



# ANNUAL REPORT

01 Apr 22 – 31 Mar 23



**HÖPE** Matters

# RESILIO ESTABLISHMENT

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## Why RESILIO was established

Resilio was established in 2018 as a voluntary organisation with a vision to develop and grow Hope at individual, community and organisational levels. The evidence has demonstrated that hope is a teachable subject and it is one of the strongest protective factors in reducing the risks of suicide and self-harm. It also supports the impact of ACE'S (Adverse Childhood Experiences)

The following gives a briefing on the activities to date and acknowledgement to individuals, communities and organisations that have supported us in our vision.



# CHARITY OVERVIEW

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## Name of Association

Ego Resilio (trading as Resilio)

## Registered Address

75 Main Street, Dungiven, Co Derry BT47 4LE

## Founding Members

Marie Dunne, Wendy Gibbons, Catriona Doherty, Judy Mills (RIP), Patricia McDaid, Dermot McFadden and Jason McColgan

## Board of Trustees 2022-2023

Leona Scott	Chairperson
Nick Tomlinson	Secretary
Patricia McDaid	Treasurer
Dermot McFadden	Trustee
Karen Kirby	Trustee
Andy Patton	Trustee
Tanya Smith	Trustee

## How Resilio is constituted

Resilio is constituted as an unincorporated entity (association) governed by a constitution based on the Charities Commission Northern Ireland (CCNI)'s model. It was adopted by the trustees on 11th May 2018. Resilio registered as a charity on 19 December 2019 and received charitable status on 21 September 2020 with Charity No: 107684.

*“Hope is a teachable skill”*

## VISION

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**A hopeful, compassionate and resilient community for all**



## MISSION

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**Be authentic:**

We will be open, honest and real

**Be caring and compassionate:**

We will create a safe space of acceptance and understanding

**Be empowering:**

We will enable others to nurture hope through finding passion and purpose

**Be curious and creative:**

We ask 'what if' and explore pathways to survive and thrive

## PURPOSE

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1. To pro-actively contribute to suicide prevention by providing an evidence-based, trauma informed, emotional wellbeing programme in Northern Ireland that builds hope and resilience in children and young people
2. To enable adults in Northern Ireland to build and maintain hope and resilience, and to promote this within their family, school, workplace and community setting

# CHAIRPERSONS ADDRESS

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**Hello everyone,**

It is my great pleasure to present the 2022/2023 Resilio Annual Report.

It is hard to believe that we are almost at the close of another year. In a year where we only seem to hear bad and sad news, we have our very own grown beacon of hope growing within the city and beyond. Links with University of Ulster have grown and developed, links with wider agencies and stakeholders have grown and the message of hope has gained even more momentum.

The wonderful team at RESILIO, both those who work behind the scenes and those who deliver on the ground, have been integral to delivering that hope and I would like to acknowledge the dedication and determination shown by all. The organisation is growing day by day and this couldn't happen without you all, your passion, your drive, your enthusiasm - your desire to make life better for others.

I would like to leave you with a quote from Desmond Tutu;

"Hope is being able to see that there is light despite all the darkness".

Keep sharing that light.

**Chairperson**

**Leona Scott**

## DIRECTORS ADDRESS

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It has been a productive years for Resilio. Our Hope family have worked extremely hard to continue to deliver our menu of training both locally, nationally and internationally. This annual report will capture not only the amount of training delivered but also its impact.

We are delighted to be the first organisation to begin to measure HOPE using adult hope scale. We pride ourselves on delivering programmes that are evidence based and can contribute to promoting mental health and suicide prevention

by equipping individuals, communities and organisations with knowledge, skills to maintain resilience and grow hope, during these very challenging times

I would like to express my sincere appreciation to our Hope family for their commitment, care and compassion both for each other and the work they do.

RESILIO would never have achieved so much and to continue to grow so strong without the amazing hope family. I would also like to express my gratitude to our very committed Board members who help to guide the organisation in achieving it clear mission to grow hope for all.

