

# ANNUAL REPORT

2016-17

## A BEACON OF HOPE FOR PEOPLE AFFECTED BY SUICIDE AND SELF HARM

Welcome to the 2016-17 Annual Report of Lighthouse, a suicide awareness and prevention organisation, 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 save lives through the provision of these invaluable and very necessary services.



### MISSION STATEMENT

*Lighthouse is a community based organisation that promotes and supports positive mental health for those affected by suicide and self-harm.*

### VISION STATEMENT

*A beacon of hope, saving lives and creating a brighter future.*

### STRATEGIC AIMS

1. To provide accessible support services to people who are directly affected by suicide and self harm.
2. To deliver educational and awareness raising activities to promote positive mental health, preventing suicide and self harm.
3. To develop collaborative working relationships and partnerships with other organisations and agencies concerned with suicide and self harm.
4. To continue to improve and develop as a healthy and sustainable organisation.





## COORDINATOR'S REPORT



Lighthouse, instilling hope in people's lives and in the community

It is hard to believe it has been a year since our last AGM. It has been a demanding year within Lighthouse moving forward in a very positive and determined way. The Lighthouse brand is known and renowned for the high quality services it provides in making a difference in people's lives.

Service users are and always should be at the heart of any successful organisation. The demand for our services continues to grow. It is through the courage of people seeking help and support that guides and directs us as to where investments need to be made.

Families who have lost loved ones and people in crisis will always be at the heart of all our work. In order to do this it has always been key within Lighthouse to establish and continue to develop good working relationships with other partner organisations.

The gift of people is a wonderful thing and we at Lighthouse do this in a very unique way working on prevention, intervention and postvention:

### PREVENTION

Last year continued to see a demand for awareness talks and training in a number of settings eg schools, youth clubs and also in the work place. This has been an opportunity to break the stigma of mental health and to encourage help seeking behaviour.

The concert of Hope is an example of this. The Oldpark area (Bone) community sadly continues to be an area of concern re high levels of suicide and mental health issues. We facilitated a range of meetings within the area to ascertain public feeling and also spending time with a Mum who lost her son last year, it was agreed that a positive and upbeat event, which would bring the community together needed to be organised. A small

working group, consisting of Lighthouse, Clergy, Youth Workers and local residents spent time considering options and planning a way forward. One of the issues that became immediately apparent is that this community lacked a focal point around which the community can come together. In our attempt to combat this issue and using a community development approach we agreed to an event the "Concert of Hope" The Gardiner Street Gospel Choir and also Brain Kennedy performed in the Sacred Heart Chapel, which was in the heart of the community, on the 23rd April 2016. The performers, due to the nature of the event, very generously agreed to donate their time for free. This was a very successful event was also used to disseminate information on other services and support available to residents in this community. Another successful outcome was the setting up of a community Choir as a means of building intergenerational relationships within the area and also promotes good mental health.

### INTERVENTION

The crisis work continues to be the engine and a big element of Lighthouse. It is through the initial assessment that people are referred into the different services we offer in Lighthouse and in 2016-17 we delivered on a total of 948 crisis interventions.

### POSTVENTION

The work with Families and friends who have lost loved ones to suicide will always be at the heart of this organisation offering support and showing compassion on people's journey. As well as one to one individual support for bereaved families we have continued to offer systemic family therapy in addition to numerous groups and personal development programmes including the following:

- Mindfulness
- Women's "You're Worth It" events
- Men's Film and Pizza nights
- Flower Arranging
- Furniture Upcycling
- GLOW (Giving Life Opportunities to Women)



