

The logo for YeHa is a stylized speech bubble with a red-to-purple gradient. The text 'YeHa' is written in a white, rounded, sans-serif font inside the bubble.

**YeHa**

Youth Education Health Advice

The background is a collage of black and white photographs showing various activities: people sitting on a bench, a group of people working on a project, a person standing next to a robot, people sitting on the ground, a person holding a sign that says 'Reconnect', people working in a garden, two people standing indoors, a person on a boat, and a person holding a book.

**SUPPORTING YOUNG PEOPLES  
MENTAL HEALTH & WELLBEING**

**ANNUAL REPORT**

**SEPTEMBER  
2023**

# TABLE OF CONTENTS

03

MESSAGE FROM THE CHAIR

04

MESSAGE FROM THE MANAGER

05

MEET OUR STAFF

06

SPECIAL THANK YOU

07

VISION, MISSION & VALUES

WRAP-AROUND APPROACH

08

OUR SERVICES

09

THE DIFFERENCE WE MAKE

10

HIGHLIGHTS

11-12

APPENDIX 1&2

13-14

# A MESSAGE FROM THE CHAIR



**'Instilling hope and making a difference in young peoples lives'**

**As Chairperson of YEHA I am very privileged and humbled to see first hand the difference the organisation makes in young peoples lives who come through our doors. As an organisation we continually strive to improve and expand the services to effectively respond to the needs of young people, families and community.**

**Young people will always be at the heart of any developments and growth within the organisation .You will see how this has been achieved throughout this report. Partnership working is key in the organisation in our vision to create a safe haven for young people in need of support. This is an area that the board will continue to commit and invest in over the coming year.**

**Our success is directly linked to the hard work of the staff team and volunteers who have made extraordinary progress this year. I would like to personally thank Sean Devlin for his outstanding leadership as YEHA Manager and every staff team member for their energy and commitment in making YEHA a success.**

**To finish I would like to thank my fellow board members for their hard work dedication and support .A special thank you to the funders who have supported and continue to support the organisation in its growth and development in making a difference in young peoples lives in making dreams become a reality.**



**Jo Murphy  
Chair**

**"I LEARNT HOW TO USE MY CREATIVE VOICE  
DOING THIS PROGRAM + I LEARNT MY  
PASSION THE MORE CREATIVE SIDE!"  
YOUNG FEMALE AGED 18**

# A MESSAGE FROM THE MANAGER



**I began my Journey with YEHA back in 2009, as a youth support worker, working at a grass routes level supporting young people and families in the local area. Local people have gifted me with great insight into the challenges our young people experience and the contributing factors impacting youth mental health.**

**For the last 13 years, I have been passionate and determined to develop an organisation that can provide young people, 'with the right support, in the right place, at the right time'. In 2021 YEHA became an independent organisation, this presented an opportunity to begin a new chapter, setting a vision for our work shaped by the hard lessons and key successes from the past and more importantly by the voices of our young people today.**



**I want to pay a sincere thanks to staff at all levels of YEHA. Their compassion and devotion towards young people is extraordinary and the professionalism in which they practice their work is robust and consistent. I believe that to provide the best of support to others we must feel supported ourselves, I am lucky to lead a team that have a willingness to help one another out, that celebrate one another's individual skills and experience and have a determination to provide the best service possible for our community.**

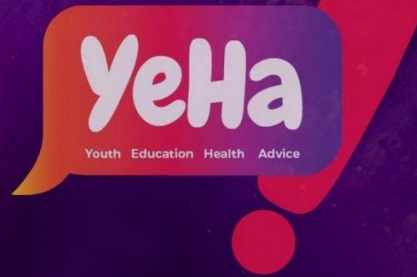
**Mental health services have some way to go to meet the needs of our young people. We at YEHA continue to be ready and willing to work with others to provide the 'very best' service for young people. We are up for the fight to find new and innovative ways to support young people, and to keep the voices of young people at the centre of shaping our services.**

A handwritten signature in purple ink, which appears to read 'Sean Devlin', is located in the bottom left corner of the page.

