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Mr Frankie Corr - Volunteer and Supporter of the Charity

Hello!



Welcome to the latest edition of our newsletter!

2024 has been a busy year at Lighthouse - The Lighthouse Training Academy is now in full operation delivering a range of training programmes including Mental Health First Aid.

In terms of standards and reinforcing the quality of our services, Lighthouse has achieved and will continue to maintain necessary standards for the British Association of Counselling Practitioners (BACP) and Diversity NI, and subsequently has been selected by the Public Health Agency (PHA) for an audit of the Quality Standards for Services Promoting Mental and Emotional Wellbeing and Suicide Prevention which will add to the reassurance we already provide around our service standards.

In terms of services, we continue to deliver our Family Support and Children and Young People (CYP) services across Belfast. More recently we have expanded to provide our counselling services in South and West Belfast (Hub referrals only).

Building on the tremendous success of last year's conference, we are delighted to announce, 'Hope 24', another amazing conference which includes workshops, a panel discussion, music and drama. It promises to be an enriching and engaging experience. See below for details.

We look forward to seeing you there!

Paul Finnegan,
Executive Director, Lighthouse



Book your place for our 'Hope 24' Conference today!

Tuesday, 8th October 2024 Girdwood Community Hub

Hope 24 will be dedicated to fostering a culture of learning, innovation and solidarity by empowering individuals and organisations to excel in their missions.

There will be music, drama, workshops and guest speakers. Confirmed workshops include 'Alternative Therapy Interventions' and 'Trauma and Community Healing'.

Follow the Link:

<https://register.enthuse.com/ps/event/LighthouseHope24Conference>

Meet the Team...



Our reception team is integral to the work of Lighthouse. They are the first point of contact when a client comes into the office and the first voice a client hears when they call for help or advice. The team, which consists of Fiona, Naomi, and Victoria work together to give a first-class service to those who are in crisis, need support or just a listening ear.

Q1: What is a typical working day like for the reception and administration team?

N: A typical day for me starts by trying to escape out the door from my children and walking to the office, getting a coffee on the way.

As a job share, we work well together. Along with looking after the day-to-day administration that comes with a busy reception area, we are also responsible for meeting and greeting visitors either via phone or in person. No two days are the same as we never know who is going to be on the end of the phone or coming through the door in need of support. We are there for everyone especially those in distress.

We are all Mental Health First Aid trained and therefore equipped to deal with people in crisis and de-escalate these types of scenarios before passing them on to our trained crisis and counselling teams who can take over. We offer a calming, kind and safe environment for clients who are meeting with our counsellors and therapists, and we feel it is an honour to be there for them.

Q2: What have you learned whilst working at Lighthouse?

V: I have become a much more compassionate, empathic and non-judgmental person. People from all walks of life can be affected by poor mental health and working with the charity has shown me that we never know what a person is going through and the struggles they may be dealing with.

The expertise that we have in our crisis, counselling and other therapy teams is incredible and they go above and beyond every day to help our clients. We have some of the most empathic and nicest people I have ever worked with and they have helped me become a more understanding and compassionate person.

Q3: How do you look after your mental health?

F: I am part of a community choir connected with our local primary school. We meet once a week and it is a fantastic way to release tension and we always come away uplifted. I also love walking and listening to podcasts. I have a 9 ½ year old daughter who is my world and helps keep me grounded.

A Beacon of Hope...

Frankie Corr has been involved with Lighthouse since 2007. Initially Frankie was a service user, then a volunteer, peer mentor, and a trustee board member from 2010 to 2015. Today, Frankie continues to raise awareness, and signposts people who need help to Lighthouse.

Following the death of his son, Joseph, Frankie came to Lighthouse for support. Below he tells us, in his own words, the struggles he has endured over the years and the long road to recovery.

"I was a complete failure in all aspects of my life, I was an alcoholic who had always been angry. Angry towards my family, my kids, my wife, whom I had separated from because of my anger, and my friends. I was ready to take my own life when I got a call to say that my 24-year-old son, Joseph had taken his life.

Joseph had everything to live for, he had a young child and another baby on the way. I was so distraught and in shock that I collapsed and ended up in hospital, an hour before his body was due to arrive back at his mum's house.

After Joseph's passing, I was walking to my flat one night, when I ended up at an AA meeting. I'm not sure how I got there and to this day, I believe it was Joseph sending me a sign. Through AA, I learned that the reason I was so angry was from the years of institutional abuse and other issues that had happened to me in my life, which had led me to become an alcoholic. I now understand that the alcohol was feeding the suicidal thoughts I had but at the time I couldn't see a way forward.

During one of the AA meetings, a friend told me about Lighthouse, the charity that supports people who are struggling with their mental health and families who have been bereaved by suicide so I thought I would call and make an appointment. What was the worst that could happen?