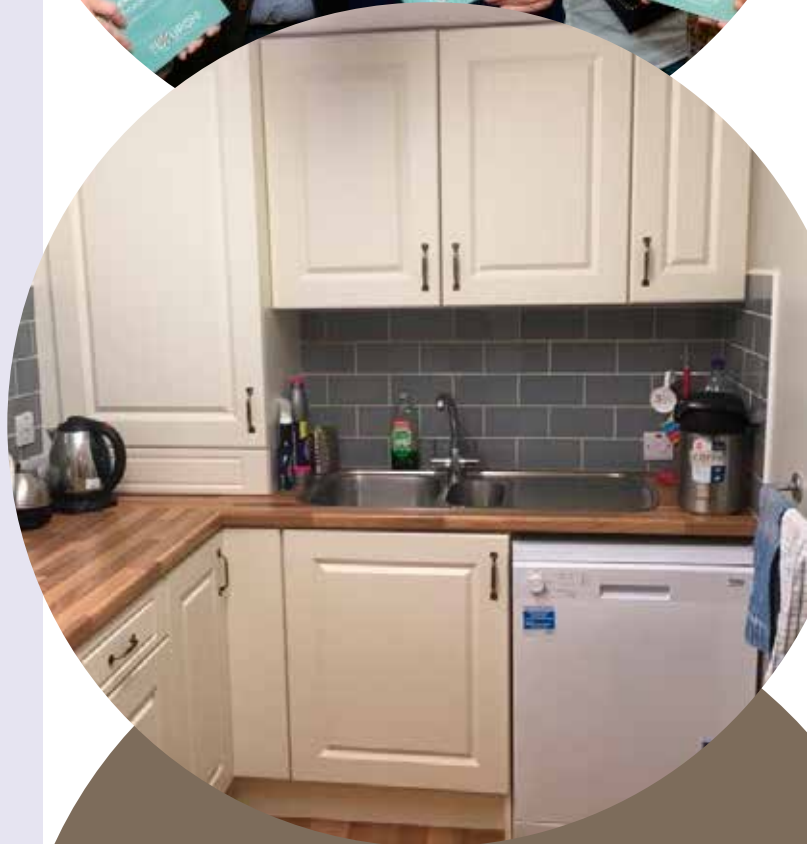
## FLOURISH INITIATIVE

Flourish Churches initiative in Suicide is a partnership between Lighthouse, Clergy from across the Christian churches and the PHA (Public Health Agency). We at Lighthouse are very proud to have initiated this piece of work across NI and also connecting with the South of Ireland as we identified a need for bringing churches together on this very important issue. We have produced guidelines for Clergy and Flourish Sunday (a resource that can be used to speak more openly about mental health). Theology training has also been developed which talks about the suicides in the bible and most importantly dealing with families who have lost loved ones to suicide and also people in crisis. Finally, Flourish has also facilitated the development of a Self Care Tool Kit for clergy and has continued to grow from strength to strength. Throughout the course of 2016-17 73 clergy have attended the one day Theological training, 160 have attended condensed versions of the training with an additional 6 clergy members qualifying as training facilitators, after completing the Flourish T4T training.

Last year also saw an amazing partnership with Clanmil Housing Association. After an interview process with a number of charities we at Lighthouse were selected as their charity of the year. This involved their staff fundraising, which entailed them organising a number of fundraising events eg running in the marathon, a quiz night and many other events. Clanmil also provided and installed a kitchen in Lighthouse which has made such a difference to both staff and service users.

Lighthouse is now in its second year of the three-year contract with the Belfast Trust Primary Care Talking Therapies (Mental Health Hubs). Mental Health issues present a significant problem for people, the most common being anxiety disorders and depression. We have a number of staff delivering Psychological Therapies and Facilitated self-help and low intensity CBT interventions. We at Lighthouse are very proud of the difference this piece of work is making in people's lives and their overall wellbeing. 2016-17 saw a total of 143 Belfast Trust Hub referrals.

Like any good organisation there are always great people behind the scenes who quietly beaver away giving their time, enthusiasm and expertise and I would like to personally thank the board, staff, befrienders, volunteers and student placements in Lighthouse for their continued support and commitment both to myself and this organisation.



# ANNUAL REPORT

## OVERVIEW OF LIGHTHOUSE SERVICES

### CRISIS INTERVENTIONS

Sometimes in life we face challenges which can be overwhelming, leaving us feeling alone, depressed, hopeless, anxious or suicidal. Our crisis intervention service gives you the opportunity to speak with someone to help give you a different perspective, talk about how you feel in a safe non-judgmental environment and is a route to access other services, both within and outside of Lighthouse, to help restore your mental health and wellbeing.

