

Carrickfergus Hub Improving Lives Locally (CHILL)



ANNUAL REPORT APRIL 2023- MARCH 2024

Caretaker's House, Antrim Street, Carrickfergus, BT38 7DG

info@chillonline.org

CHARITY NO: NIC 108329

Committee Members

Stephen Weir Chairperson

Darren Wren Treasurer

Marie Anne Templeman Secretary

Brian Smyth

Bobby Hadden – resigned

Chris Dorrian

Eleanor Ellerslie

Andrea Ellis – resigned

Helen McClean – joined

AIMS AND OBJECTIVES

CHILL aims to improve and promote positive mental health and wellbeing, and to raise awareness of suicide prevention.

Our main objective is to work collaboratively with the local Community & Voluntary Sector organisations to support individuals and their families, including children and young people affected by mental health issues, to raise awareness of suicide prevention and to improve the wellbeing of the community.

ACTIVITIES AND ACHIEVEMENTS

This year was again very challenging, given the ever-increasing pressures put on the Health Service and subsequent impacts on the work we do. Below is a summary of the main activities over the past 12 months.

- We have settled well into our new premises and continue to make best use of this valuable local resource.
- We held an open evening in the Caretaker's House to encourage new volunteers and increase awareness of our organisation.
- CHILL weekly walk has continued to grow this year – we now have two weekly walks with trained volunteer leaders and numbers are steadily increasing. It is a pleasure to see new connections being made.
- A Facebook Group specifically for Weekly Walks and a WhatsApp Group for those not on social media ensures regular updates.
- Monthly CHILL n CHAT evenings continue to be well supported and provide a friendly informal space for anyone wishing to come along. Average numbers are around 10 each month.
- Our monthly Veterans Breakfast continues on the first Sunday of each month with volunteers welcoming and supporting attendees and relevant organisations attending to offer useful resources and support information. This includes SSAFA and Council's Age Friendly Co-ordinator.
- Young Chillerz, a group of young people who will support other young people in their schools and communities looking after their mental health and wellbeing, continues

and has seen our youth help with tidy ups and gardening in their communities whilst gaining useful skills and building their confidence.

- CHILL Menopause café has been offering a safe space for women of all ages to come together to share experiences and an opportunity to chat informally about Menopause, we have approximately 10 women attending per month. Unfortunately in recent months the group has not been meeting and consideration is being given to its viability.
- We previously facilitated weekly sea swims over the warmer months with new members joining. We hope to resurrect our swims again this year.
- CHILL continues to be a centre for student counsellors attending Northern Regional College and Belfast Met to avail of placement and supervised practice in a voluntary capacity
- In 2023/24 period we had 8 volunteer and student counsellors and this continues to grow. Students completed their qualifying hours with CHILL and proceeded to become fully qualified Counsellors and stay on with CHILL.
- We provided approximately 1559 hours of counselling, all free of charge. Approximately how many sessions?
- CHILL held a joint Health Fair with Greenisland Football Club, hosting support services available for people to link into locally.
- We worked in partnership with Greenisland Football Club to facilitate counselling sessions and have completed mental health programmes throughout the school terms in 2 local schools
- CHILL provided counselling sessions for Greenisland Football Club Cuppa Club – a weekly meet up for older people to increase connections and prevent social isolation.
- CHILL continue to meet with and work with other community, voluntary and statutory organisations to ensure that the health and wellbeing of people living in the local community are addressed.
- CHILL actively participate in Carrick & Greenisland Community Cluster Groups – hosted by Mid and East Antrim Borough Council.
- CHILL continue to post positive support on our Facebook Page and keep the local community up to date with things happening in the Mid and east Antrim Borough Council Area
- Fundraising has been a priority this year to allow our work to continue.

CHARITY NO: NIC 108329

Thank you to all of our funders

- The National Lottery Community Fund
- The Halifax Foundation

Thank you to Mid and East Antrim Borough Council who continue to support the work of CHILL in providing mental, emotional and physical health support in the local community.

Finally thank all those who have continued to support us during the year through their fundraising efforts and donations. We really appreciate your support and involvement this year.

We look forward to continuing to deliver and expand on our core issues this year and are grateful for all the support we receive.

Stephen Weir
Chairperson

24 September 2024