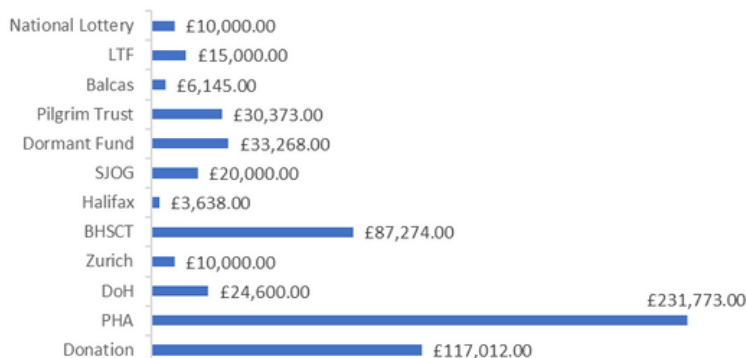


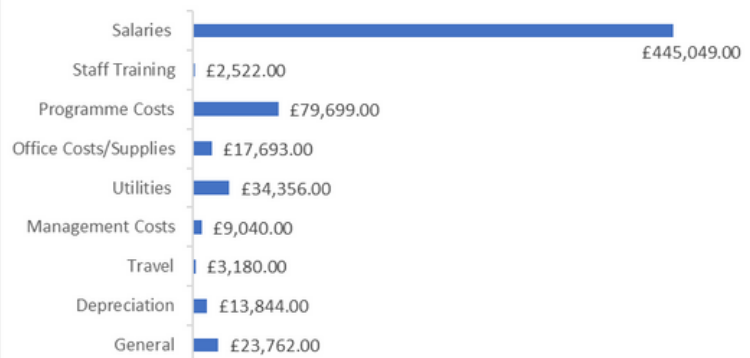
INCOME (£589,083)

Income Breakdown 2022/23



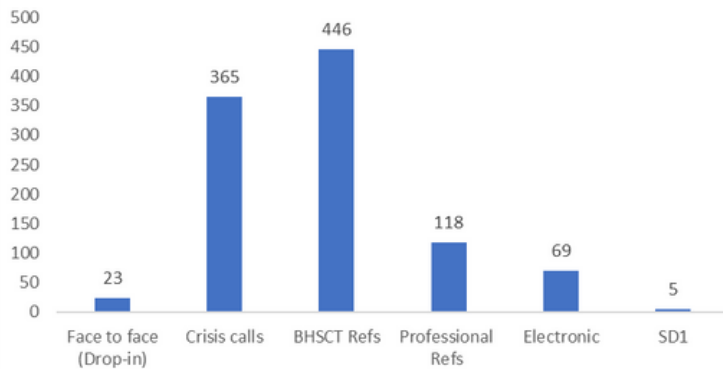
EXPENDITURE (£629,145)

Expenditure Breakdown 2022/23



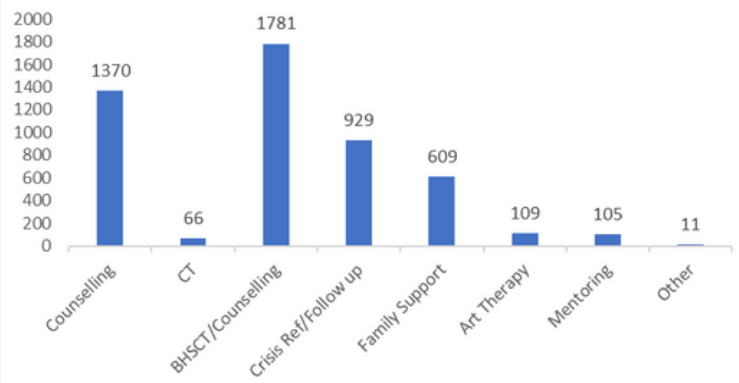
REFERRALS OVERVIEW (1,026)

Referrals by Number & Type 2022/23



SERVICE BREAKDOWN (4,980 hrs)