### COUNSELLING

Lighthouse continues to offer counselling to enable clients to benefit from a therapeutic process where they can work through issues impacting on their mental wellbeing, in a safe, non-judgmental environment, where clients can acknowledge and explore their thoughts and feelings.

### FAMILY SUPPORT SERVICES

Offering one to one practical and emotional support, in the aftermath of a death by suicide. Our family support workers can provide a listening ear and sensitive approach to a very painful and distressing experience.

### YOUTH SERVICE

Providing positive mental programmes to young people in schools; youth centres and community groups through group work and adventure learning.

### COMPLEMENTARY THERAPY

Complementary therapies provide a safe place and holistic approach to enable users to let go of physical aches and pains, promote relaxation and also a space to clear and relax the mind.

### ART THERAPY

Self-expression, reflection and non-verbal communication can be a great tool to help a client as they begin their journey of improved self awareness through the work of art.

### BEFRIENDING

Conversation service offered to people who have been bereaved to suicide or who are in crisis. Befriending offers support to individuals and families by exchanging information to become a stronger, more aware individual.

### ADVOCACY

Lighthouse can be a supportive voice in a time of need.

### GROUPWORK & PERSONAL

#### DEVELOPMENT

Lighthouse has offered a range of groups designed to support users in personal development whilst also reducing isolation and building their social support networks.

### SIGNPOSTING

If we can't help we will do all that we can to find someone else who can and signpost or refer you onto other appropriate agencies and services.



# BOARD OF DIRECTORS 2016-17



**PETER GALLAGHER**  
**CHAIRPERSON**  
**DEC 2010 TO CURRENT**



**CAROLINE RUTHERFORD**  
**SECRETARY**  
**APRIL 2008 TO CURRENT**



**MALACHAI O'HARA**  
**DIRECTOR**  
**NOV 2011 TO CURRENT**



**JULIE KNIGHT**  
**DIRECTOR**  
**SEPT 2013 TO CURRENT**



**SEÁN DONNELLY**  
**VICE CHAIR**  
**NOV 2011 TO CURRENT**



**KATRINA HINFHEY**  
**DIRECTOR**  
**DEC 2015 TO CURRENT**

**RESIGNED THROUGHOUT 2016/17 YEAR:**

**SAMI CULLEN**  
**TREVOR WRIGHT**

**(DIRECTOR AND FAMILY MEMBER)**  
**(DIRECTOR)**

# ANNUAL REPORT

## A MORE IN DEPTH LOOK AT A FEW OF OUR SERVICES

### CRISIS INTERVENTION SERVICE

Lighthouse provides a range of services designed to reduce suicide and alleviate distress as well as supporting individuals who have been bereaved by suicide. Client's can either self refer to our services, be signposted by family or friends, or can be referred by a (professional) third party, for example a Doctor, Social Worker or Nurse.

Over the last year, Lighthouse provided 948 crisis interventions. The breakdown of these includes the following:

|     |                             |
|-----|-----------------------------|
| 373 | Face to face                |
| 266 | Telephone                   |
| 42  | Email or via Website        |
| 121 | Professional Referral       |
| 146 | Other                       |
| 168 | Crisis Referral Follow-ups. |

A crisis can occur in anyone's life, particularly when we feel overwhelmed by events. Usual coping mechanisms fail and we might feel pushed to 'tipping point'. Sometimes an individual may turn to unhelpful ways of coping, such as such as substance use, deliberate self-harm or violent behaviour, which increases distress.

Our crisis intervention is brief, generally lasting for a one-hour session, and providing additional crisis follow-ups if necessary.

The immediate and follow-up interventions are focused on:

- Suicide and self harm risk assessment;
- Resourcing the individual with coping strategies in the here and now;
- Signposting or referring an individual to an appropriate longer term service;
- Ensuring that the individual is able to keep themselves 'safe' from imminent harm or danger ;
- Minimizing the stress of the event, and;
- Providing emotional support.

Crisis Intervention is very specific focusing on the client's immediate situation including factors such as safety and immediate needs. In addition to providing support, the Crisis Worker resources clients to develop coping skills to deal with the immediate crisis. Lighthouse work with a variety of organisations to enable us to refer clients to appropriate support to help address specific issues.



