

THE KORAM CENTRE, COUNSELLING, PSYCHOTHERAPY AND PSYCHO SOCIAL SUPPORT LTD

Company Limited by Guarantee

Trustees' Annual Report (incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Achievements and performance

The principal objective of the company was the provision of: safe place, counselling services, placements and opportunities to experience vocational and horticultural activities that enhance the personal, professional development and health and wellbeing of young people, and the mature sections of the population. The company specialises in emotional support and also assisting those impacted directly or indirectly by the conflict.

This year, the Koram Centre has continued to support individuals experiencing emotional health and well-being issues across the Strabane District Area. This includes individuals presenting with a wide range of issues including low mood/depression, stress/anxiety, relationship and work-related issues as well as trauma. This includes traumatic incidents relating to the conflict. In addition the Koram Centre have continued to offer support support to those at increase risk of suicide and self-harm.

Over the past year, the centre has supported 1668 beneficiaries across a range of indicators:

671 individuals accessing treatments/interventions

38 people engaging in urgent support (increase risk of harm)

4242 counselling/psychotherapy and complementary therapy sessions delivered, engaging with 582 individuals.

340 individuals engaging in group programmes to increase knowledge, understanding and skills around mental health issues. This has included programmes on anxiety management, mindfulness/meditation, understanding grief loss, filling my wellness toolbox, arts and crafts and others. In addition, this year we have engaged with a number of local primary schools to deliver programmes on creative mindfulness.

37 individuals engaged in volunteering.

This year we have continued to see an increase in referrals for support, particularly for adults seeking counselling/psychotherapy support. This has been driven in part by the impact of the current Cost of Living crisis. The Koram Centre continues to receive support from a range of funders including Department for Communities, Victims & Survivors Service NI, WHSCT, Western Real Health Care, St. John of God Foundation, Children in Need, Halifax Foundation Public Health Agency, Community Foundation for Northern Ireland/Department of Health and others.

THE KORAM CENTRE, COUNSELLING, PSYCHOTHERAPY AND
PSYCHO SOCIAL SUPPORT LTD

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Financial review

Review of the Business

The company is non-profit making organisation. The management continues to be engaged in ongoing efficiency savings and is aware of the sustainable use of resources.

Capital Commitments

The Charity is committed to a spend of £605,000 for the refurbishment of premises at 12 Railway Street, Strabane, (this project was ongoing at year end).

Reserves Policy

The trustees have set a reserves policy which requires that reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty and to assist in the future strategic development of the organisation. The trustees have agreed that the charity should endeavour to hold reserves at an amount not less than £189,930 in an effort to minimise the risks identified by the charity. This includes six months expenditure in relation to salaries and running costs and provision for redundancy.

The trustees' annual report and the strategic report were approved on 26 June 2024 and signed on behalf of the board of trustees by:

Mr G Harkin
Trustee



Mr G McFadden
Trustee

