

Lighthouse

A Beacon of hope

Summer 2026

Summer Arrives, the Same Safe Harbour

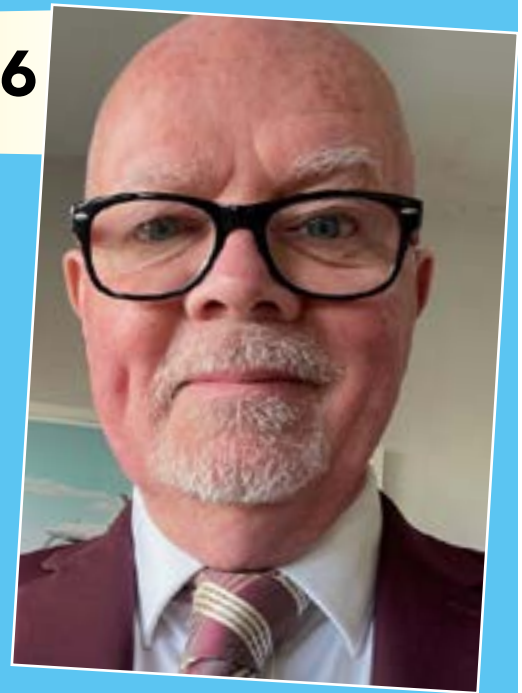


Bringing Light into summer 2026

As we move into the longer, brighter days of summer, many of us feel a welcome lift – but we also know this season doesn't feel light for everyone. Paul and the team at Lighthouse will be busy throughout the warmer months, fulfilling our new CAHMS contracts, bringing waiting lists down, and increasing our impact in communities that need us most.

In this summer edition, we're sharing hopeful updates, stories of change, and simple ways you can stay connected, supported, and involved over the months ahead.

Paul Finnegan
CEO Lighthouse



How Are You, Really?

Take 10 seconds to check in with yourself:

- How does my body feel right now?
- What emotion is closest to the surface?
- What's one kind thing I could do for myself today?

Whatever your answer is, it's valid.

You don't have to have it all together.





We are absolutely delighted that Phoenix has extended its charity partnership with Lighthouse into 2026. We are so thankful for their continued support and their genuine commitment to mental health and suicide prevention in our community. This renewed partnership comes at a time when the demand for our services is increasing, and Phoenix's support will help us to continue providing vital counselling, crisis intervention, family support and community outreach to those who need it most.

Beyond fundraising, Phoenix has shown a real willingness to listen, learn and walk alongside us in tackling the stigma around suicide and mental health. Their colleagues have engaged with our work, visited our centre, and taken the time to understand the challenges faced by the individuals and families we support.

"Phoenix Energy is proud to be a charity partner of Lighthouse. The partnership that began in 2025 and will be continuing into 2026 has been incredibly rewarding as we are delighted to have raised over £7000 so far in support of the charities vital work and we are excited to see that figure continue to grow through 2026."

As we look ahead, we are especially enthusiastic to what 2026 will bring with more opportunities to collaborate, raise awareness and make an even greater impact for those who need it most."



We are delighted to welcome Geraldine and the team at Whistl Mallusk as our charity partner for the coming year. Their energy, enthusiasm and commitment to supporting mental health and suicide prevention mean so much to us at a time when more individuals and families than ever are reaching out for help. The funds they raise will go directly towards providing vital counselling, crisis support, family services and community outreach for those who need it most.

Over the next 12 months, Whistl Belfast depot, based in Mallusk, will be abseiling, baking up a storm and even braving the waxing strips to raise money and awareness for our work. Beyond the fundraising, the team has already shown a real willingness to stand alongside us in tackling the stigma that still surrounds suicide and mental health, opening up conversations in their workplace and community and taking the time to understand the challenges faced by the people we support.

"Partnering with Lighthouse is a cause very close to our hearts," said Geraldine from Whistl Mallusk. "We're excited (and a little nervous!) about the abseils, bake sales and waxing challenges ahead, but we know every pound raised will help make a real difference to individuals and families in our community. We're proud to play our part over the coming year."





NI Travel News has selected Lighthouse as its charity partner for 2026, marking a year-long collaboration focused on raising funds and awareness for mental health across Northern Ireland. The partnership will unite NI Travel News' reach and creativity with Lighthouse's frontline support, education, and advocacy—sharing a clear message across the travel community: your mental health matters, help is always available, and you are not alone.

"From the moment I stepped into the NI Travel News office, the energy and positivity were palpable," said Erin, Partnership Executive at Lighthouse. "The team's enthusiasm and ideas are inspiring, and I'm excited for the meaningful events we'll deliver throughout 2026."