**Sean Devlin  
Senior Manager**

**"I DIDN'T USUALLY INTERACT WITH PEOPLE, NOW I JUST WANT TO KEEP HAVING THAT NEW EXPERIENCE + KEEP BUILDING ON NEW EXPERIENCES"  
FEMALE AGED 18**

# WE ARE



**Tom**

**Team Leader  
Youth Support Worker**



**Lisa**

**Admin Worker**



**Jodie**

**Youth Support Worker**



**Louise**

**Marketing & Outreach  
Youth Support Worker**



**Cara**

**Team Leader  
Youth Support Worker**

## COUNSELLORS

**Adrian  
Kerry  
Stephen**

# THANK YOU FOR SUPPORTING US TO SUPPORT OUR YOUNG PEOPLE



Belfast Health and  
Social Care Trust



Department of  
**Education**



Public Health  
Agency



# WE ARE



## OUR VISION

**To be an organisation at the heart of the community  
that actively values and supports young people's  
health and wellbeing**

## OUR MISSION

**To make a positive difference to young peoples mental health  
and wellbeing**

## OUR VALUES

**Confidentiality, Care and Compassion will underpin everything we do.  
Our services embrace the core principals of youth work with therapeutic  
approaches with the aim of:**

- Motivating young people to realise their potential**
- Develop skills and confidence to address issues**
- Equip young people with the resources to look after their mental health and  
well-being**
- Encourage supportive relationships with family, peers and the community**

**"ONE TO ONE MENTORING IS LIKE HAVING A  
FRIEND, JUST HAVING SOMEONE THERE. IT  
ALLOWS YOU TO BUILD A RELATIONSHIP, WHILE  
YOUR'RE HELPING THEM THEY'RE HELPING YOU  
BUILD YOUR CONFIDENCE"  
YOUNG MAN AGED 16**

# WRAP-AROUND APPROACH



**We are passionate about providing support for young people centred around ownership, choice and individuality.**

**Young people work alongside their key support worker to develop an individually tailored support plan. Young people choose the services they want.**

**"I JUST LOVE IT HERE"  
YOUNG FEMALE AGED 13**

# OUR SERVICES

## SERVICES

## WHAT WE OFFER

### One to One Mentoring & Life Coaching

Our dedicated youth work team provide weekly one to one support for young people to

1. Develop an understanding of issues and challenges and their impact.
2. Develop communication, coping skills, positive choices, and challenging negative thinking.
3. Work together to achieve goals and actions that bring about positive change

### Counselling & Therapeutic Interventions

Our service supports young people to talk and explore feelings, thoughts and experiences to bring about effective change and increased wellbeing .

Our multi-skilled team of counsellors practice using art, creative materials, play therapy as well as integrating a range of skills, techniques, models and approaches suited to young persons needs.

### Peer Support Groups

Group Work Programmes encourage supportive peer relationships and sharing of lived experiences to explore coping strategies and problem solving.

Activities and group work content are designed to help young people achieve personal and group goals

Discussion Themes and information provided aims to encourage self-care and coping skills and to promote mental health awareness.

### Schools Wrap-around Support

We currently offer One to one mentoring, counselling and group work services:

- 5 days per week in Mercy College
- 2 days per week in Belfast Royal Academy
- 1 day per week in De La Salle College

### Peer Mentoring Programmes

Young people aged 16 and over undertake training to offer guidance and support to young people at school and in the community.

Peer Mentors also support the YEHA team to deliver activities and events that promote positive mental health and wellbeing.

### Qualifications and Skills Development

As an OCNNI recognised centre YEHA provide a range of accredited training programmes. Our young leaders, volunteers and peer mentors complete training in youth work, mental health awareness and peer mentoring.

# THE DIFFERENCE WE MAKE

Over  
**200**  
Qualifications  
gained

**273**

Young people took  
part in groupwork  
programmes

**100%**

Of participants have  
increase in confidence  
and self-esteem

**282**

Young people availed  
of 1-1 mentoring support

**82%**

Are more aware  
of issues that affect  
mental health

**10**

Mental health and  
wellbeing events

Average of

**80**

Young people attending  
weekly Fresh Start  
Wednesday  
Breakfast morning

**94%**

Feel better equipped to  
look after their mental  
health

**56**

Young people  
availed of  
counselling

**70**

Young people  
trained as  
mentors

**100%**

Of participants  
would recommend  
YEHA to a friend

"I DIDN'T KNOW WHERE ELSE TO  
GO I JUST KNEW TO CONTACT  
YOU. I'M COMFORTABLE HERE,  
IT'S LIKE HOME" YOUNG FEMALE  
AGED 25

