



## TRUSTEE ANNUAL REPORT 2025

CHARITY NAME	SURVIVORS OF SUICIDE SUPPORT GROUP
OTHER NAMES BY WHICH KNOW BY	EAST BELFAST SURVIVORS OF SUICIDE/ SOS
REGISTERED CHARITY NUMBER	NIC103483
PRINCIPLE ADDRESS	CONNSWATER COMMUNITY CENTRE BALLYMACARRETT WALKWAY CONNSWATER STREET BELFAST BT4 1SX
TRUSTEES RESPONSIBLE FOR MANAGEMENT OF THE CHARITY.	CHARITY TRUSTEES / MANAGEMENT COMMITTEE THE GENERAL CONTROL AND
NAMES OF TRUSTEES	COLIN MCGAVIN CHAIRPERSON KATHERINE TANNER VICECHAIR MICHELLE KELLY TREASURER ELAINE SMYTH NEAL HUNTER VICTORIA STIRLING SHONTEL JOHNSTON
NAMES OF STAFF	CLAIRE CURRAN HEAD OF SERVICES IRENE BLANCHARD ADMIN AND FINANCE



TYPE OF GOVERNING

CONSTITUTION

DOCUMENT

ADOPTED ON THE 6<sup>TH</sup> DAY OF AUGUST 2009  
AMENDED ON THE 5<sup>TH</sup> DAY OF MARCH 2015  
AMENDED ON THE 7<sup>TH</sup> DAY OF FEBRUARY 2019  
AMENDED ON THE 16<sup>TH</sup> DAY OF NOVEMBER 2023

HOW THE CHARITY IS  
CONSTITUTED

CHARITABLE UNINCORPORATED ASSOCIATION

CHARITY TRUSTEE  
SELECTION METHOD

INFORMAL INTERVIEW PROCESS AFTER  
ADVERTISING, CAN BE APPOINTED BY OTHER  
TRUSTEES, SELECTED FROM MEMBERSHIP

SUMMARY OF OBJECTS  
ALLEVIATE

A. THE ORGANISATION IS ESTABLISHED TO HELP

OF THE CHARITY SET OUT  
PEOPLE WHO HAVE

DISTRESS AND OFFER ASSISTANCE TO

IN GOVERNING DOCUMENT

SUFFERED LOSS THROUGH SUICIDE OR

ANGUISH THROUGH SELF-HARM BY LOVED ONES, IN PARTICULAR BY THE

DEVELOPMENT OF SUPPORT SYSTEMS WITHIN THE  
COMMUNITY.

B. ADVANCE THE EDUCATION OF THE PUBLIC INTO, AND  
RAISE AWARENESS OF THE CAUSES AND EFFECTS OF SUICIDE

AND SELF-HARM AND INTO MATTERS RELATING TO THE  
NATURE OF GRIEVING, BEREAVEMENT AND THE  
TREATMENT AND REHABILITATION OF INDIVIDUALS THAT  
SELF-HARM.

C. TO OFFER SUPPORT FOR FAMILY AND FRIENDS  
BEREAVED AND/OR AFFECTED BY SUICIDE.

D. TO CONNECT FAMILIES AND FRIENDS BEREAVED  
THROUGH SUICIDE IN SOUTHEAST BELFAST/CASTLEREAGH  
AND THE SOUTHEASTERN TRUST AREA AND  
GIVE RELEVANT ADVICE ON HELP AND SUPPORT AVAILABLE.



E. TO CREATE A GROUP FOR FAMILIES TO EXPRESS THEIR NEEDS  
AND CONCERNS AND FACILITATE ACTION TO ADDRESS THEM.

F. TO PROVIDE AN ACCESSIBLE SERVICE WHICH SUPPORTS  
THOSE WHO ARE IN CRISIS AS A RESULT OF ACTUAL  
OR ATTEMPTED SUICIDE AND SELF HARM.

