

LightworkNI Ltd

Annual Report 2023/2024

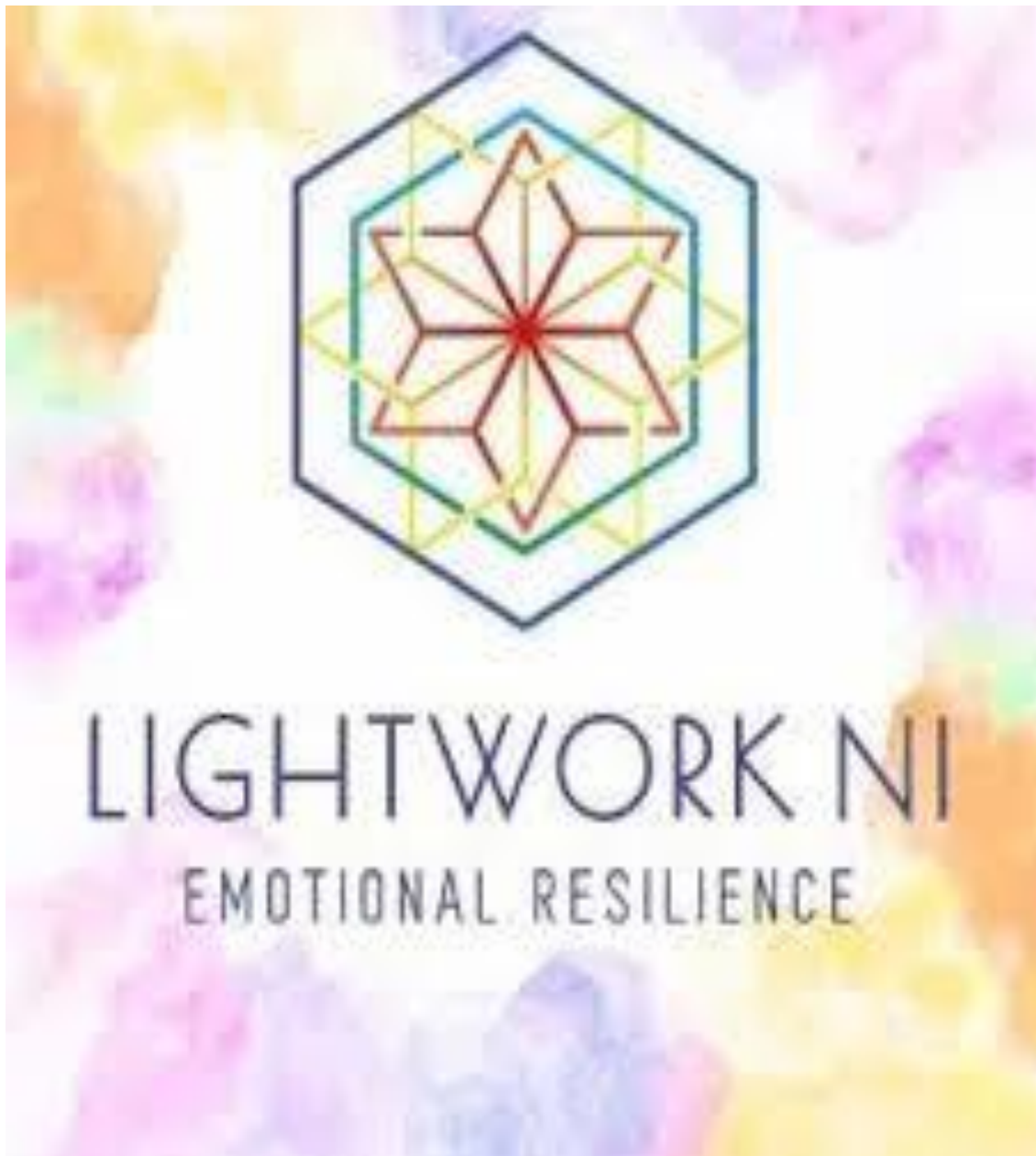


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Introduction to Lightwork NI

Founded in 2019, Lightwork NI is a social enterprise dedicated to providing individuals with the knowledge, tools, and skills to develop resilience and manage emotions arising from challenging life circumstances. The organisation offers individual and group sessions and workshops for children and parents, focusing on emotional regulation strategies, positive psychology, and somatic therapies. Lightwork specialises in 'bottom up' therapies and trauma informed practice. We offer Brainspotting and Play Therapy.

