2024

Annual Report

INSIGHT INISHOWEN

Insight Inishowen is a registered Irish Charity with the Charities Regulatory Authority: (RCN 20107956)

Insight Inishowen is a voluntary-run charity, which promotes mental health and emotional wellbeing and works to prevent suicide. In tough times, Insight Inishowen volunteers provide extra support for the community through information, listening ear services and practical help.

Chairperson's Report - Ruth Garvey-Williams

On behalf of the whole Insight Inishowen team, I'm deeply grateful for everything that was accomplished during 2024. The support of our community was overwhelming - including a huge donation from the Laurentic Tractor Run which kick-started our year and enabled us to significantly expand our counselling service and suicide-prevention training programme.

Throughout the report you will see a significant increase in the number of clients we have been able to help through counselling, art therapy, mindfulness and wellbeing courses including the wonderful Hope Ambassador course which we ran at the start of the year as well as the numbers of people trained. However, numbers can never tell the full story. Even more important is the knowledge that individual people have been helped and supported through therapeutic interventions.

Working with art therapist Geraldine Timlin was a particular privilege this year and she was able to provide over 100 hours of help and support, particularly to children and teenagers. We hope this will be an on-going provision by Insight Inishowen.

The launch of our Men's Mental Health research at the start of the year was an important step in identifying the needs of men in Donegal and providing concrete suggestions for improving our mental health supports for men. This is an on-going challenge but one we take seriously.

I also want to pay tribute to long-serving trustee Margaret McLafferty who stepped down during 2024 and also to our secretary Siobhan McLaughlin who has stepped back from the team at the moment. We are so grateful for these two women who have worked tirelessly to help us deliver so many programmes and helped to ensure good governance and accountability for our team.

Committee 2024

Ruth Garvey-Williams - Chairperson & Trustee, Christine McConnell (Trustee), Majida Al Askari (Treasurer), Ann Kerr (Board Member), Donna Tedstone (Board Member), Andrew Garvey-Williams (safeTALK & ASIST trainer)

Awareness and Training

Since the launch of our Listening Ear phone line in 2020, Insight Inishowen has continued to build a responsive, trained community network that supports those struggling with anxiety, stress, or thoughts of suicide. Our mission is to reduce stigma and empower individuals to seek help and support others in their time of need.

In 2024, we strengthened this mission through a wide range of accredited training and wellbeing workshops:

- 4 safeTALK courses trained 104 people in the skills to identify those at risk of suicide and connect them with appropriate help.
- 2 ASIST (Applied Suicide Intervention Skills Training) courses were delivered, certifying 48 people with internationally recognised intervention skills.
- Hope Ambassador Course equipped 18 participants to become positive mental health advocates within their communities.
- SOS Wellbeing Course, which focuses on stress and resilience, was attended by 7 people.
- Writing for Wellbeing supported 12 individuals in using creativity for emotional expression and self-reflection.
- Six Mindfulness workshops reached 30 people, helping them build tools for presence, calm, and mental clarity.

safeTALK

Men's Mental Health Research

Funded by Connecting for Life Donegal, Insight Inishowen's Men's Mental Health research was conducted by Ruth Garvey-Williams and Margaret McLafferty (both experienced researchers). We launched the findings at a special event in January 2024.

Wellness Wander

As part of Inishowen Walking Festival, our Wellness Wander in September 2024 was a beautiful opportunity to slow down and take time for self-care facilitated by Eco Therapist Michaela McDaid.

World Suicide Prevention Day

To mark World Suicide Prevention Day 2024, Insight Inishowen collaborated with Buncrana GAA at the Scarvey to host a public event honouring those who have died by suicide and reaffirming community commitment to prevention efforts.

Participants gathered to recreate the Connecting for Life logo — a visual reminder of the importance of collective action in building a safer and more resilient community. The event took place at sunset, following a break in the weather, and was documented through aerial photography to symbolise hope, visibility, and connection.