Lighthouse changed my life! It gave me a sense of purpose and belonging. Following my counselling sessions, I was instrumental in developing a Men's Group, as I wanted to give something back to people in similar situations to me. We met regularly and



chatted through our issues, helping each other to see that we weren't alone. There are so many people who I built relationships with during this time. Sadly, some of them have passed away but their legacy lives on. People such as Jim Pierce who was an inspiration to me. The funny thing is he always said that I was his inspiration. A commemoration plaque to Jim sits pride of place on the outside of the Lighthouse office building.

In 2010, I was asked by Jo Murphy, Coordinator of Lighthouse at that time, if I would be willing to join the trustee board. As a bereaved family member and service user, she saw something in me that I couldn't see, but I took on the challenge and accepted the role. I enjoyed being on the board, meeting with other like-minded organisations, attending cross-community retreat events with service users, raising awareness of mental health issues and our work



across community groups, schools, and colleges, to name a few. Getting the opportunity to raise awareness of Lighthouse and the incredible work they do for people in a similar situation to mine was the greatest achievement.

To this day I still work on my sobriety, I know nothing will ever replace Joseph, but I am at a stage in my life where I have a good relationship with my wife and my other two sons, Mark and Thomas. I have 8 grandchildren and a new great-granddaughter, Chróia Rose but most importantly, I am content. Life is good today, thanks to all the people who helped me, the first being Lighthouse. I am forever grateful.

If the problem is inside you, so too is the solution! Talk it out."

LEAVING A LEGACY



Make a Will today, and leave
a legacy for tomorrow.

Leaving a gift in your Will is a simple and extremely generous way to make a real and meaningful difference to ensure that Lighthouse can continue to support people struggling with their mental health and those who have been bereaved by suicide today, tomorrow and in the future.

Making a Will with the assistance of a solicitor gives you piece of mind and ensures that your wishes are carried out as you would like them to be.

**Leave a
Legacy for
our Future**

**For more information about
leaving a gift, making or
updating your Will, speak to
your solicitor today or contact
us on**

028 9075 5070

Holistic Support

We all deal with grief and loss differently. Often, in the early stages, people struggle to find the words to describe how they are feeling.

A suicidal bereavement is often traumatic, further complicating the grief journey. However, we are here to support people who have been bereaved by suicide and offer complementary therapies as an alternative to talking therapies.

Our Complementary Therapy Service offers reflexology, massage and aromatherapy massage.

Complementary Therapies are known as a 'non-talking therapy' and can be effective in helping to reduce stress, anxiety and promote relaxation. They can also help to clear and relax the mind.

Our experienced therapist has treatments that use a blend of oils to bring about a relaxing, calming, and uplifting experience.



Before starting a course of treatment, clients meet with the therapist to ensure they feel comfortable, and that the treatment is right for them. This also gives clients the opportunity to ask any questions and talk about their expectations from the treatment.

Last year over 450 complementary therapy sessions were provided to our clients and if you have been bereaved by suicide, you can avail of our Suicide Bereavement Support Service and Complementary Therapies Service by contacting the office on:

028 9075 5070

Ways to Get Involved...



Aaron Fox Memorial Cup Golf Day

We're delighted to be hosting the Aaron Fox Memorial Cup Golf Day on: Friday, 20th Sept. at Fortwilliam Golf Club in association with Graham Asset Management and HSS Hire.

Grab your friends, family or work colleagues and take part in the tournament to win this coveted trophy. A fourball is just £240, which includes a 2-course meal. Sponsorship of course holes is also available. For more information, email claire@lighthousecharity.com

Festive Fundraising

Why not organise a fundraising activity at work, in school, church, or community centre and raise funds for us this festive season? Your event can be anything from a Christmas Jumper day, a December Dress Down day, or a collection or carol concert in your school or church.

Whatever you choose, it's a great way to get your friends, family, and local community involved and raise the profile of and funds for the charity. Log onto our website and click the **Fundraise** tab to register your event today.

Our lighthouse decorations are available to purchase for a minimum donation of £5, simply log onto www.lighthousecharity.com to get yours today.



Who should you contact?

For all finance queries, contact Cecilia
at cecilia@lighthousecharity.com

For all fundraising queries, contact Claire
at claire@lighthousecharity.com

For all operational queries, contact Sharon
at sharon@lighthousecharity.com

For all training courses, contact
john@lighthousecharity.com

For all other queries, email
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Where to find us...

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Lighthouse is a registered company,
limited by guarantee in Northern Ireland.
Company number NI065006.

Registered with the Charity Commission
for Northern Ireland, NIC102400.

If you or someone you know is struggling with their mental ill health, having suicidal thoughts, or grieving from a bereavement please call us today, we're here to help.



Registered with
**FUNDRAISING
REGULATOR**