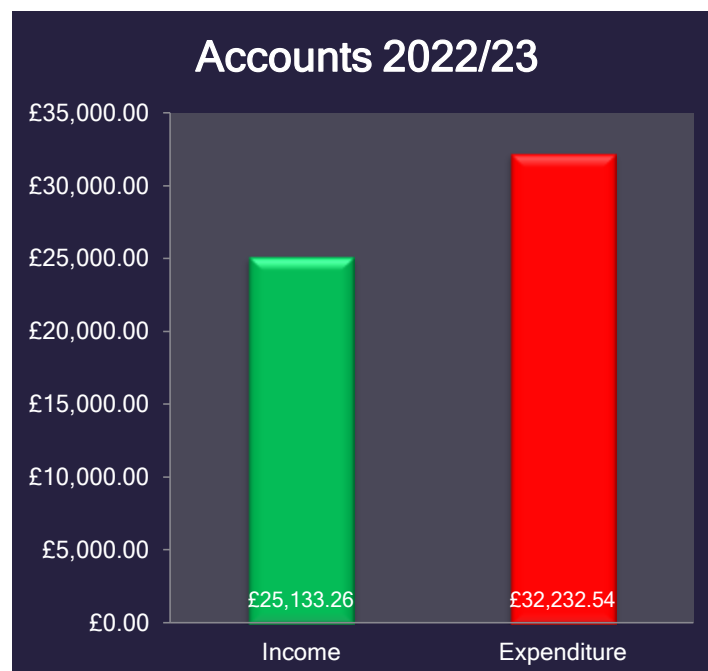


**Director and Founder**

**Marie Dunne**

# ACCOUNTS

<b>RESILIO Year End Accounts March 2023</b>	
<b><u>Income</u></b>	
Grant/Statutory Income	£0.00
Sales Income	£25,133.26
Donations	£0.00
<b>TOTAL Income</b>	<b>£25,133.26</b>
<b><u>Expenditure</u></b>	
Trainer Fees	£29,815.36
Stationary / Resources	£967.70
Bank Fees	£178.12
Hospitality	£50.00
Website/Zoom	£143.88
Insurance	£375.69
Room Hire	£237.00
Equipment	£389.79
Training	£75.00
<b>Total Expenditure</b>	<b>£32,232.54</b>
<b>Operating Surplus (Deficit)</b>	<b>-£7,099.28</b>



## SOCIAL MEDIA

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Resilio now has a very vibrant social media presence on Facebook and Instagram and we have started our presence on X (Formerly Twitter). We have nearly 700 followers on Instagram and over



2.5K followers on Facebook. We like to share positive messages, images and videos with our followers and keep everyone updated on our training programmes.

Plans are underway to develop a new website so we can reach out to more people. The website will have a live feed to all our social media platforms.

## HOPE PROGRAMMES AVAILABLE

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Our hope family have worked hard to research, design and develop a range of evidence based programmes in the area of Hope. These include

- Hope and Attachment Matters for new Parents
- Hope Matters for Adults
- Hope Matters for Seniors
- Hope Matters in the Workplace
- Hope Ambassador for Parents
- Hopeful Minds Facilitator Training
- Hopeful Minds for Children

These can be delivered and adopted to meet the needs of individuals and organisations. We can offer these face-to-face or on zoom.

## PROGRAMMES DELIVERED

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### **Hope Ambassador for Parents**

We delivered 6 hope ambassador programmes targeting parents.

### **Hope Matters for Adults**

Over 200 people availed of our Hope Matters training for Adults.

### **Hopeful Minds Facilitator Training**

In this year we have trained over 50 facilitators to deliver the Hopeful Minds programme targeting children and young people.

### **Hope Matters in the Workplace**

We delivered Hope Matters in the Workplace to a number of teams in workplaces. They felt that their staff were struggling both during the lockdown period of COVID and returning to work and they needed strategies for the staff to support their mental health.

### **Hope and Attachment Matters for new Parents**

This was created to support new parents especially parents. This was developed by 2 of our Master Trainers and piloted to a group of parents in Surestart in Omagh. The programme was evaluated using the Adult Hope Scale and the findings have been very encouraging.

### **First Campus of HOPE**

Resilio have been working with the North West Regional College and following their innovative Conference, work has begun to develop a road Map with the College to become the first Campus of Hope.