SUMMARY OF THE MAIN  
ACTIVITIES UNDERTAKEN  
FOR THE PUBLIC BENEFIT IN  
RELATION OF THE OBJECTS

PROVIDING 1-1 SUPPORT, LISTENING EAR  
BEFRIENDING, LIFE COACHING, TRAINING  
COUNSELLING, COMPLIMENTARY  
THERAPIES, INFORMATION, ADVICE  
ADVOCACY, AWARENESS SESSIONS &  
EVENTS AND FAMILY SUPPORT GROUP  
SUPPORTING FAMILIES BEREAVED BY  
SUICIDE AND THOSE AFFECTED BY  
SUICIDE

ADDITIONAL MATTERS  
ON ACTIVITIES

ALL WORK CARRIED OUT BY FULLY  
TRAINED VOLUNTEERS – TRAINING  
PROVIDED BY THE CHARITY.  
5000 HOURS COMPLETED BY VOLUNTEERS

SUMMARY OF THE MAIN  
ACHIEVEMENTS OF THE  
CHARITY IN THE LAST YEAR  
WHO HAVE

IN THE LAST 12 MONTHS WE HAVE  
SUPPORTED 174  
PEOPLE, SOME OF THOSE WHO WERE  
BEREAVED BY SUICIDE AND THOSE  
SUICIDAL IDEATION/ATTEMPTED SUICIDE.  
WE ENGAGED WITH 750 INDIVIDUALS AT EVENTS

Public benefits



The public benefits that flow from purpose 3a are: Practical support and advice for people who have suffered loss through suicide or self-harm, by way of: • 1-1 support, • monthly support group meetings, • practical advice, • complimentary therapies, • stress relief, • diversionary activities. These benefits are evidenced by: • feedback.

from beneficiaries • official statistics • reports • numbers of people contacting the group and attending. These benefits will lead to family members coming to terms with their loss, reducing risk of further deaths by suicide and improved emotional wellbeing. We believe these purposes will lead to no clearly identified harm. The

charity's beneficiaries are families and friends from South /East Belfast, Castlereagh/Dundonald and Southeastern trust areas who have suffered loss through suicide or anguish through self-harm by loved ones, and those who have serious suicidal ideation or attempted suicide. There may well be private benefits from the range of supports available. However these benefits would be incidental and necessary to ensure the benefit is provided to our beneficiaries The public benefits

that flow from purpose 3b are: • training • awareness raising • encouraging help seeking behaviour These benefits are evidenced by: • feedback from beneficiaries • official statistics • reports • numbers of people contacting the organisation • increased referrals for support from other organisations and to other organisations • monitoring and evaluation of training and awareness sessions • numbers attending awareness events e.g. event for World Suicide prevention day 2024 had approx. 100 participants

These benefits will lead to the general public being aware of the signs and risks around suicide and self-harm, being able to identify sources of help and support,

being able to ask loved ones if they are thinking about suicide and hopefully a reduction in the number of deaths in our community from suicide. We believe these purposes will lead to no clearly identified harm. The charity's beneficiaries are the wider community from east Belfast and Castlereagh area who want to learn and play

their part in reducing suicide. Also families and friends who have suffered loss through suicide or anguish through self-harm by loved ones, and those who have serious suicidal ideation or attempted suicide in an attempt to help themselves and change their patterns of behaviour, reduce the numbers of people dying by suicide and increase emotional wellbeing in the community. There may well be private benefits from the provision of training and the range of supports available. However, these benefits would be incidental and necessary to ensure the benefit is provided to our beneficiaries.

What your organisation does

Supporting those who have been bereaved or affected through suicide with referrals for the most appropriate support and raising awareness. Our vision is a suicide-free society where there is no stigma and people are educated; aware; and understanding; that people feel able to talk freely and know how to recognise that help and support are always.

accessible and available.

The charity's classifications

- The advancement of education



- The advancement of health or the saving of lives
- The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

Who the charity helps.

- Carers
- General public
- Learning disabilities
  - Men
- Mental health
- Older people
- Parents
- Unemployed/low income
- Voluntary and community sector
  - Women

How the charity works

- Advice/advocacy/information
- Community development
  - Counselling/support
  - Education/training
- General charitable purposes

Activities of the last year:

Survivors of suicide management committee have family members bereaved by suicide and those who have been affected by suicide who govern and run the organisation.

Our events committee also have families bereaved by suicide and those affected by suicide who help to plan and co-ordinate events.

Our volunteers have been affected by suicide, and they help to plan and roll out events.

At SOS we feel we need to have the input of families and individuals affected by suicide in planning and organising the work we do. We value their thoughts, opinions and ideas. We listen when they think something isn't working.

All of our volunteers and families are given training and support to be able to engage.

Each year at our AGM we go through what we have achieved in the previous year and evaluate each piece of work completed with thoughts from those who engaged and participated.



We plan for the year ahead and ask for ideas and thoughts on what we can do better or change. We ask for feedback to improve and learn.

SOS's AGM is attended by service users, family members, local politicians, businesses and the community. It's vital to SOS to have the support of the communities we serve. We learn from our clients, our participants and our communities, they help us to set our priorities and goals for the year ahead.

