

# Insight Inishowen: Annual Report 2017

Insight Inishowen is a voluntary community organisation dedicated to the creation of resilient communities and to improving wellbeing and promoting positive mental health and to preventing suicide. Insight Inishowen offers a counselling service, as well as a number of training and education events, which are opened to the community at large and hosts the annual, award-winning Feel Good Fortnight programme.



## Chairperson's Report

“Suicide prevention is everybody’s business” - that is the founding principle of the national Connecting for Life strategy and one that we take seriously at Insight Inishowen. Since our work began in response to a number of suicides in the community in 2008, we have worked in partnership with the HSE and with other groups across Inishowen seeking to build resilient communities. During that time, we have walked through some tough times but we’ve also seen many successes as people have been helped and supported in their mental health and wellbeing. I am deeply grateful for the incredible team of volunteers that makes our work possible and for the tremendous support we receive from our community. Thank you for standing with us!

**Ruth Garvey-Williams**  
Chairperson

Trustees: Ruth Garvey-Williams, Margaret McLafferty, Noel Bradley  
Board Members: Ruth Taylor, Elaine Fallon, Andrew Garvey-Williams

## Governance and Strategy

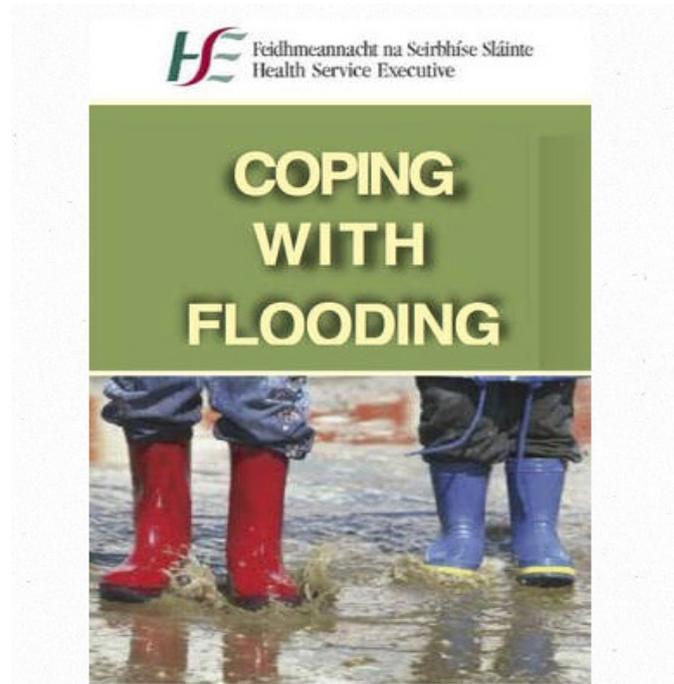
We were delighted to complete our journey to full charitable status during 2017 with the granting of our CHY number (21814) following our registration with the Charity Regulatory Authority in 2016 (RCN 20107956).

We continue to work on the development of our strategy in line with the Connecting for Life strategy for Donegal with a view to targeting at risk groups and providing services that meet the needs locally. This has been an on-going process with further development happening in 2018.

## During 2017, we focused on five main areas:

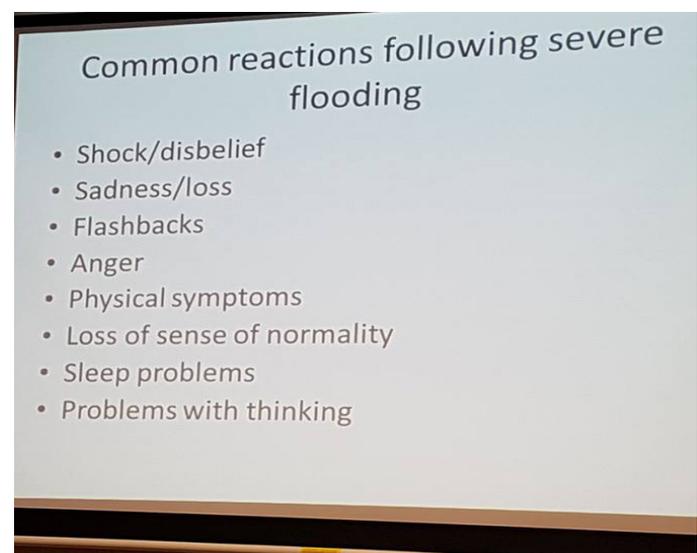
### Crisis Response

The August floods had a devastating effect across Inishowen with homes, businesses, community groups and farms destroyed within a few hours. The trauma and devastation was palpable with many struggling to cope with the aftermath both practically and emotionally. Thanks to the Buncrana GAA, an event was planned that brought together all the key services for an afternoon of information and support. Insight Inishowen counsellors were on hand and, in partnership with the HSE crisis response, ensured speedy referrals for anyone needing further counselling help.



