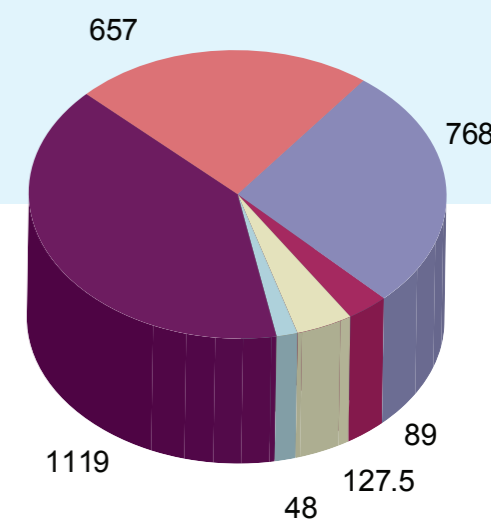
Advocacy

LIGHTHOUSE have been instrumental in highlighting the need to address the problems of suicide and self-harm in a more strategic way and has been a key contributor to the development of PROTECT LIFE – the NI Suicide Prevention Strategy.

Signposting

LIGHTHOUSE provides a valuable link with statutory services, signposting families and carers to appropriate services.

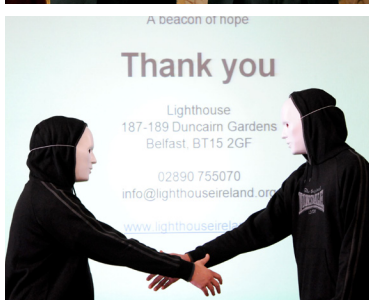
SUPPORT CHART



- Interventions
- General Home Visits
- Art Therapy hrs
- Self Improvement workshop hrs
- C.T hrs
- Counselling
- Support Group

ACHIEVEMENTS 2009-2010

- April 2009 Completion of new premises
- May 2009 Official opening of new house
- September 09 Walk of Life
- October 09 Inter-ed Independent Research Report
- December 09 Christmas Event
- January – December 10 Multiple Fundraising activities/events
- May 10 Members vote to change name to Lighthouse
- September 10 Walk of life
- September 10 Official launch of new name
- October 10 5 new appointments to the board
- October 10 Visit by First Minister Peter Robinson to Lighthouse
- December 10 Christmas Event



LIGHTHOUSE
"A beacon of hope"

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Acknowledgement to Funders



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