Service Breakdown 2022/23



Highlights and Achievements

- Successful and continued implementation of Lighthouse 3-year strategy (2022-2025)
- Modernisation of offices at 187
- Flourish event, in partnership with Pips Hope and Support, March 2023
- Supported 1026 individuals through our crisis intervention service and a total of 4980 planned individual sessions.
- HSS Hire organised a golf day in memory of their colleague's son and raised £12,000.
- Belfast Crematorium donated £12,000 from funds raised through the sale of gold and other metals.
- In a joint celebration with our colleagues Pips on the Antrim Road we held a joint event to acknowledge our staff and volunteers commitment to clients and steadfastness to suicide prevention throughout the Covid-19 pandemic.
- A group of friends raised £17,000 from a Quiz night held in memory of their friend, Conor
- Four spar stores from across Belfast raised a collective total of £5,000 from various fundraising activities held in-store.
- We delivered a joint Flourish Conference with Pips Newry with guest speaker Fr Brian D'Arcy at Oxford Island.
- We secured our first 'Employee Wellbeing Scheme with Balcas, an organisation with over 400 employees in Enniskillen.
- Fundraising Income budget of £80,000 was surpassed with an actual Fundraising income of £115,847.11
- The Supporter database has continued to increase year on year with bi-annual newsletter being sent to approximately 500-600 via post and email.
- Staff Celebration event, in partnership with PIPS (Belfast) was a great success
- Several 12 week group work programmes were delivered across Belfast secondary schools, providing support for young women presenting with mental health concerns.
- Lighthouse staff were invited to speak at the CRUSE conference about teenagers bereaved by suicide.
- Our Ask Twice Project built excellent links with the DENI, EA's Critical Incident Response Team and the Department of Psychology at Ulster University. Such endeavours are aimed at potential future partnership working and research.
- Partnered with a Range of other orgs in the facilitation of the Baton of Hope event, across Belfast.
- Facilitated a visit from 30 young leaders/scholars, in partnership with Zurich & the "One Young World" Conference
- We introduced an Employee Wellbeing Programme and Balcas, an Enniskillen employer with over 400 employees, was our first contracted service

A word from the Chairperson

I am delighted to present the annual report of Lighthouse for the year 2022/2023. It has again been a remarkably busy and eventful year. Lighthouse has continued to offer a range of services in Belfast and beyond and work with key stakeholders and partners.

We have had increased numbers since pandemic of people accessing our Crisis Response service, of those presenting at risk of suicide and therapeutic support through our Counselling Service. Additionally, we continue to provide emotional and practical support, through our Children and Young Peoples Service and our Family Support Services. We have a special emphasis between 2022 and 2025 on young women with deep-seated mental health issues through our relationship with Pilgrim Trust.

In terms of our strategy ambition of collaboration and partnership working we have been progressing relationships with those within and outside the suicide prevention space. We are delighted that our strategy ambition of creating an effective team is bearing fruit when we look at our annual staff survey where staff have fed back positively on staff morale, support and training. The introduction of a Senior Leadership Team has introduced a tier in the organisation which is focussed on providing exemplary support to our staff team. We have increased our staff levels from 8 in 2001 to 20 in this year.

There are many people that I would like to say a big thank you to. To all those people and organisations that have supported us through their fundraising efforts and donations which are such a support for our vital work. I would like to thank my colleagues on the Board, to our CEO and Senior Leadership Team, all our valued members of staff, partners, service users, funders, volunteers and friends of Lighthouse for their support and efforts in making this year so successful.

Anne Dorbie

A word from our Executive Director

The first year of our strategy was amazing thanks to the support of our Board and our amazing staff team. We put in place our Senior Leadership Team and that has been pivotal in all that we have achieved in year.

We took the bold move of recruiting counsellors to complement our locum team. This has worked so well for us and gives us a lot more flexibility of our provision. We diversified into the provision of Employee Wellbeing winning our first contract with Balcas in Enniskillen in August. We launched our Ask Again Programme for young people and are working across Belfast and beyond delivering a range of interventions to young people with a particular focus on young women with entrenched mental health issues.

In terms of collaboration, we had a joint celebration with Pips at Duncairn celebrating both organisation's staff and volunteer's efforts and hard work during the Pandemic and we held a Flourish Roadshow in partnership with Pips in Newry.

In anticipation of 2023 being our 20th Anniversary, we have huge plans in place for the year. We are being extremely ambitious in planning to deliver a free regional conference in September and a Gala Ball in November. That sounds pretty crazy but the team and board are up for it so we are going to try and deliver these groundbreaking events that will celebrate this great milestone for the organisation. Indeed the plans are well underway!

We also plan to achieve BACP Accreditation and a Diversity Mark in our anniversary year - this is probably more of a pipe dream than the Ball and Conference but again our team are committed to giving it a go!

I want to take this opportunity to thank all our staff and associates. Once again you have been amazing and really lovely to work with - I really enjoy the staff events that our engagement team arrange during the year! Looking forward to more this year! I want to thank our Board for all their support and trust in the Senior Leadership Team and our wider staff team. I want to thank everyone who has fundraised for us - thank you so so much. We have had incredible support from you.

Paul Finnegan