### SOME COMMON THEMES WHICH PRESENT IN CRISIS ARE:

|                                    |                      |
|------------------------------------|----------------------|
| Suicidal Ideation                  | Suicidal bereavement |
| Addictions                         | Family Relationships |
| Bereavement and Loss               | Anxiety              |
| Depression                         | Self Esteem          |
| Financial Issue                    | Sexual Identity      |
| Abuse: physical, mental and sexual |                      |

**Stuart McGeagh**

**Lighthouse Crisis Intervention Worker**  
[stuart@lighthousecharity.com](mailto:stuart@lighthousecharity.com)



## YOUTH MENTORING PROJECT

2016 saw a significant increase in referrals from local schools requesting work with their pupils around promoting positive mental health. The total number of young people worked with within the year was 2882, due mainly to schools based work.

We currently have 7 young people, made up of former service users who have completed the OCN Level 2 in Peer Mentoring. 3 members of this volunteer group have already been out supporting our youth work in schools and colleges, delivering awareness talks and speaking about their own personal experiences, whilst two have started providing mentoring support to young people referred to Lighthouse. This has proven to be very powerful for the young audiences and the evaluations have highlighted the desire from young people to listen to their peers about such experiences.

In terms of our continued partnership working, 2016 saw us work with local groups to produce the Concert of Hope in Sacred Heart Church with performances from Brian Kennedy and the Gardiner Street Gospel Choir from Dublin. We are currently working with all 11 secondary level schools in N.Belfast to host Cycle Against Suicide in Boys Model School, which is set to be a fabulous uplifting event for local teenagers.

The list of groups worked with over the year is extremely varied. Grammar, secondary, special educational need, AEP, colleges, youth and community centres, LGBTQ, NEET, care, and youth justice are just some of the groups I worked with over the year. Awareness talks, group work and one to one mentoring are the biggest areas of our youth work at Lighthouse.

For 2017 our youth service will continue to offer mentoring, develop and increase the role of the volunteer peer mentors and meet the high demand for positive mental health awareness talks throughout the youth sector, both formal and non-formal.

For further information on accessing our youth service please contact our youth worker, Gary Symington.

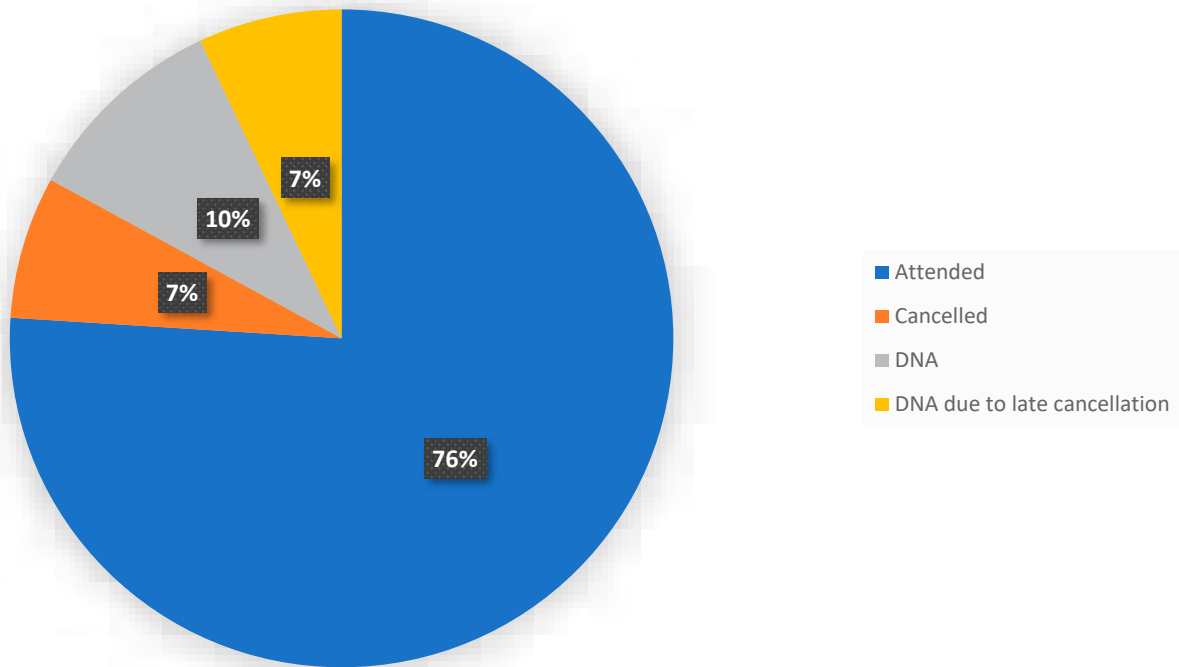
**Gary Symington Lighthouse**  
**Youth Intervention Worker**  
[gary@lighthousecharity.com](mailto:gary@lighthousecharity.com)



