

**Larne Well-Being Hub
Annual Report for the period ending March 2024**

Larne Well-Being Hub

Charity No: NIC100070

Address: Ground Floor, Moyle Medical Building, 14a Old Glenarm Road, Larne, BT40 1RW

Trustees

Sharon Maxwell Chairperson

Shannon Smith Treasurer

Deborah Neil Secretary

Danny Donnelly

Janice Todd

Aine Fleming

AIMS AND OBJECTIVES

Larne Well-Being Hub provides a safe secure location where anyone affected by issues surrounding trauma, addiction or any mental health issues can access support and services whether it be the user or their family members. We offer 1-to-1 children and adult counselling for those aged 4 years and over, support groups and workshops for adults and young people. Our services continue to be offered in person and remotely depending on need. All of our services are provided free of charge.


ACTIVITIES APRIL 2023 – MARCH 2024

Larne Well-Being Hub has continued to provide services and support to people who have issues with trauma, addiction and/or mental health issues. Larne Well-Being Hub has evolved over time to supporting all areas of mental health. We support all age groups (from 4 years and up) offering counselling and support in our drop-in service offered weekly. We have also delivered workshops and training as part of our Building Resilient Families and Communities project funded by the National Lottery. We have returned to working in person where able and continue to offer remote access to our services when required. As our project draws to a close, this year has been a challenging year due to the ongoing rise in demand for services. We have continued to offer both in person and remote versions for our services, which has made our service more accessible.

The Management Committee remains the same

Larne Well-Being Hub would like to thank all of the committee members for their loyalty and support over the last year, without them it would be impossible to provide the service we offer within the local community and further afield.

Larne Wellbeing Hub continues to receive referrals from a varied range of places including self-referrals, GP, CAMHS, CMHT, Action for Children, Woman's Aid etc. Larne Wellbeing Hub also continues to work with other statutory and voluntary organisations such as Network Personnel, PSNI, Victim Support etc.

Signed:  Date 8/7/24 Chairperson: Sharon Maxwell