# HIGHLIGHTS



**PEER MENTORS AT SHARED LEARNING EVENT WITH YOUNG PEOPLE FROM DIFFERENT SCHOOLS DISCUSSING WAYS THEY CAN HAVE A POSITIVE IMPACT ON YOUNG PEOPLES MENTAL HEALTH AND WELLBEING AT SCHOOL**



**YOUNG FEMALE GROUP PROMOTING HUMAN RIGHTS IN BELFAST CITY CENTRE WHILST BEING FILMED FOR A CAMPAIGN PROMOTING HUMAN RIGHTS DAY & ITS IMPORTANCE TO YOUNG PEOPLE**



**BELFAST ROYAL ACADEMY YOUTH SUPPORT GROUP CELEBRATING THE END OF A SUCCESSFUL PROGRAMME ON RESIDENTIAL**



**FRESH START WEDNESDAYS. A WEEKLY EVENT HELPING OVER 80 YOUNG PEOPLE PER WEEK BY PROMOTING A HEALTHY BREAKFAST, SAFE SPACE AND YOUTH SUPPORT TO START THE DAY**

# HIGHLIGHTS



**YOUNG MUMS GROUP WHO  
HAVE PROGRESSED INTO THEIR  
FINAL YEAR OF THE  
PROGRAMME READY TO  
WELCOME THE NEW MUMS  
INTO THE NEW TERM**



**WILDERNESS AND BUSHCRAFT  
THERAPY CAMP HELPING YOUNG  
PEOPLE EXPLORE THEMSELVES AND  
NATURE DURING THE SUMMER  
PROGRAMME**



**INVISIBLE BARRIERS—SHORT FILM PREMIERE  
WITH QUESTION & ANSWERS  
THE YEHA CREATIVE ARTS GROUP RESEARCHED, SCRIPTED  
AND ACTED IN THEIR OWN SHORT FILM EXPLORING THE  
OFTEN UNRECOGNISED ROLES OF WOMEN IN NORTH  
BELFAST THROUGHOUT THE GENERATIONS. THE FILM  
PREMIERED IN A REAL CINEMA AND THE YOUNG WOMEN  
HOSTED THEIR OWN OSCAR THEMED EVENT**

# APPENDIX 1. YEHA COMPANY DETAILS

## CHAIR

**Mary Josephine Murphy**

## COMPANY SECRETARY

**Sean Breen**

## COMPANY TREASURER

**Patrick Smyth**

## OTHER DIRECTORS

**Michelle Corner**

**Chris Karelse**

**Stephen Morrison**

**Anthony Crowe**

**Martin Pelan**

## PRINCIPAL BANKERS

**Danske Bank,  
Belfast Co.Antrim**

## ACCOUNTING SERVICES

**Insight Business Services**

**COMPANY REGISTRATION NUMBER**

**658697**

**CHARITY NUMBER**

**107606**

**APPENDIX 2.**  
**FINANCIAL ACCOUNTS**  
**STATEMENT OF FINANCIAL ACTIVITIES AND BALANCE SHEET**  
**YEAR ENDED 31 MARCH, 2022**

<b>2022</b>	<b>Restricted Funds</b>	<b>Unrestricted Funds</b>	<b>Total</b>
<b>Incoming Resources</b>			
<b>Grant</b>	<b>149,961.26</b>	<b>0.00</b>	<b>149,961.26</b>
<b>Generated Income</b>	<b>0.00</b>	<b>50,700.00</b>	<b>50,700.00</b>
<b>Total Income</b>	<b>149,961.26</b>	<b>50,700.00</b>	<b>50,700.00</b>
<b>Expenditure</b>			
<b>Charitable Activities</b>	<b>149,961.26</b>	<b>35,820.62</b>	<b>185,781.88</b>
<b>Administrative Expenses</b>	<b>0.00</b>	<b>1,440.00</b>	<b>1,440.00</b>
<b>Total Expenditure</b>	<b>149,961.26</b>	<b>37,260.62</b>	<b>187,221.88</b>
<b>Net Incoming/Outgoing Resources</b>	<b>0.00</b>	<b>13,439.38</b>	<b>13,439.38</b>
<b>Net Movement of Funds</b>	<b>0.00</b>	<b>13,439.38</b>	<b>13,439.38</b>

**There are no recognised gains or losses other than the profit or loss for the above financial year.**

**All activities relate to continuing operations**



# MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE



**@YEHA\_PROJECT**



**YEHA BELFAST**



**YEHAPROJECT.COM**



**@YEHA\_PROJECT**