



ANNUAL REPORT

01 Apr 23 – 31 Mar 24



HÖPE Matters

RESILIO ESTABLISHMENT

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

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 2023-2024

Dermot McFadden	Chairperson
Nick Tomlinson	Secretary
Patricia McDaid	Treasurer
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

A hopeful, compassionate and resilient community for all



MISSION

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

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

Hello everyone,

This past year has seen our Hope family grow from strength to strength, with programs being delivered throughout Northern Ireland and especially in the West. New partnerships are being forged all the time and connections made regularly as our facilitators deliver the various Hope programs to a multitude of communities in need of the Hope message.

I echo the words of our late chair and friend Judy Colhoun, who said that our vision is "...to grow hope at individual, community and organisational levels..." I say without fear or favour, that Judy will be beaming with joy as she watches over us all and sees the growth of Hope amongst our community at each of these levels.

On a personal note, I had the privilege to attend the inaugural and innovative Hope for Health programme delivered by Marie and Martin to the GP Federation Social Work team in the Western Trust earlier in the year. This program has not only changed me as an individual, but also as a professional practitioner, and I now work with the aim of bringing hope to the patients and groups with whom I interact on a daily basis. The essence of this Hope approach is in its simplicity and uniformity, that of goal, agency and pathway and being 'a bridge between today and tomorrow.'

Without doubt, the highlight of the past year for many of us was 'Making Hope Happen' a partnership between the North West Community Network and our own Resilio which saw Derry City and Strabane District Council become the first District of Hope on these islands. This was a coming of age for Resilio as the walls of the great hall in Derry's Guildhall resounded with songs of hope from young gifted singers and musicians and stories of overcoming adversity from the various books in the Human Library. That afternoon was the culmination one woman's dream and years of hard work by the members of this special group, past and present, who make hope happen.

They say "To succeed in life you need a wishbone, a backbone and a funny bone." Our hope family is blessed in abundance with each of these and I would like to commend our facilitators, Marie, Mandy, Susie, Michaela and Martin for their tireless efforts in ensuring that Hope is delivered at individual, community and organisational level. You are the backbone of Resilio, the bringers of light and hope.

To our board members, Nick (secretary), Tricia (treasurer), Andy, Karen, Tanya and Martin thank you for giving freely of your time, knowledge, energy and experience to ensure our meetings happen within regulation and with joy, and that this special organisation continues to thrive – YOU make a difference.

I would like to acknowledge and thank my predecessor, Leona Scott, for her work as chair, and on behalf of us all wish Leona well in her future endeavours.

Walk on with Hope in your hearts.

Chairperson

Dermot McFadden

DIRECTORS ADDRESS

It has been a productive year 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 its clear mission to grow hope for all.

Director and Founder

Marie Dunne

ACCOUNTS

RESILIO Year End Accounts March 2024	
Income	
Grant/Statutory Income	£7,700.00
Sales Income	£28,104.00
Donations	£0.00
TOTAL Income	£35,804.00
Expenditure	
Trainer Fees	£29,364.02
Stationary / Resources	£888.44
Bank Fees	£167.94
Hospitality	£707.98
Website/Zoom	£143.88
Insurance	£391.40
Room Hire	£42.00
Professional Fees	£360.00
Training	£1,007.00
Total Expenditure	£33,072.66
Operating Surplus (Deficit)	£2,731.34



SOCIAL MEDIA

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 almost 800 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

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
- Hope and Health Matters

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

Hope Ambassador for Parents

We delivered 12 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 30 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.

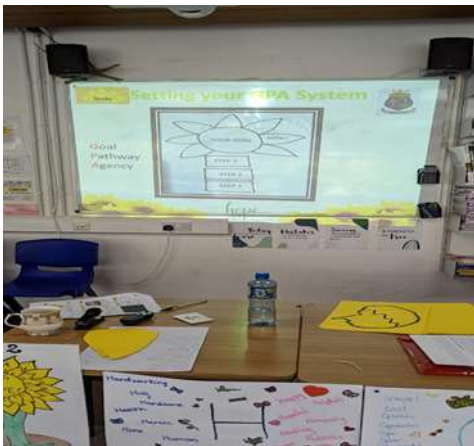
First Campus of HOPE

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.