Our volunteers give their time as they want to help others. They want those that need support to feel that someone cares and don't want families to go through the worst experiences of their lives alone.

Our volunteers complete an informal chat and access NI checks and an induction process.

They receive suicide prevention training, safeguarding training, self-care training, and governance. They also receive supervision on a monthly basis.

With our clients we plan an exit strategy and complete an exit interview when they feel they no longer need support from SOS. We ask what worked for them and what we could do better.

We ask for feedback from the community after each event and critically evaluate each event to learn and improve.

We actively encourage clients to give feedback on our services; they are invited to every event and when they feel they are in a better place they are able to volunteer if they chose.

We regularly review our risk assessments, ensuring they are fit for purpose.

Survivors of suicide were finalists in the East Belfast Awards.

We held a strategic planning session to prepare for our year ahead and organize what we need in place to have a successful year.

We held our AGM where we elected a new chairperson, Mr. Colin McGavin. We had our family members and clients present, as well as other community organisations and local politicians. We evaluated the years previous work, what was successful and what we need to change. We showed what we have planned for the year ahead and took suggestions from those present for what they would like to see us do other the next year.

We met with Support together in Omagh to chat over how they built their organisation up and applied for funding to help us moving forward.

We delivered Manifest men's mind fitness training to a group who work with men in North Belfast and a group in SE trust at the AMH building in Newtownards.

We delivered Connections link life training to a group of advice workers in North Belfast and a group of men recovering from addiction in North Belfast.

We hosted and attended the Belfast Take 5 workshop with BHSC which was attended by 8 other groups in preparation for the Take 5 Charter launching in Belfast later this year. We also attended the Belfast Take 5 working group meetings.





Our volunteers and management committee completed Safeguarding training and governance training. We also completed Cycle against suicide's Peer support training and our hoping the rest of our volunteers can complete this later in the year. Our staff completed Adobe in design training, emotional intelligence training and influencing and negotiating training.

We did a presentation for the Rotary Club in Ballymena which was very successful and attended 5 community events in the local area where we gave out information on suicide prevention and self-care.

We held an event for local employers where we gave a presentation on suicide prevention and mental health and gave out information packs and offered training to their staff.

We joined the East Belfast men's network and are helping form aims and objectives for them and have attended meetings with them.

We attended the Belfast Community of interest meetings. We had a planning meeting for the SE trust community of interest which our Head of services Co chairs and then attended too.

We attended all of the SE Plig and had a planning meeting for the Belfast Plig and attended all of those also.

We attended all of the Belfast Community response plan steering group and the Regional SD1/CRP meeting. We also attended the Regional protect life 2 steering group and the All-party working group on suicide prevention.

We attended the Community and voluntary workshop Mental Health Services Collaboration.

We are part of the TZS Lived experience, Carers and advocates workstream and have attended planning meetings, we helped to plan a workshop and ongoing work to have Lived experience, Carers and advocates involved in the work moving forward.

We now attend the TZS Collaborative board meeting, and we are part of the TZS suicide prevention care pathway and have been engaged in the development of the evaluations for staff, service users and their carers & families and have attended meetings about this.

We have attended multiple planning meetings for Families voices forum, governance meetings, meetings with the newly appointed Co Ordinator, who unfortunately left.

We helped with the job advert to appoint a new co Ordinator and attended and presented at the Families Voices forum event in Londonderry. We attended a briefing meeting all for moving forward for Families voices forum supporting the new co Ordinator.

We also took part in the evaluation of Families voices forum. We met with PHA to discuss ComKit and it moving to the Minding your head platform.

We are a part of and helped with The Suicide and Self-Harm Prevention All-island Research Knowledge (SPARK) Hub funding application for a central Hub for excellence and innovation in surveillance, research, capacity building, knowledge exchange and implementation science in suicide and self-harm, endeavouring to



prevent suicidal behaviours on the island of Ireland. Will involve creating a national self-harm/suicide registry to provide real time data & responses; reviewing training & impact; reviewing interventions offered, developing digital mental health options; understanding stigma in communities; pressuring for policy change.

We met with the Justice minister Naomi Long to discuss suicide prevention and the issues impacting on it.

We met with our MLA Peter McReynolds twice to discuss ongoing issues in suicide prevention and also met with Belfast Deputy Lord Mayor Andrew McCormick to discuss the same.

We also met with the health minister Mike Nesbitt to discuss suicide prevention, the PL2 Action plan and funding.