A Note From the C.E.O

As we reflect on the past year, I am filled with gratitude and pride for the journey Lightwork NI continues to take in supporting the emotional wellbeing of individuals and families in our community.

At Lightwork NI, we believe that everyone deserves the tools to navigate life's challenges with strength and resilience. This year, we've seen the impact of our work ripple out—from children learning how to regulate their emotions, to parents building stronger, more connected relationships at home. Our workshops, programmes, and one-to-one support have not only empowered individuals but have also created safe spaces where healing and growth can begin. This year we have forged referral pathways, service level agreements and working partnerships which have accelerated our growth and development. In particular, our work with more than 200 families via CAMHS and PCSP committee, Action for Children and Womens Aid has given us valuable impact data, direct client feedback and new ways to measure the efficacy of our work.

None of this would be possible without the incredible dedication of our team, the trust of the families we work with, and the generous support of our funders and partners. I want to personally thank every volunteer, practitioner, donor, and community ally who has played a role in helping us reach those who need us most.

As we look ahead, we remain committed to expanding our reach, deepening our impact, and continuing to bring light, hope, and practical support to those navigating through dark times.

With heartfelt thanks,

Kerry McWilliams

Founder & CEO

Lightwork NI

Achievements and Performance

This year saw Lightwork develop their training programmes for other organisations as an opportunity to skill share and collaborate to better support our community. Lightwork successfully delivered training to Barnardo's Early Intervention Family Support Service, Woman's Aid Children Services Team, Co-operation Ireland, Youth Workers, NHSCT Foster Carers and UHub Play Therapy team.

We have promoted our work on international podcasts, such as Awe in Trauma with Dr Mark Gixti and our CEO has commenced training to achieve Brainspotting Consultant status.

We have continued to collaborate with Action for Children to host the community hub in Lightwork which is in the heart of Antrim, right on the High Street. This has given us an opportunity to build new referral pathways and nurture relationships with some of the other incredible statutory and voluntary sector organisations offering support in our community.

A note from our trustees

The trustees of Lightwork NI confirm that they have had due regard to the Charity Commission for Northern Ireland's statutory guidance on public benefit when reviewing the charity's aims and objectives, setting its strategic direction, and planning its activities.

In particular, the trustees are satisfied that the activities carried out during the year have directly advanced the charity's purposes for the public benefit. Through delivering emotional wellbeing programmes and workshops for children, parents, and individuals facing challenging life circumstances as well as offering individual therapy, Lightwork NI has provided meaningful and measurable support to the wider community. The trustees will continue to ensure that all future activities are aligned with the charity's mission and contribute positively to the public good.

Funders

Lightwork are thankful for all the support from funders we received this year that made our work possible – with deepest gratitude to

The National Lottery Community Fund, Enkalon Foundation, ANBC Go Succeed Programme, Antrim PCSP Committee, Halifax Foundation, Action for Children

Structure, Governance, and Management:

Lightwork NI is a limited company registered with Companies House Reg No NI662313 and with the Charity Commission for Northern Ireland under charity number NIC108483. The principal operations address of the charity is 10A High Street Antrim BT41 4AN. Registered office is 186 Bush Manor Steeple Road, Antrim

Plans for the Future:

Looking ahead, Lightwork NI is focused on strategic growth aimed at deepening our impact within the communities we serve. Building on the strong foundations laid in previous years, our priorities for the coming period include:

- **Launching Our New, Dedicated Space**
We are thrilled to have secured a larger, dedicated premises with disabled access which will serve as the new home for Lightwork NI. In the coming months, our focus will be on moving in, designing, and decorating the space to reflect our values—warmth, safety, and healing. This new environment will allow us to expand our services, host more workshops, and create a welcoming, trauma-informed setting for everyone who walks through our doors.
- **Developing Our Brainspotting and Play Therapy Services**
We aim to further integrate and expand our specialist therapeutic offerings, including Brainspotting and Play Therapy. By investing in practitioner development and increasing accessibility to these services, we hope to provide more targeted and effective interventions for children, young people, and adults experiencing emotional distress and the legacy of trauma.
- **Expanding Training and Consultancy for Organisations**
Building on the success of our in-house programmes, we plan to broaden our external training offerings for schools, youth groups, and frontline professionals. This will include delivering workshops on emotional regulation, trauma-informed practice, and resilience-building strategies, equipping organisations with the tools to create healthier, more compassionate environments and relationships.

These plans are guided by our commitment to healing, growth, and community empowerment. As we evolve, our focus remains on the creation of safe spaces where emotional wellbeing can flourish and every individual feels seen, heard, and supported.