HOPE - TARGETING KINSHIP CARERS

Hope Matters targeting Kinship Carers

A pilot programme targeting Kinship carers was developed and delivered. The programme was developed through a co-production model of delivery. It was a very unique programme as staff and parents came on the journey of learning together. As a result of the feedback and evaluation, a second programme is now being developed. A note of appreciation to the GP federation for funding to enable this model to be developed and extended out to other kinship carers



WE CARE.
WE CREATE.
WE DELIVER.



NORTH WEST REGIONAL COLLEGE

FIRST CAMPUS OF HOPE

Consultation Process

RESILIO team led by Master Trainer Martin, facilitated a workshop on developing the first ever Campus of Hope.

This initial workshop focused on 'HOPE MAPPING' whilst introducing the concept of the Hope GPA methodology and how this links to the development of a strategic plan.

As part of this, staff were invited to turn conversational ideas into an action plan.



CREATING A COLLEGE ACRONYM FOR HOPE

H	HELP
O	OUR
P	PEOPLE
E	EXCEL





Following a series of further workshops and follow-up meetings, Marie and Martin produced a comprehensive Campus of Hope Draft Strategic Plan outlining the way forward (see next page).

North West Regional College

A Hope Campus



north west
regional college
Derry-Londonderry • Limavady • Strabane



09 Feb 2023

Campus of Hope Draft Strategic Plan
Marie Dunne & Martin Heaney

ULSTER UNIVERSITY AT MAGEE

HOPE MATTERS - SCHOOL OF NURSING

A very unique partnership was established between the Schools of Nursing at Ulster University, Magee Campus to introduce an evidenced based Hope Matters Programme, targeting student nurses. Over 60 students participated in the pilot where we facilitated 6 days of training focusing on 'The Science and Power of Hope and the importance of Emotional Intelligence (EQ)'

To start the Hope journey we had a lovely Induction Day with all the students and we were made feel so welcome by Seana, Ursula and Clare. We had lovely food, lots of fun and some great learning.







Some of the feedback received for the students who came on the hope journey with us

“I came in yesterday curious but unsure of what to expect. Truth being told I felt like not turning up, but there was something in the name of the course that I needed some hope in my life. I have learnt some invaluable knowledge techniques that going forward I will be using. Thank you to the ‘3 amigos’ for this. I will not forget the course and how I feel now once completed. Keep spreading the message I think everyone needs this. Keep up the amazing work!!”

“I have thoroughly enjoyed the two days. It has given me insight into the future of Hope and how to overcome any unwanted thoughts”

“My thinking has changed!!!!

I am not a prisoner in my head there is a way out with strength, friendships and I admire all 3 of you and thank God for your help to take the first step.”

‘I feel that the ‘hopeful minds’ session has been incredibly useful for me not only in my personal life but also in my professional life. I really enjoyed the presentation and feel that Marie, Mandy and Martin were amazing and so inspiring. Thank you so much for everything ‘

“I don’t know where to begin, but I will, here goes... my whole attitude to life, family life, my nursing educational/career journey has completely changed. I am no longer going to focus on the negative aspects of life and face each day with courage and conviction. I wish I had these tools, skills and knowledge as a young adult, but in hindsight I had to learn from my mistakes to get me exactly to where I am today. And where I am right now is a hopeful haven in my heart. I absolutely adore Marie, Mandy and Martin, they are soul soldiers, guiding us through life... I love them. I am going to remember this seminar so much for the rest of my life. It is the best seminar I have ever been involved in, I am so appreciative and grateful to have had the chance to be a part of it from the bottom of my heart. Thanks to the University for giving it to us. I can’t wait to be a part of the hope family and to spread positivity and empower and enlighten my patients with hope and love”.

“I had a brilliant 2 days! A brilliant team with 3 very strong AND valuable embracing people. Walking away from this feeling a lot stronger and more self-assured.

Very inspired by the team, the activities and fellow nursing students. 10/10 would do it again. Some activities in green spaces would be amazing. Lovely to meet you all, thank you so much”!