Support Services

Insight Inishowen also offers a confidential and free / donation basis counselling service by professionally trained and accredited counsellors. Self-referral, family referral and HSE referrals accepted. Including support for:

- Bereavement and loss
- Anxiety
- Stress Management
- Depression
- Family / relationship problems
- Trauma debrief

Text or call 087 170 8743 to request support for yourself or for a loved one. 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 2024, Insight Inishowen:

- 45 counselling and 4listening ear clients
- Two new students recruited, one student graduated with distinction
- One new senior counsellor recruited
- 38 assessments completed (with appropriate onward referral for relevant cases)
- Listening Ear Service continued
- Greater promotion of listening ear and ASIST Network through postcards (over 1,000 distributed)
- Art Therapy Clients (10 clients)
- Art Therapy for Carers – 4 people
- Resiliency workshop for Somali women – 10 women (with translation)
- 1 x ASIST Network meetings

Feel Good Fortnight

Feel Good Fortnight is a long-running annual initiative that brings people together around themes of wellbeing, inclusion, and community connection. Over the course of two weeks, a diverse range of events are held — from outdoor walks and creative sessions to workshops, talks and informal social gatherings — offering participants a chance to focus on their mental, physical and emotional health in an open, welcoming environment.

The 2024 programme was marked by strong participation from asylum seekers, who volunteered and co-organised many events. Their involvement helped build a spirit of collaboration and openness across the entire schedule.

A standout event was the international food tasting, organised in partnership with the Ukrainian community and others. It served not only as a celebration of food, but as a platform for cultural exchange and mutual respect.

Participants also had access to taster sessions in art therapy, mindfulness, eco-therapy, yoga, therapeutic walking (Solas), and writing for wellbeing. These activities provided gentle, inclusive ways for people to connect, reduce stress, and explore new approaches to self-care.

Families enjoyed a wide range of fun, positive feel-good events and programmes at the start of the school holidays, encouraging children and parents to unplug and get involved in health, outdoor, creative activities such as the ever-popular Sandcastle Competition, Family Fun Day and stone painting. All the Feel Good Fortnight events were offered free or on a donation basis, to ensure that they were accessible regardless of people's financial situation.

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.

January 2024 - December 2024

Income

Counselling Donations	130.00
Donations GENERAL	265.00
Fundraise – Jump for Jack	500.00
Fundraiser Bernard	163.00
Fundraiser Laurentic Tractor Run	7,250.00
IDP Community Grant (Kids Workshop)	480.00
Donation from Supevalu	2000.00
Donation from McGonagle family	600.00
Sale of Christmas Cards	15.75
Women's Resiliency Programme Grant	2,000.00
Feel Good Fortnight Donations	106.00
Pieta – safeTALK refund	600.00
Pieta – ASIST refund	670.65
TOTAL	**14,780.40**

Opening Bank Statement: € 34,721.98

Total Income: €14,780.40
Total Expenses: €23,481.33

Closing Bank Statement: €26,021.05

Expenses

ASIST Course	675.65
Art therapy supplies	358.85
IDP Community Grant expenses (Kids Workshop)	540.00
Bank Charges	109.23
Insurance	1,183.96
Fundraising equipment (reusable cheque)	116.31
Counselling costs	9,041.00
Garda Vetting	10.00
Men's Mental Health Research Launch	490.00
Golden Melodies	400.00
Resiliency Workshop in Schools	1,080.00
Feel Good Fortnight	1,888.64
Listening Ear Phone	150.00
Rent	2,500.00
safeTALK and ASIST training (AGW costs)	1,784.19
Team costs (leaving gifts etc)	250.00
Website costs	271.50
Women's Resiliency Programme	1,712.00
Writing for Wellbeing	320.00
Wellness Workshops	250
World Suicide Prevention Day event	100
Wellness Walk	250.00
	23,481.33

Insight Inishowen
The Exchange, Castle Avenue, Buncrana Co Donegal
Office Tel 0749362572
Email: insightinishowen@gmail.com
Website: www.insightinishowen.ie
CHY 21814 Registered Charity Number 20107956
Facebook: Insight Inishowen and Feel Good Fortnight