



**YeHa**

Youth Education Health Advice



# ANNUAL REPORT

SUPPORTING YOUNG  
PEOPLES MENTAL HEALTH  
& WELLBEING

SEPTEMBER  
2024

# 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

OUR APPROACH **08**

OUR SERVICES **09**

THE DIFFERENCE WE MAKE **10**

HIGHLIGHTS **11-12**

COMPANY DETAILS/STATEMENT  
OF FINANCIAL ACTIVITIES **13-14**

# A MESSAGE FROM THE CHAIR

**“ Supporting young people to reach their full potential ”**

As Chairperson of YEHA, it has been truly amazing to be part of the development journey of the organisation. YEHA has created a unique environment in which young people enter into a positive, supportive atmosphere where they feel comfortable, safe, cared for, and listened to. This, in turn, gives them the opportunity to grow in confidence and resilience, to have a voice, and to highlight what is important for young people. When people feel empowered, they possess valuable skills, strength, and knowledge, which cascades into the wider community in which they live.



It is paramount that young people are always at the heart of the organisation. As Chairperson, I have had the privilege of seeing and hearing first-hand from the young people who have benefited from the support services offered within the organisation. The board is fully committed to investing time and energy in the coming year.

With growth, like many organisations, comes both challenges and opportunities. The board is eager to continue fostering a positive, collaborative, and safe environment for young people to reach their full potential. Over the years, YEHA has built great working relationships with other partner organisations, which is key for future development. You will have an opportunity to see the range of services and programmes offered further on in this report, as well as the range of partners and funders.

On behalf of the board of directors, a big thank you to the staff team and volunteers, as our success is due to the hard work and commitment of Sean and the team, for which we are truly grateful in wanting to make a difference in young people's lives.

To finish, I would like to thank my fellow board members for their time, dedication, and commitment they give to the organisation so freely, because they believe in the work the organisation carries out and know the wider community will reap the rewards of having young people as role models.

**Jo Murphy**  
Chair



**“YEHA GAVE ME THE COURAGE & SKILLS TO BE ABLE TO MAKE & KEEP FRIENDSHIPS, IT ALSO GAVE ME A SAFE SPACE TO FEEL MY FEELINGS & OFFERED SUPPORT THROUGHOUT EVERY ASPECT OF LIFE”**  
**YOUNG FEMALE AGED 24**

# A MESSAGE FROM THE MANAGER

0

To say this brings an end to a challenging year would be an understatement. Our determination to ensure that services are not compromised during a testing year for the community voluntary sector has required immense levels of hard work and dedication from all those involved in YEHA, particularly the staff on the front line of delivering services.

This year saw the development of new partnerships and the strengthening of existing ones, with organisations vital in tackling mental health issues and providing essential services to young people and their families. I am grateful for the openness and shared values that enable meaningful collaboration and maximise opportunities to best help those most in need in our communities.



The knowledge, expertise, and wisdom of the Board of Directors have been nothing short of essential in helping to navigate the organisation while ensuring growth and development in achieving our mission. The board has been purposeful in developing understanding and relationships with staff and young people, including their views in the strategic development of YEHA.

The driving force behind all that we achieve in our delivery of services for young people is the YEHA staff team: Tommy, Cara, Louise, Lisa, and Jodie. We have been fortunate to retain such a dedicated and highly skilled team: their ongoing professionalism and outcomes have propelled our organisational reputation, leading to further demand, respect, and recognition of our services among key stakeholders, but most importantly, young people.

I am excited as we look towards the year ahead and the new opportunities to further develop and support even more young people. I want to acknowledge the courage of those young people who come to us in their time of need and thank them for their trust. Finally, I want to thank those young people who have shown leadership and supported both their peers and our organisation throughout the year.

Sean Devlin  
Senior Manager



" YEHA IS ONE OF THE ONLY  
PLACES INWHICH I CAN FULLY BE  
MYSELF & ALL THE PEOPLE THAT  
WORK HERE SUPPORT EVERYONE"  
YOUNG PERSON AGED 14

# WHO WE ARE



**Tom**

Team Leader  
Group Support services  
Youth Support Worker



**Lisa**

Admin Worker



**Jodie**

Youth Support Worker



**Louise**

Marketing & Outreach  
Youth Support Worker



**Cara**

Team Leader  
One to One Support Services  
Youth Support Worker

## COUNSELLORS

**Adrian**  
**Kerry**  
**Stephen**



# THANK YOU FOR SUPPORTING US TO SUPPORT OUR YOUNG PEOPLE



Belfast Health and Social Care Trust



# WE ARE

**YeHa**

Youth Education Health Advice

## 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**

**"TO ME, YEHA IS A PLACE THAT  
HELPS AND SUPPORTS YOUNG  
PEOPLE AND HAS MADE ME MORE  
CONFIDENT AS I SOCIALISE THE  
MOST HERE "  
YOUNG PERSON AGED 15**

# WRAP-AROUND APPROACH

QUALIFICATIONS  
+SKILLS  
DEVELOPMENT

ADVOCACY +  
CONNECTING TO  
ADDITIONAL  
SERVICES

PEER  
SUPPORT  
GROUPS



COUNSELLING

KEY SUPPORT  
WORKER WEEKLY  
ENGAGEMENT

LIFE  
COACHING  
+MENTORING

**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.**

**"THE WORKERS ARE NICE, ITS A COMMUNITY AND WE ARE ALL TOGETHER A FAMILY "  
YOUNG PERSON AGED 13**

# OUR SERVICES

## SERVICES

## WHAT WE OFFER

### **One to One Mentoring & Life Coaching**

Our dedicated youth work team provides weekly one-to-one support for young people to develop an understanding of issues and challenges and their impact. We help them develop communication and coping skills, make positive choices, and challenge negative thinking. Together, we work to achieve goals and actions that bring about positive change.