“This experience has made me thoroughly respect myself and be truly hopeful for the future that I HAVE. This has given me the lob to change myself a small bit that will in turn help someone else. The work you are doing will resonate in me and inspire me to do what you do for other. Honestly one of the most positive experiences I’ve been involved in. Thank you”.



FEEDBACK REPORT

Strength & Hope



Delivering a Hopeful Mindset Programme

The Science and Power of Hope and the
importance of Emotional Intelligence (EQ)

Marie Dunne, Mandy Chism & Martin Heaney

At the end of the project we produced a comprehensive 24-page Report on Delivering a Hopeful Mindset which summarised the programme.

MENTAL HEALTH TARGETING DADS

Our Hope master trainer Mandy Chism undertook research and consulted with Dads to identify their mental and emotional needs. As a result of the findings, we were delighted invite **Mark Williams** who is a renowned mental health campaigner to facilitate a two-day specialist training workshop on 'Fathers and prenatal mental health'



'Consider dad's mental health too!' – Resilio specialist suicide prevention workshop attendants urged

By Staff Reporter
Published 12th Sep 2023, 10:29 GMT
Updated 12th Sep 2023, 10:29 GMT

Marking International Suicide Prevention Day, local charity Resilio enlisted the services of Mark Williams, a renowned mental health campaigner, to facilitate a two-days specialist training workshop on 'Fathers and Prenatal Mental Health' at the city's Catalyst Centre last week.

Dads, mums, health professionals and community groups from all over the north-west took part in the event to raise awareness on how supporting all new parents with their mental health has far better outcomes for the whole family as well as the development of the child.



HOPE AND HEALTH MATTERS

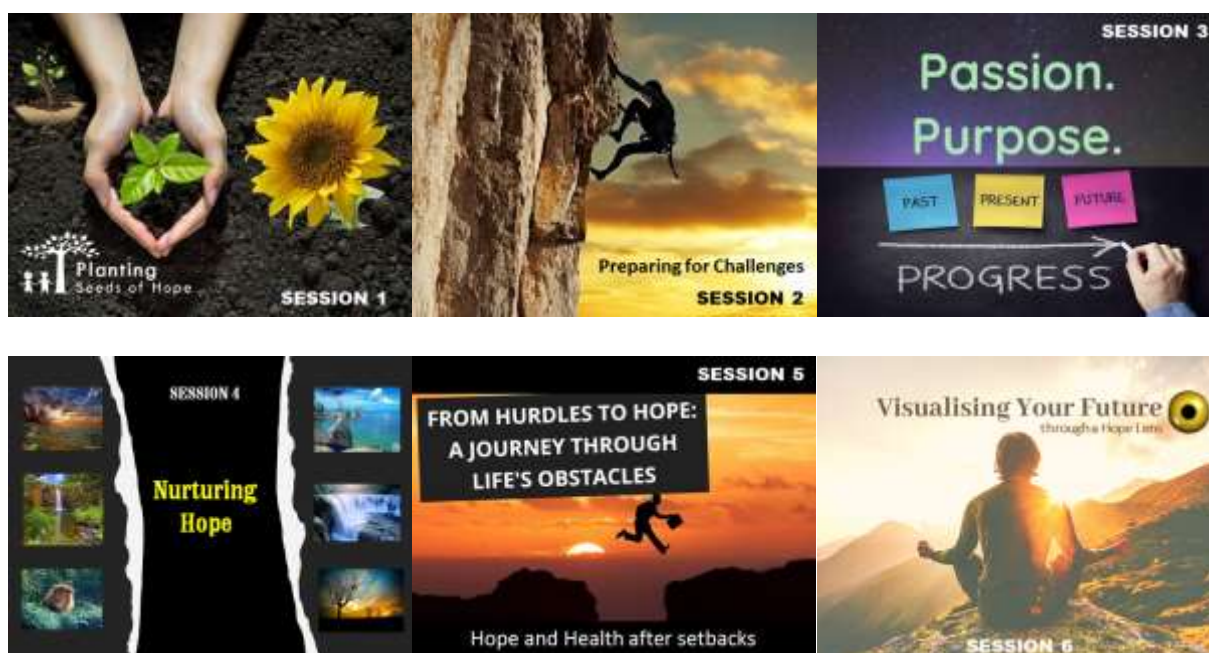
An innovative new programme called 'Hope and Health Matters' was designed by Marie and Martin containing 6 specialist modules.