**WE CARE.**  
**WE CREATE.**  
**WE DELIVER.**

## HOPE SCALE EVALUATION... A FIRST

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Resilio are delighted to be the first organisation anywhere in the world to carry out a full evaluation measuring HOPE using the Adult hope scale.

Hope is defined as the perceived capability to derive pathways to desired goals, and motivate oneself via agency thinking to use those pathways. The adult and child hope scales that are derived from hope theory are described. Hope theory is compared to theories of learned optimism, optimism, self-efficacy, and self-esteem. Higher hope consistently is related to better outcomes in academics, athletics, physical health, psychological adjustment.

A 12-question Hope Measurement Tool determines the respondents' level of hope. In particular the scale is divided into two subscales that comprise Snyder's cognitive model of hope:

1. **Agency** (i.e. goal-directed energy)
2. **Pathways** (i.e. planning to accomplish goals)

Of the 12 items, 4 make up the Agency subscale and 4 make up the Pathways subscale. The remaining 4 items are fillers. Each item is answered using an 8-point Likert-type scale ranging from Definitely False to Definitely True.

# HOPE SCALE EVALUATION OVERVIEW

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**Directions:** Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.

**Measurement:**

- 1 = Definitely False
  - 2 = Mostly False
  - 3 = Somewhat False
  - 4 = Slightly False
  - 5 = Slightly True
  - 6 = Somewhat True
  - 7 = Mostly True
  - 8 = Definitely True
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**Questions:**

- 1. I can think of many ways to get out of a jam.
  - 2. I energetically pursue my goals.
  - 3. I feel tired most of the time.
  - 4. There are lots of ways around any problem.
  - 5. I am easily downed in an argument.
  - 6. I can think of many ways to get the things in life that are important to me.
  - 7. I worry about my health.
  - 8. Even when others get discouraged, I know I can find a way to solve the problem.
  - 9. My past experiences have prepared me well for my future.
  - 10. I've been pretty successful in life.
  - 11. I usually find myself worrying about something.
  - 12. I meet the goals that I set for myself.
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**Scoring:**

- Items: 2, 9, 10, and 12 make up the agency subscale.
- Items: 1, 4, 6, and 8 make up the pathway subscale.

Researchers can either examine results at the subscale level or combine the two subscales to create a total hope score

## PARTICIPANTS FEEDBACK

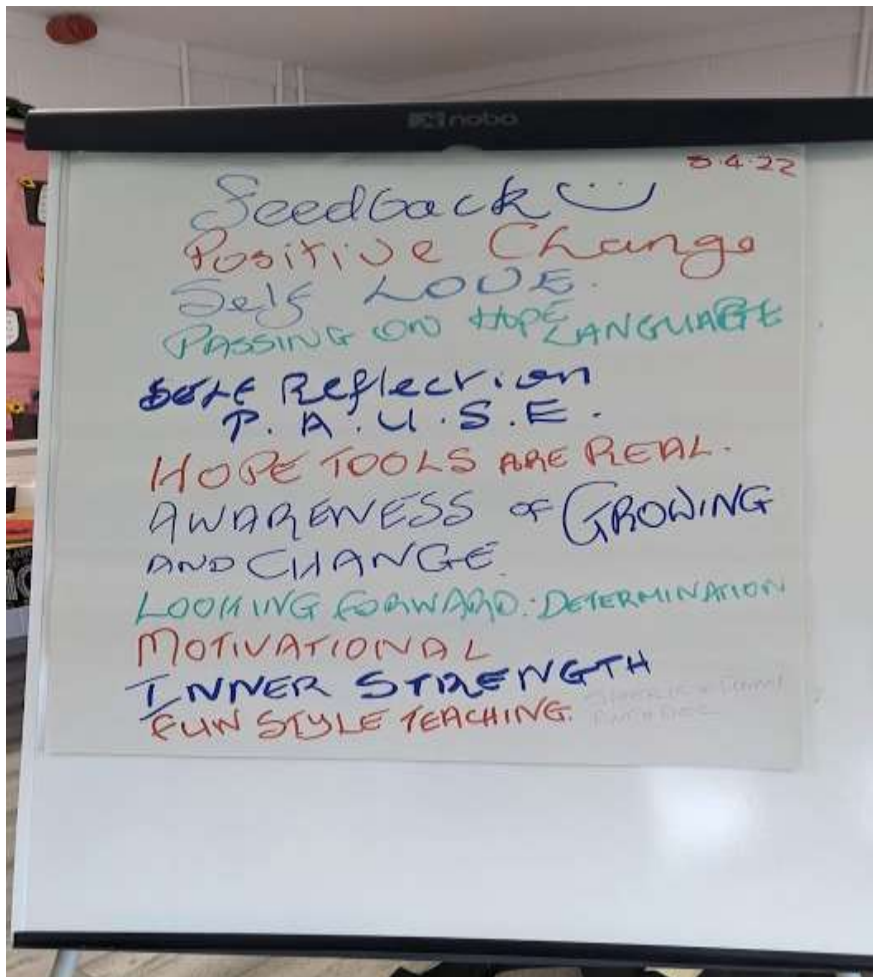
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RESILIO prides itself on gaining feedback for participants who attend our training.

