

BUTTERFLY SURVIVOR'S TRUSTEES REPORT

FINANCIAL YEAR 01.04.2023 – 31.03.2024

DETAILS AND HISTORY OF CHARITY:

BUTTERFLY SURVIVORS, 30 NEW ROW, COLERAINE, CO. LONDONDERRY

BT52 1AF

CHARITY ESTABLISHED: 5TH APRIL 2019

CHARITY REGISTRATION: 18TH AUGUST 2022

CHARITY No. 109145

CHARITY TRUSTEES:

MICHELLE EDGAR – CHAIRPERSON

CAROLINE BOYLE

WILLIAM JOHN HARTIN

TREASURER:

CHARLES EDGAR

CHARITY OPERATING TIMES:

MONDAY AND FRIDAY MORNINGS 10.30am to 1.30pm

TUESDAY AND THURSDAY EVENINGS 6.30pm to 9.30pm

THE PURPOSE of the organisation is to offer a safe space, a warm and welcoming environment, to support and promote positive emotional and mental health. To encourage individuals to participate in leisure and social activities. To advise on ways to improve mental and physical health. To help reduce social isolation and loneliness. We carry out this purpose by organising social and leisure opportunities, health and wellbeing activities. All this takes place with an underlying principle of providing fellowship, timely and appropriate support and encouragement.

PUBLIC BENEFITS the direct benefits which flow from this include improved health outcomes and reduced levels of stress and anxiety. In providing support, signposting and help to people who are currently experiencing or have experienced mental health

issues, we aim to fill the gap between services and service users. We want to make people understand that they are not alone and with the support of others they can thrive. The benefit also is to reduce the stigma around mental health issues enabling more people to be aware of where they can access help and support. These benefits are demonstrated through feedback from people within the community and health professionals within the local health service, who at times make individual referrals to the group.

CHARITY BENEFICIARIES:

Adults living in the Causeway Coast and Glens Council area who are affected by or suffering from mental health.

MAIN ACTIVITIES 2023/24

With thanks to the National lottery, we were successful with our first funding application for £9970.00 part of the funding was allocated for the events below:

1. COMMUNITY TEA PARTY

Our aim was to bring people together from all walks of life, to interact with each other, to build friendships, learn to socialize which can be difficult for those who are isolated and suffer from mental health. It was helpful to connect with the community with approximately 50 attending and a bonus that some are now our regulars at the group. It was an informative evening where the public could see what support and help was available. An outside caterer was in attendance with sandwiches and buns which went down a treat.

2. CHOCOLATE MANOR EXPERIENCE (CASTLEROCK)

A team event for group members and volunteers, learning to make your own chocolate and of course sampling the product. A night of fun and laughter and precious memories, a group of 16 enjoyed the event with plans to return.

3. BALLYBOFEY 4 DAY TRIP AWAY

This self-funded trip with help from the Lottery towards transport costs was an amazing experience for the group of 20. Again, to help build relationships, encourage togetherness, build confidence and with the change of scenery made for a peaceful and relaxing time away. Some went to the beach; some explored the countryside and old cottages reminiscing about passed memories. Music in the evening and chatting long into the night helped others to open up and share their experiences and what helped them along their mental health journey.

4. CHRISTMAS OUTING 2023

A total of 40, from the group and invited friends attended our Christmas dinner outing. A night of good food and music to lift the spirit and enjoy the season.

Again, building relationships and confidence, a wonderful way to finish the year before the seasonal break.

GENERAL

Meeting up through the week we have various activities such as bingo, crafts, group discussions, games nights, health and wellness activities and cooking on a budget. There are also opportunities for individuals to talk privately with a mentor / volunteer on any issues to assess additional support if needed our just a listening ear.

FUNDRAISING

The group participated in two fundraising events which included a raffle supported by local businesses and a Christmas craft sale, all hand made by the group, we raised £1730.00. A big thankyou and well done to all involved.

CONCLUSION

The trustees are satisfied that Butterfly Survivors can continue to thrive in the coming financial year as we look to secure further funding from the Lottery for an additional 2 years. We are excited and at present are in an advanced stage with regards to our own premises. This annual report accurately outlines the charitable activities of Butterfly Survivors from April 2023 to March 2024.

Signed on behalf of the Trustees.

Signature: MICHELLE EDGAR

Position: TRUSTEE

Date: 01-04-2026