- Module 1 – Planting Seeds of Hope
- Module 2 – Preparing for Challenges
- Module 3 – Purpose, Passion and Progress
- Module 4 – Nurturing Hope
- Module 5 – Hope and Health after Setbacks
- Module 6 – Visualising our future through a Hope Lens



Significant research and time went into deciding on the content of the programme and detailed lesson plans and professional presentations were created for all 6 modules.

The first Hope and Health Matters programme was delivered as a TFT in December 2023 to a select group of highly skilled staff from a range of GP Practices and funded through the GP Federation. On completion all participants were given login details to a Cloud Drive which gave them access to the full range of resources required to deliver the programme. They also received Certificates of Completion to become the inaugural facilitators of Hope and Health Matters for the GP Federation.



LEADING ON THE FIRST DISTRICT OF HOPE

Making Hope Happen was a partnership initiative with RESILIO and North West Community Network and was endorsed by the Mayor. We have marked a significant milestone as Derry City and Strabane District Council embarked on becoming the First District of Hope. This is an era of uncertainty and despair for many. We know that hopelessness is one of the prime predictors for poor mental health and sadly suicide. We believed hope events are needed more than ever.



RESILIO partnered with North West Community Network and through funding received from the Community Fund awards embarked on a journey to activate Hope across Derry & Strabane District Council area.

The project goal was to run a diverse array of projects and initiatives aimed at instilling hope, resilience, and empowerment within our community. The idea was to run family events and community activities along with celebration events from Ulster University, North West Regional College, Oakgrove College and Ardnashee Special School. These events would serve as tangible manifestations of hope in action.

The official day of this celebration of Hope was planned for the 27th of April and would see a big celebration at the Guildhall in the city,

The build up to the day gave us the opportunity to connect and deliver Hope Matters training to community groups and organisations across the District. We were able to capture the feedback which can be viewed on YouTube (see link below).

Link to video overview of the first District of Hope on this island




<https://www.youtube.com/watch?v=OlVHDf5jvvU>

**SATURDAY
27 APRIL**

District OF HOPE

GUILDHALL 1pm - 5pm

Opening remarks and endorsement
from the Lord Mayor at 1pm

-  Human Library - real life stories
-  Music from LEAP Music School
-  Singing from Ardnashee Choir

**IT'S YOUR
DAY**

**YOUR VOICE
MATTERS!**



Derry City & Strabane
District Council
Sponsor:
Chairman: Shirley O'Sullivan &
Chairwoman: Linda Bell
District Council

Let us work together to activate
HOPE in our community

HOPE



ACTIVATING HOPE ACROSS THE BORDER

RESILIO were delighted to receive a warm invitation in Buncrana where we were asked to deliver Hope Ambassador training to an amazing group of people.

A special word of congratulations to Michaela McDaid, who successfully received her Master Trainer Certificate



RESILIO TEAM HAD THE OPPORTUNITY TO SHARE THEIR WORK AT LOCAL AND INTERNATIONAL STAGES



The inspirational Marie Dunne, Director and Founder of RESILIO, sharing her expertise at the ARC Fitness Conference on the Power and Science of Hope



RESILIO were invited to attend and contribute to the discussions at Dublin City University (DCU) to reflect the role of grassroots community groups in Northern Ireland and the Irish American community organisations



Timothy M Kennedy New York Senator Governor and Sean Ryan New York State Senator along with Professor Deirdre Heenan, Ulster University, loved hearing about the work of RESILO at the conference





HOPE SCALE EVALUATION

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.

The findings from all of the programmes that we have delivered and evaluated have been very promising and demonstrated that Hope is a teachable skill.

We would like to acknowledge the work of our colleague Martin Heaney who has taken the time to collate the Hope Scale Evaluation Reports, which has demonstrated the impact of our programmes.