- Coming on the Hope Ambassador Training has been life changing, I have learned so much that will help not only me but my family
- I loved every minute of the training and I made real friends
- Thank you for helping me to find 'me' again after attending the Hope and Healthy attachment programme I enjoyed the laughter, but most of all the words of wisdom and hope
- It was excellent training and I am so looking forward to delivering the programme to our students" I felt so part of the group throughout the training I can't believe how interactive it was
- I have been on training around mental health but I must say I gained more knowledge and skills from attending mental health and hope in the workplace the two facilitators were so knowledgeable and I would highly recommend it to others.
- I have gained knowledge and skills on how to grow hope I just want to go on a do more training now and hopefully become a Hopeful Minds Facilitator
- It is such a new concept to promote mental health as I have been at so much training over the years around Mental Health but this was so uplifting, congratulations to the inspirational facilitators
- I am taking away so much hope that I am going to focus on my own family first as we have been through some tough times over the past few years.
- I attended the Hope and Healthy Attachments training and I enjoyed every minute of it. The two facilitators helped me to reignite my old spark, thank you for all your lovely words and helpful tips, I feel hopeful for what is ahead of me
- It was so uplifting to be part of this training thank you so much and it was

- Great to connect with some lovely people'
- Really impressed with the concept of experiential learning. It was great way to build my confidence to become a Hopeful Minds Facilitator
- This training should be available to everyone. We are coming out of a pandemic and we all need to know how to grow hope

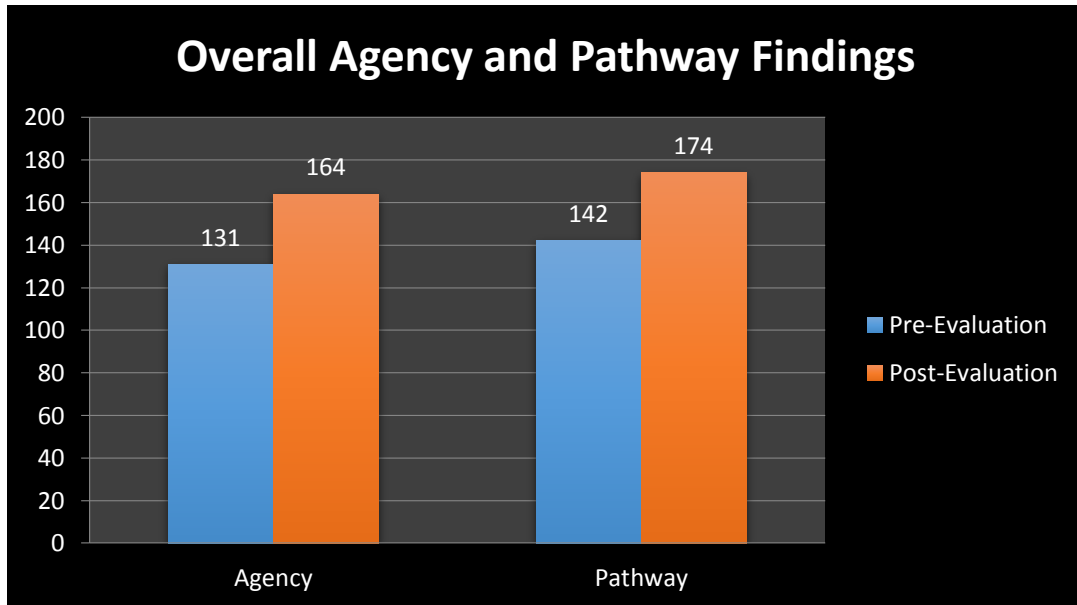
Feedback from group attending hope and health attachments



# HOPE & HEALTHY ATTACHMENTS FINDINGS

The findings have been very promising and have demonstrated that hope is a teachable skill.