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## SERVICE STATISTICS

### PATTERN OF ATTENDANCE 2016-17

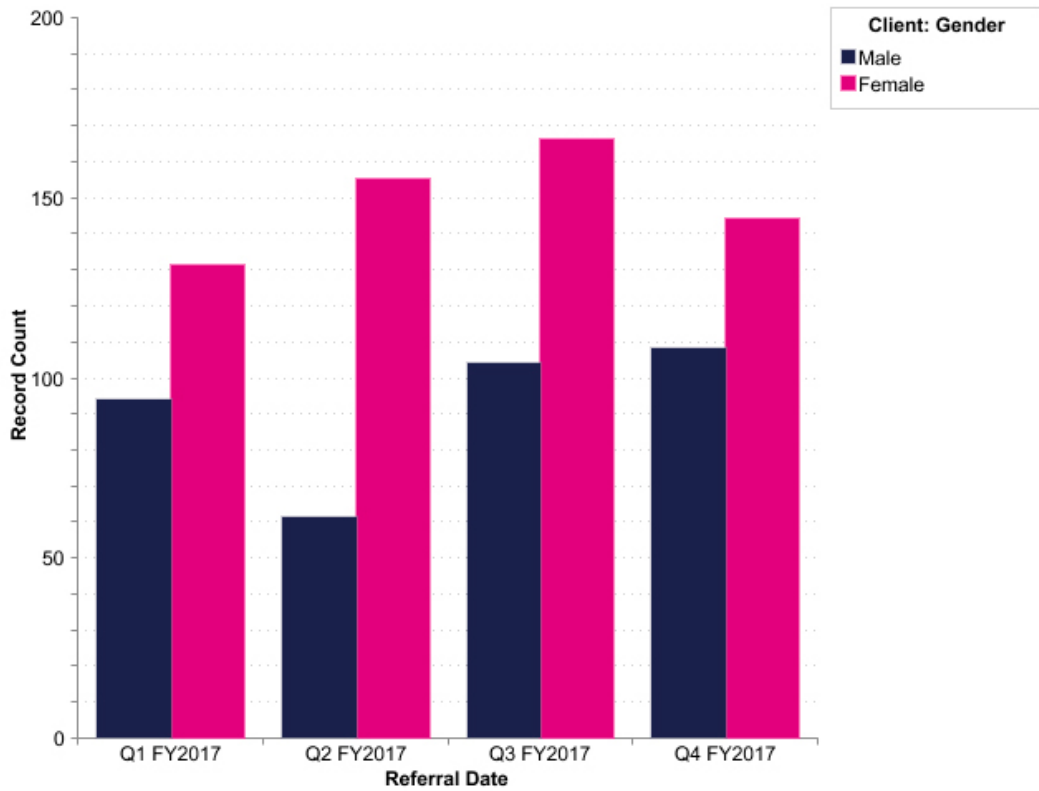


### YTD 2015 REFERRALS BY METHOD

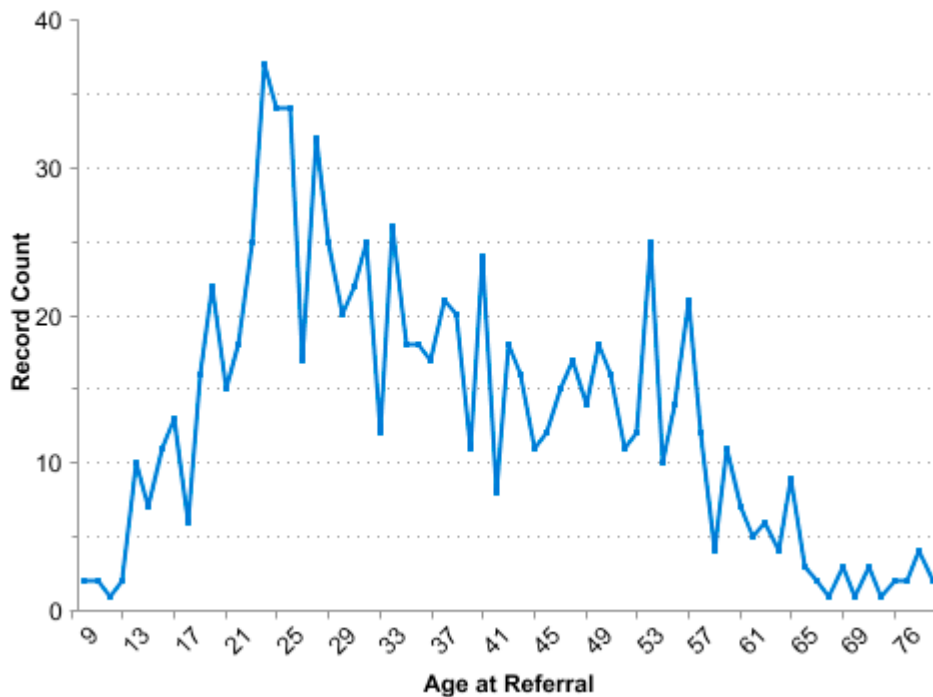
| Contact Method             | Record Count |
|----------------------------|--------------|
| B – Belfast Trust Referral | 144          |
| CC – Crisis Call           | 272          |
| E- Electronic              | 42           |
| FF – Face to Face          | 382          |
| L – Letter                 | 3            |
| P – Professional Referral  | 122          |



## GENDER BREAKDOWN 2016-17



## REFERRALS BY AGE 2016-17

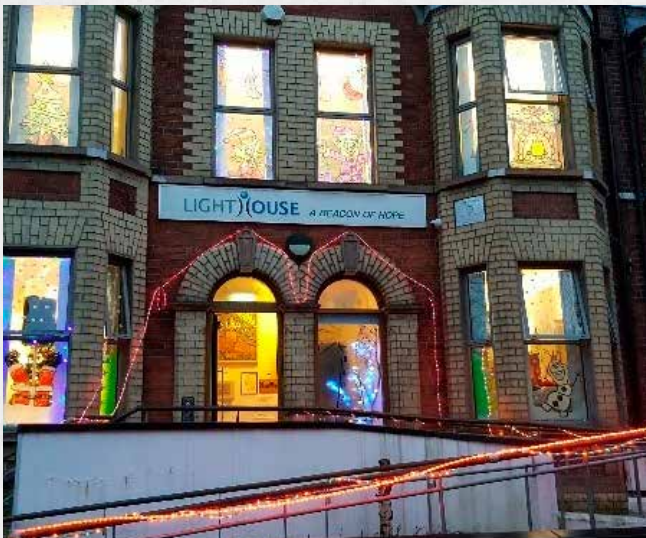


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## ACHIEVEMENTS AND EVENTS 2016-17







## Some headline events

- Concert of Hope April 2016
- World Suicide Prevention Day Sept 2016
- Christmas Family Event Dec 2016
- Christmas Children's Event Dec 2016
- Fundraisers
- Flourish Initiative
- Women's "Your're worth it" Groups
- Men's DVD and Pizza Nights
- Training
- Awareness Talks





# ANNUAL REPORT

## ACKNOWLEDGEMENT TO FUNDERS:



Department of  
**Health, Social Services  
and Public Safety**

[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

AN ROINN  
Sláinte, Seirbhísí Sóisialta  
agus Sábháilteachta Poiblí

MÁNNYSTRIE O  
Poustie, Resydènter Heisin  
an Fowk Siccar



**Belfast City Council**