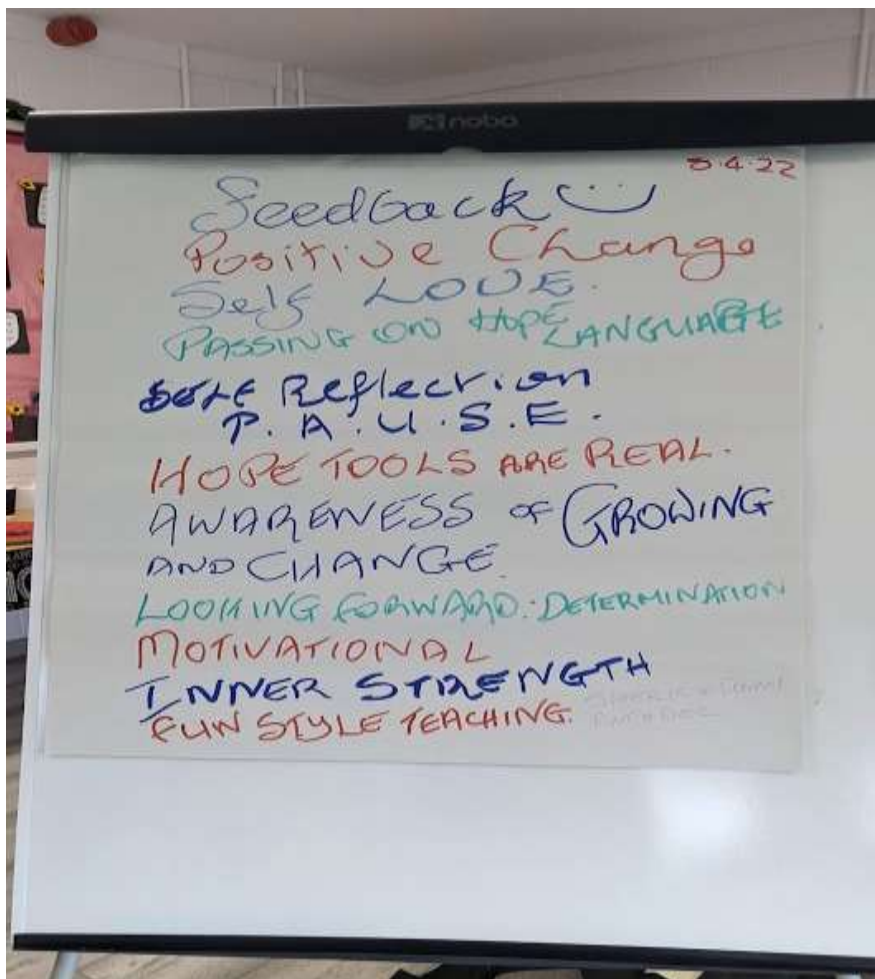
HOPE AND HEALTHY ATTACHMENTS... PARTICIPANTS FEEDBACK

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

- Coming on the 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

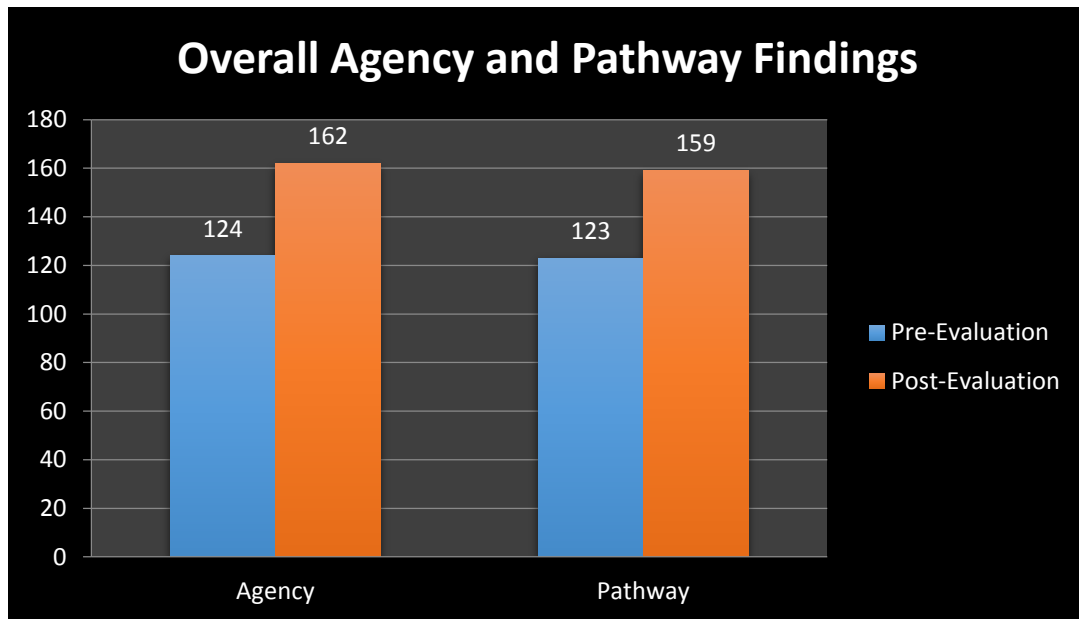
Feedback from group attending hope and healthy attachments