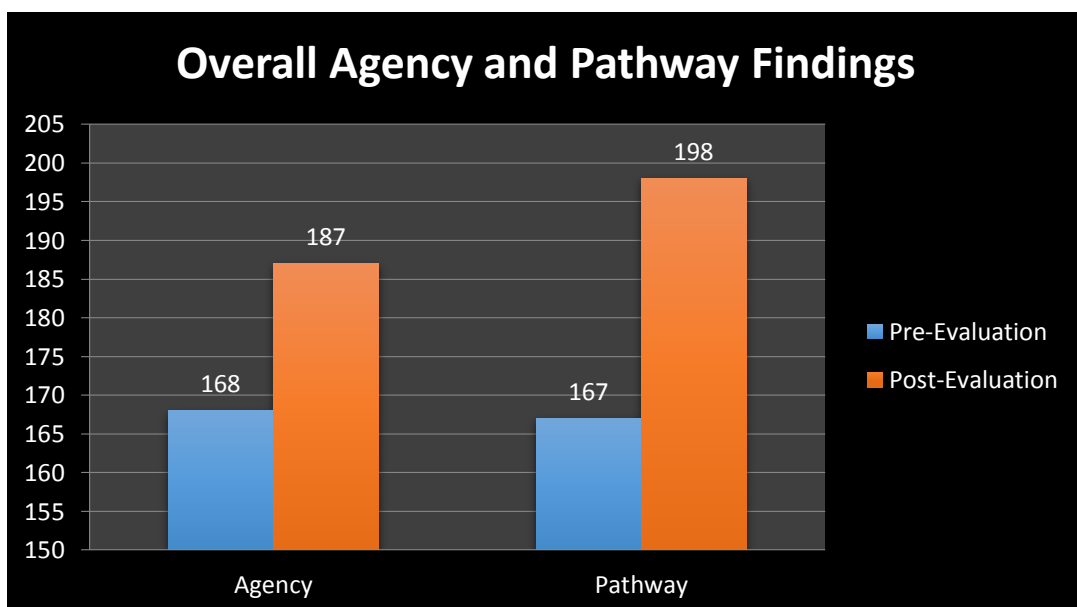
## Outcomes Sure Start Omagh



**Agency** overall increase of **22.37%**

**Pathway** overall increase of **20.25%**

## Outcomes Sure Start Carrickmore



**Agency** overall increase of **10.70%**

**Pathway** overall increase of **16.99%**

# PHOTO MEMORIES FROM TRAINING

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Hope Ambassador Graduation Ceremony facilitators Mandy and Marie



Hope Matters enjoyed by our Seniors facilitated by Martin and Marie



Mandy and Suzie at Find Enniskillen delivering Hopeful Minds Facilitator Training



Preparation for graduation as hope ambassadors of a great group of ladies at Creggan Day Centre



## Hope and Healthy Attachment Graduation Ceremony facilitators Mandy and Suzie



### More Hope Matters and TFT Training in the Community



## Recovery in Motion Conference 2022



**Resilio team led by Martin facilitating a workshop on developing the first ever Campus of Hope**



## ACKNOWLEDGEMENTS

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We would like to thank all our facilitators, volunteers and everyone who ran fundraisers or made donations to Resilio over the year.

We would also like to thank our funders as we would not be able to do this work with our your trust and support

- Public Health Agency NI
- Developing Healthy Cities
- Greater Shantallow Area Partnership - GSAP
- Western Health and Social Care Trust
- CLEAR
- Sure Start, Omagh
- Castledearg

Finally we would like to thank the members of our Board for all their work throughout the year.

“Hope is the belief that the future will be better than the present, along with the belief that you have the power to make it so.”

**Dr Shane Lopez**