### **Counselling & Therapeutic Interventions**

Our service supports young people in talking about and exploring their feelings, thoughts, and experiences to bring about effective change and increased well-being. Our multi-skilled team of counsellors employs art, creative materials, and play therapy, while also integrating a range of skills, techniques, models, and approaches tailored to each young person's needs

### **Peer Support Groups**

Group work programmes encourage supportive peer relationships and the 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 aim to encourage self-care and coping skills, as well as promote mental health awareness.

### **Schools Wrap-around Support**

We currently offer one-to-one mentoring, home liaison services, counselling, and group work services:  
Five days per week at Mercy College  
Two days per week at Belfast Royal Academy  
One day per week at De La Salle College.

### **Peer Mentoring Programmes**

Young people aged 16 and over undertake training to offer guidance and support to their peers at school and in the community. Peer mentors also support the YEHA team in delivering activities and events that promote positive mental health and well-being. Peer mentoring programmes are ongoing at Mercy College, De La Salle, St Malachy's College, and Malone College.

### **Qualifications and Skills Development**

As an OCNNI-recognised centre, YEHA provides 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

61

Qualifications  
gained

84%

Of participants have  
increase in confidence  
and self-esteem

183

Young people took  
part in groupwork  
programmes

120

Young people availed  
of 1-1 mentoring support

94%

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

89

Young people  
availed of  
counselling

55

Young people  
trained as  
mentors

100%

Of participants  
would recommend  
YEHA to a friend

"I LOVED ATTENDING YEHA YOUNG MUMS GROUP, IT REALLY HELPED ME WORK THROUGH MY ANXIETY, ALLOWED ME TO MAKE SOME TIME FOR MYSELF AND MAKE SOME REALLY AMAZING FRIENDS "  
YOUNG FEMALE AGED 24

# HIGHLIGHTS



**MERCY COLLEGE PEER MENTORS AT A SHARED LEARNING EVENT WITH GIRLS MODEL DISCUSSING WAYS THEY CAN HAVE A POSITIVE IMPACT ON YOUNG PEOPLES MENTAL HEALTH AND WELLBEING AT SCHOOL**



**THE YEHA STAFF AND VOLUNTEERS FROM PWC HOSTING A VERY SUCCESSFUL MENTAL HEALTH AWARENESS BRUNCH FOR MERCY COLLEGE STUDENTS**



**BELFAST ROYAL ACADEMY GROUP SUCCESSFULLY COMPLETED THEIR PEER LEADERSHIP AND COLLOBORATIVE EMPOWERMENT PROGRAMME**



**FRESH START WEDNESDAYS CONTINUED SUCCESS FOR A SECOND YEAR RUNNING. A WEEKLY EVENT HELPING OVER 80 YOUNG PEOPLE PER WEEK BY PROMOTING A HEALTHY BREAKFAST, SAFE SPACE AND YOUTH SUPPORT**

# HIGHLIGHTS



**YOUNG MUMS GROUP WHO SUCCESSFULLY COMPLETED THE YEHA YOUNG MUMS PROGRAMME AND PROGRESSED INTO YEHA VOLUNTEERS**



**YEHA INTERVENTION SUMMER PROGRAMME 2024 YOUNG PEOPLE FACED THEIR FEARS AND EXPLORED PADDLE BOARDING**



**MERCY COLLEGE PRINCES TRUST PROGRAMME COMPLETED THEIR COMMUNITY GIVEBACK BY CLEARING LAND AROUND PENSIONERS HOMES TO HELP THEM DURING THE WINTER MONTHS**



**YOUNG PEOPLE COMPLETING OUTDOOR BUSHCRAFT AND LEARNING SURVIVAL SKILLS**

# APPENDIX 1. YEHA COMPANY DETAILS

## CHAIR

**Mary Josephine Murphy**

## COMPANY SECRETARY

**Sean Breen**

## COMPANY TREASURER

**Patrick Smyth**

## OTHER DIRECTORS

**Chris Karelse**

**Stephen Morrison**

**Anthony Crowe**

**Martin Pelan**

**Caroline Rutherford**

**Courtney Swandel**

## PRINCIPAL BANKERS

**Danske Bank,  
Belfast Co.Antrim**

## ACCOUNTING SERVICES

**Insight Business Services**

**COMPANY  
REGISTRATION NUMBER**

**658697**

**CHARITY NUMBER**

**107606**

The logo for 'yeHa' is a speech bubble with a red-to-purple gradient. The text 'yeHa' is written in a white, lowercase, rounded font. Below the speech bubble, the words 'Youth Education Health Advice' are written in a smaller, white, sans-serif font. The background of the entire image is a dark, abstract splash of colors including blue, purple, red, and orange.

# yeHa

Youth Education Health Advice

## MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE



**@YEHA\_PROJECT**



**YEHA BELFAST**



**YEHAPROJECT.COM**



**@YEHA\_PROJECT**