HOPE & HEALTHY ATTACHMENTS FINDINGS

The findings from two Hope and Healthy Attachments programmes are shown below and demonstrate yet again that Hope is a teachable skill.

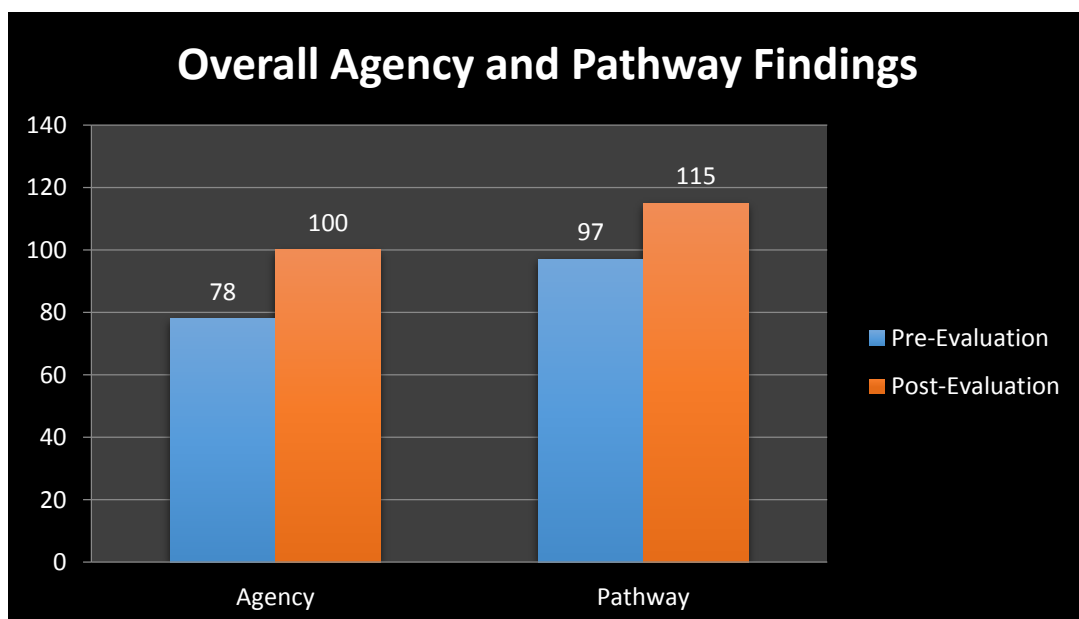
Outcomes Sure Start Omagh – 10th Jan 2024 and 7th Feb 2024



Agency overall increase of **26.57%**

Pathway overall increase of **25.53%**

Outcomes Sure Start Fintona – 11th Jan 2024 and 8th Feb 2024



Agency overall increase of **24.72%**

Pathway overall increase of **16.98%**

PHOTO MEMORIES FROM TRAINING

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



ACKNOWLEDGEMENTS

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

- Developing Healthy Cities
- Greater Shantallow Area Partnership - GSAP
- Western Health and Social Care Trust
- CLEAR
- Public Health Agency NI
- Ulster University
- North West Regional College
- Sure Start, Omagh
- Community Fund Awards

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