Over the year, Lighthouse and NI Travel News will host events and a programme of activity designed to inform, engage, and support the industry and its audiences. Plans include editorial features and mental health explainers, staff-led fundraising initiatives, awareness campaigns, and events that open up conversations, reduce stigma, and help people find support when they need it most. The goal is to make a tangible, positive impact—boosting both resources and understanding—while ensuring clear pathways to help are visible and accessible. Lighthouse extends its heartfelt thanks to the NI Travel News team for placing their trust in the mission. With a shared commitment to kindness, inclusion, and practical action, we look forward to a year of collaborative initiatives that resonate across the travel sector and beyond.



Thank you, Survitec

On behalf of everyone at Lighthouse, a heartfelt thank you to Survitec for your incredible support throughout our charity partnership. Your commitment has gone far beyond raising money – you've helped build connection, compassion and community spirit in a really special way.

From the very beginning, your teams have thrown themselves into fundraising with energy, imagination and real heart, including:

- Big breakfasts that brought colleagues together around the table
- Coffee and cake mornings that gave people a chance to chat, connect and unwind
- "All the fun of the fair" – a brilliant circus themed party complete with rubber duck hooking for prizes

These weren't just fundraising events – they were moments where people looked out for each other, laughed together and strengthened the bonds within your teams. By supporting Lighthouse, you've helped make sure that individuals and families facing some of their darkest days are not alone. That impact is very real, and deeply appreciated.

A special thank you to the Survitec Belfast Charity Committee



A huge word of thanks goes to the Survitec Charity Committee, who have worked tirelessly to plan, organise and deliver all of this:

Your time Your creativity Your constant willingness to go the extra mile ...have made an enormous difference. The effort behind the scenes has not gone unnoticed.

Wishing you all the very best for the future

You Don't Have to
"Be Positive"

You don't have to
"cheer up" or
"look on the
bright side."

It's okay to:

- Feel low
- Be tired
- Say, "This is hard"

You're not failing.
You're human.

Lighthouse *Updates*

What We've Been Up To

- Our team has been supporting individuals and families through one-to-one sessions and community work.
- We've welcomed new referrals and continue to offer a listening ear to anyone struggling.



Plan your Summer days with positivity

- Drink a glass of water
- Step outside for 2 minutes of fresh air
- Text someone: "Thinking of you. Lets grab a coffee"
- Turn down the noise – limit your social media and daily news

*Little actions count.
You're allowed to go gently.*

A photograph of three male boxers in a ring. The boxer in the center is wearing a red singlet and a red headguard, both with 'UWCB' branding. He has a tattoo on his left arm. The boxer to his right is wearing a black singlet and a blue headguard, also with 'UWCB' branding. The boxer in the foreground is wearing a black singlet and a blue headguard, with 'UWCB' branding. He is wearing blue boxing gloves. The background shows a boxing ring with ropes and blue stage lights.

A Champion in Our Corner

Stepping into the Ring for Lighthouse

In March, Peter Sergeant is took part in a Fight Night boxing event to raise funds for Lighthouse.

He has supported us before, and we are so grateful for his continued commitment to helping us be there for individuals and families affected by suicide and mental health crisis.

Every fundraiser helps us keep our doors open and our lights on for those who need us most.

If You Need This Today, It's for You

*Pin this somewhere you'll see it.
Read it on the harder days.*

- You are not a burden.
- Needing help does not make you weak.
- It's okay to rest.
- You are allowed to talk about how you feel.
- You are worth the time it takes to heal.

Lets not Burn it up this Summer

Sunlight does more than warm your skin – it helps reset your body clock, supporting a healthy sleep–wake rhythm so you can fall asleep more easily at night. When sunlight hits your eyes in the morning, it signals your brain to reduce melatonin later in the day and boosts alertness and energy. At the same time, sunlight helps your body produce vitamin D, which is linked with better mood and emotional well-being, often leaving you feeling brighter and more uplifted.

*However you're feeling right now,
you're not alone.*



**Take part in or organise
a fundraiser**

Keep talking about mental health
– it saves lives

You can add a donation link if relevant:
To support our work, visit:
<https://lighthousecharity.enthuse.com/cf/5725/donate>

How You Can Support Lighthouse

- Share our details with someone who might need us
- Follow and share our posts on social media
[Facebook](#) [Instagram](#)
[Tiktok](#) [Threads](#)
[Web site](#)

Our address: 187-189 Duncairn Gardens
Belfast, Antrim, BT15 2GF.

Tel: 028 9075 5070

We're Here for You

info@lighthousecharity.com

028 9075 5070

187-189 Duncairn Gardens Belfast, Antrim, BT15 2GF

If you are struggling with your mental health, worried about someone else, or have been affected by suicide, Lighthouse is here to support you.

Lighthouse

Thankyou from Lighthouse



Well done to the team from G2 Environmental Services on their Slieve Binion climb, raising vital funds for Lighthouse, they hope to continue to bigger and better in 2026.