A follow up event organised by Insight Inishowen gave further opportunities for people to access help and practical advice from counsellors and medical professionals. Insight volunteers also attended an event organised by the Irish Farmer's Association for Inishowen to give advice and help to farmers affected by the flooding and the associated trauma and loss.

In the autumn of 2017, we carried out research to determine the level of crisis preparedness among community groups and identified a significant need for crisis management training. We worked closely with Inishowen Development Partnership to develop a funding proposal. While the application was initially unsuccessful, we are currently looking at other funding streams as the research showed compelling evidence of the need for training and coordination at community level, in the event of a crisis such as the many recent incidents across Inishowen.



## Education and Training

Through education and training, we seek to increase resiliency in our community by helping individuals develop skills for self-care and for helping others. This further reduces mental health stigma and helps to make a stronger, more caring community.

On-going mindfulness and personal development training took place in 2017, however, the ASIST course in December had to be cancelled due to lack of numbers. This spurred a new emphasis on Training during 2018, which has seen a significant up-turn in courses offered and numbers participating.

## Support Services

The focus of this area is to provide support services for the community as a whole, focusing on building resilience in the community, supporting those in crisis when needed, providing care for families affected by suicide, and providing a free/ donation-based counselling service as a preventative measure (e.g. seeing people early and quickly to catch problems before they escalate). All of our counsellors are trained and accredited with IACP or BACP or working towards full accreditation. Volunteers providing Listening Ear and Family Support are ASIST trained.

### During 2017, Insight Inishowen:

- Provided counselling to over 35 clients, logging over 300 hours over the course of the year.
- Provided important alternative therapies such as mindfulness for clients.
- Provided on-going support and care for families who are supporting relatives with chronic mental illness



## Feel Good Fortnight

The award-winning Feel Good Fortnight is a positive festival that promotes holistic wellbeing across the whole community. It provides a rare opportunity for the community as a whole to focus on building a positive atmosphere and a level of resiliency.

- Throughout FGF we seeks to:
- Enhance the environment
- Organise family-friendly events
- Provide wellness workshops and programmes
- Showcase community groups and opportunities for engagement
- Promote a healthy and thriving business community
- Develop community spirit
- And do all of this in an atmosphere of fun and positivity.

Two particular successes from 2017 were:

### The pilot of Buncrana parkrun as part of Feel Good Fortnight

The initial success led to the full launch of parkrun on 9 September and this excellent project, that benefits both physical and mental health and wellbeing, has continued throughout 2018.

### Positive Parenting pilot during Feel Good Fortnight.

This led to a six-week follow up course during the autumn time with tremendous feedback from parents.



## Collaboration & Awareness Raising

Throughout 2017, Insight Inishowen worked closely with the Donegal Suicide Prevention Strategy - Connecting for Life as an active part of the Community Implementation Group. In the first 2 ½ years of the strategy, we have seen significant steps forward in terms of implementation at community level. Insight Inishowen's Feel Good Fortnight programme is seen as an integral part of this suicide prevention plan. In partnership and collaboration with others, we seek to raise awareness of mental health issues

thus reducing stigma and encouraging help-seeking behaviours. Our website and Facebook pages, leaflets and training programmes all form an on-going part of this strategy. In addition, in collaboration with the HSE we provided additional information and support in the aftermath of the flooding through:

- Providing the HSE flooding leaflet on the website
- Providing a range of information at IFA event
- A permanent page on the website giving practical help and advice for crisis/ trauma response info on the website

---

## Insight Inishowen Financial Overview

We are so grateful that the last few years have seen increasing support from the local community resulting in a more stable financial position.

### INSIGHT INISHOWEN ACCOUNTS (Jan 2017 to Dec 2017)

#### INCOME

Donations/Fund-raisers	€8236.78
Counselling Donations	€601.40
Grant from Connecting for Life	€500.00
FGF Donations	€1028.54
<b>Total Income:</b>	<b>€10,366.72</b>

#### EXPENDITURE

Rent & Admin costs	€2,913.00
Sound proofing of counselling room	€678.74
Insurance	€1825.00
Counselling Supervision Costs	€1142.50
Bank Fees	€78.34
Feel Good Fortnight expenses	€940.00
Workshops, Training Costs and miscellaneous	€524.70
<b>Total Expense:</b>	<b>€8102.28</b>

---

### Insight Inishowen

The Exchange, Castle Avenue, Buncrana Co Donegal  
Office Tel 0749362572  
Email: [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com)  
Website: [www.insightinishowen.ie](http://www.insightinishowen.ie)

CHY 21814

Registered Charity Number 20107956

Facebook: Insight Inishowen and Feel Good Fortnight