Our community garden beside our centre, is an ongoing piece of work ensuring it stays tidy and welcoming for the community.

we've been planning round table events to engage with the local community and collaborating with other organizations to provide more support. We've also initiated a partnership with McDonald's to provide suicide prevention training for their staff in East Belfast.

We attended a number of local events the 43rd Football teams 50th anniversary celebration where we spoke and gave out information. The Euston Street primary school fair where we engaged with parents and even the principle left with information to help him in his volunteering work outside of school. The Sports men's dander ball event in Avoniel Centre, A men's football event to raise awareness where each man was given a wrist band, we had meetings with Bloomfield community association, Walkway community association, East Belfast community development association and alternatives east Belfast.

We also attended the Men's health forum Ireland 25th anniversary event in Dublin and will be a part of their advisory group moving forward.

We attended the Lisburn Castlereagh council health and wellbeing summit giving out lots of information and bringing back trees for our garden.

We attended the Samaritans NI lost futures event at Stormont and the preventing online harm/suicide prevention event at the ICC which was a big letdown.

We also attended the Harbour Commissioners celebration event and Eden Consultancy's ASD conference at W5. We attended the SE Trust CRP workshop and also SE trust workshop for c&v sector on more collaborative working to better support our communities.

We officially opened the garden on World Suicide Prevention Day.

We held our round table events to engage with the local community and collaborate with other organizations to provide more support. We had 8 community organisations and 6 of our local elected representatives attend and gave each of them information to take away.





We attended a number of local events and held our own events. We attended The Baton of Hope event in Newry and gave out information and chatted with those who attended. We attended the Changemakers event at Stormont hosted by Orlaithi Flynn as Chair of the All-party working group. We spoke with a number of the MLA's and gave them information on suicide prevention and wellbeing. We attended the Action Trauma conference on Neuro diversity where we spoke with families and professionals and gave information on services and supports available.

We attended the Lighthouse conference and travelled to Manchester to attend the Suicide bereavement UK conference where we made new relationships with organisations across the UK and increased our knowledge.

We attended the now yearly bowling event with Sydenham bowling club with 125 men in attendance and gave them information to take away and chatted to many of the guys.

We held an event where Clubsound played for us with over 200 people attending and each given suicide prevention and wellbeing information.

We held our WSPD event at our centre with information stands, burgers and hotdogs, information bags, inflatables, music and our community garden was officially opened by the High Sheriff of Belfast. We ended the event with lighting of candles and a minute's silence to remember those lost to suicide. The event was really well attended.

We shared the posts as part of the mass media campaign to highlight support available and encourage people to talk.

We are now represented on the Men's health forum Ireland advisory group and have attended 3 meetings to help plan their event at Stormont.

We attended 2 workshops on funding for Peace plus and also attended the workshop with PHA on the peer support standards which are being introduced.

We have 2 paid staff and 12 volunteers. Our volunteers are receiving monthly supervision sessions to help support them.

We also supported 174 individuals and families with 1-1 support, counselling and complimentary therapies.



We have linked in with several local businesses and will be delivering training to these businesses and they will be helping us with volunteering at some events and with our community garden, which benefits not only Survivors of suicide but the local community, raising awareness and encouraging those who are struggling to seek support.

We have also delivered several awareness sessions which has brought some people needing support forward.

All the events and sessions we carry out are shared on social media which means that we have a high profile online so that when people search for support, they find us and if we can't help, we know where to get support because of our links across the country.

As we are based in a community centre we are linked with other organisations and people who send people to us who need support. We are able to see people immediately and put supports in place for them. Because we are active in the community, we are given information on those who have died by suicide and are able to get them help.

We have built relationships up with local GPs, our mental health services, benefits agency and c&v organisations so we receive referrals from them and work in partnership to support clients. Working in partnership means we are able to support people that need us quickly as we take phone calls and emails and we contact people for an appointment immediately.

We continue to work to ensure the safety of all our clients and volunteers carrying out risk assessments.

Our family members from the support group are continuing to build relationships with each other and supporting new families who attend and families who have been with us for longer.

We have attended a lot of events this quarter with suicide prevention, mental health and take five information being given out at them all. We have engaged with around 400 people.

We are still getting referrals and seeing people within a couple of days and seeing people who are distressed the same day.

POLICY ON RESERVES

NO POLICY ON RESERVES

SIGNATURES

KATHERINE TANNER ACTING CHAIRPERSON

*Katherine Tanner*

Michelle Kelly Treasurer 03/02/2026

*M-Kelly*