13 adventurers from @phoenixenergy_ni took on the legendary 7-7s. They showed real resilience, supported each other every step of the way, and did it all for the Lighthouse Charity.



A huge thank-you to our incredible staff IN LIGHTHOUSE, for driving this achievement and to the Belfast Business Promise team for their expert scrutiny and support. This badge isn't just a symbol on our wall – it's proof that at Lighthouse, people come first.



G.O.A.T = Get Out And Talk.

Creating a space where lads can play, chat, or just get a break from life.

No judgement. Just football and each other. A huge effort from the organisers as the event goes from strength to strength, this year culminated in a series of matches at Seaview.



SPAR (Henderson's Group) on Kings Crescent, Newtownabbey! Your kindness, energy, and teamwork helped us raise valuable funds. Thankyou

On going Mental Health training and qualifications



John Mullholland delivered a powerful and inspiring session on 'Good Mental Health' to employees from Navantia UK (formerly Harland and Wolff).

We're honored to support @Navantia's commitment to their staff's mental well-being Thank you to The Front Page Bar, Ballymena What a fun and interactive quiz night! — Front Page Bar raised an amazing £400 for Lighthouse charity. Money goes towards helping people in crisis.



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Photographic Display

The Junction, Antrim

23–25 July

Free entry & free tea/coffee.



In aid of **Lighthouse**



THE DEVLIN CUP

GOAT FC
(Get out and Talk)

15/8/26 kick off at 7pm

Seaview Stadium



Lighthouse recently took part in the Phoenix Energy stakeholder engagement forum.

With the rollout of smarter metering systems and ongoing cost of living pressures, the forum was an important opportunity to highlight the realities faced by people in vulnerable situations and to explore how energy services can be made more inclusive and responsive to their needs.

Lighthouse is grateful for the open, collaborative approach shown by Phoenix Energy and other partners in the room, and looks forward to continued partnership, deeper engagement and meaningful impact for the communities we serve.



NI Travel News' Big Travel Trade Event 2026 was a great success, with over 100 suppliers and 100 travel agents coming together at the Crowne Plaza Hotel Belfast for non-stop events, networking and plenty of fun.

Lighthouse is their chosen charity partner, and a fantastic raffle was held to raise funds for Lighthouse, with brilliant prizes including holidays, day tickets, flights and travel vouchers.

Huge thanks to everyone involved for their amazing support.

THE LIGHTHOUSE
CHARITY

MENTAL HEALTH FIRST AID COURSE!



The MHFA (Adult) course is for any person aged 18+. It is 12 hours of evidence-based training, teaching participants how to recognise the symptoms of mental health problems such as depression, anxiety and psychosis. £175 pp

Various Dates Available

MHFA teaches participants:

- how to recognise the symptoms of mental health problems
- how to provide initial help
- how to go about guiding a person towards appropriate professional help



**Contact Us
For More
Information:**

-  @thelighthousecharity.com
-  07867536494 ask for John
-  john@lighthousecharity.com

Lighthouse relies on the generosity of local people and the business community in Northern Ireland to enable us to continue to support people struggling with their mental health. Below are some ways you can get involved:

Belfast City Marathon

On Sunday, 3rd May 2026, participants took on prestigious the 26.2 mile challenge, and had their friends, family and work colleagues supporting them. Also groups came together and entered a relay team to raise funds for various charities. On behalf of our amazing runners THANK you!

The marathon, sponsored by Phoenix Energy, our charity partners, started at Stormont Estate and finished at Ormeau Park, crossing the north, south, east and west of the city. For a future events we have fundraising packs and complimentary tee shirts. Drop us an email for further details. You're here to cheer you on!



Organise your own fundraising event

Whether it's a coffee morning, pub quiz, BBQ or a football match, planning a fundraising event is a great way to get your local community involved and raise the profile of and funds for the charity.



If you have an idea for an event and would like some advice, simply contact our Fundraising Lead, Claire who is on hand to support you before, during, and after your event. We can also supply you with any fundraising materials you may need.

Who you going to call?

For all fundraising queries, contact Erin at erin@lighthousecharity.com

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

For all other queries, email info@lighthousecharity.com

Where to find us:

Lighthouse
187-189 Duncairn Gardens
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Lighthouse is a registered company, limited by guarantee in Northern Ireland. Company Number NI065006

Lighthouse

Thank You for Standing with Us

Every message, social media share, comment and like, every fundraiser, kind word, and tagged post helps us continue our work.

[Facebook.](#)

[Instagram](#)

[Tiktok](#)

[Threads](#)

[Web site](#)

Our address: 187-189 Duncairn Gardens
Belfast, Antrim, BT15 2GF.

Tel: 028 9075 5070

From all of us at Lighthouse: thank you for being part of our community and for helping us keep hope alive.

Registered with the Charity Commission for Northern Ireland. NIC102400

