

Annual Report

2019/20

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

**AWARE has been working
since 1996 to support people
in Northern Ireland affected
by depression, anxiety and
bipolar disorder.**

The Trustees present their report and financial statements for the year ended 31 March 2020.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)"

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Company No: NI 30447. Registered with the Charity Commission for Northern Ireland : NIC100561

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Welcome

from **Bernard McAnaney**, **AWARE Chairperson**



As our year drew to a close at the end of March 2020, Northern Ireland, along with most of the rest of the world, began to experience the catastrophic effects of COVID-19. The format of this year's Annual General Meeting will reflect the major changes we have all had to adapt to, in our families, communities and workplaces. Although, as is always the case, this year's report reflects last year's activity, I would also like to acknowledge the tremendous effort made by our volunteers, staff and the numerous individuals and groups who have found new and innovative ways to deliver services, support and fundraise over the past seven months.



Abseiling at Belfast Castle

It has been another exceptionally busy year for AWARE. In fundraising and across the range of programmes and support services offered by the charity, targets have again been met & surpassed.

24

Support Groups Across Northern Ireland

+2

Online
Support
Groups



Our Education and Training Team now have a suite of 10 programmes. Last year they delivered 736 sessions reaching just over 14,000 people in schools, colleges, hospitals, workplaces, sports clubs, prisons and community centres. From expecting parents to primary school pupils, the range of programmes offered by the team continues to grow in popularity and it was encouraging to note that over 50% of the participants were young people.

As we prepare to celebrate our 25th anniversary, it is a timely reminder that AWARE began all those years ago with one support group in Derry. Support and advice for those experiencing depression or bipolar disorder continues to be one of our core objectives. We now have 125 volunteers who, together with our Support Services staff, facilitate 24 support groups and 2 online groups with attendances last year increasing to 5,360.

Investors in Mental Health 2020

Investors in Mental Health
Awards, Titanic Belfast,
March 2020



Twitter, Facebook, Instagram and YouTube were unheard of when AWARE began in 1996 but these platforms are now at the core of our communications strategy and the Communications Team expands our reach year on year. We are now the most followed mental health charity in Northern Ireland.

One of the year's highlights was the inauguration of the Investors in Mental Health Awards which took place in Titanic Belfast in March. The award recognises schools, businesses or individuals who have made a significant contribution to promoting positive mental health in Northern Ireland. The occasion was a tremendous success with 81 schools, 10 businesses and 6 individuals receiving awards on the day. Plans are now in place to make this an annual event.

On the financial side, it cost £945,461 for us to provide all our services last year and we generated income of £1,295,818 of which £626,391 (48%) came from fundraising. In short, without the efforts of our Fundraising Team and the increasingly generous donations from individuals, groups and businesses, many of the services we now provide would cease.

Our Fundraising Team now has an impressive and growing list of corporate partnerships and their sterling work was recognised last year when they picked up the NI 'Fundraising Team of the Year' award at the Institute of Fundraising Awards in June 2019.

During the year we said goodbye and thanks to Trustee Laura Lynch and we welcomed two new Trustees, Dr Jo Deehan and Jarlath McCreanor. Jarlath, of AWARE CAR



fame and a long-standing Support Group Facilitator, will represent the AWARE Advisory Council and he will bring his valuable experience to the Board. Dr Deehan is a well-known Omagh-based GP with a keen interest in mental health.

Finally, can I record my personal thanks to all our volunteers, staff, sessional trainers and fellow Trustees. We are living in unprecedented times and those in our communities who suffer with anxiety, depression or bipolar disorder, now also have to contend with the added burden of COVID-19. There will undoubtedly be an increasing need for the support and services that we in AWARE, and others, offer as our community struggles to cope with this pandemic. Frustratingly, our normal support mechanisms are hampered by social distancing and other understandable restrictions on group activities. However, as I noted earlier, you continue to develop new and innovative responses to the current crisis so please keep up the good work. AWARE is making a positive difference and you are all overcoming depression and changing lives.

Our Vision

A future where everyone can talk about their mental health openly, access services appropriate to their needs and develop the skills and knowledge to maintain positive mental health.

Our Mission

- To promote emotional health & wellbeing
- To help people build resilience & maintain positive mental health
- To ensure people with depression, anxiety and bipolar disorder are aware of and can access appropriate support
- To increase public understanding of depression and reduce the stigma surrounding the illness

Our Values

Above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

Dignity, Respect & Empathy

We will treat each other and our service users with dignity, respect and empathy.

Integrity, Professionalism & Transparency

We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.

Innovation & Excellence

We are committed to providing high quality services and to being innovative for the benefit of people using our services.

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate

Our Ethos

User-Led

Those who best understand the challenges faced by people living with depression, anxiety or bipolar disorder are those who have also been affected by these illnesses. We therefore promote a strong user-led, self-help approach and the culture of the organisation is based on the active involvement of our service users, as well as staff and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous and ongoing and this is embedded within the organisational culture.

Working in Partnership

We are committed to working with a wide range of groups including those based in local communities, those representing a particular community of interest and other sectoral organisations that work with people who may be experiencing mental health problems.

AWARE was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at that time. This user-led ethos remains a key driver of the charity's work.

The charity's services currently include:

- Self-help support groups in most main towns in Northern Ireland
- Online support groups
- Telephone and email support services
- A wide range of free resources and fact sheets on various depression-related topics
- Free public talks and other events on depression and related issues
- Information Outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfit, a programme delivered to sporting organisations
- Mindfulness programmes including Paws b delivered in primary schools
- An interactive website offering information and resources

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Education & Training

Delivered	Course	Attendees	Where
271	Mood Matters Young People	6,775	in schools and other appropriate settings
118	Mood Matters Adult	2,360	in local communities, workplaces & colleges
88	Mood Matters Parent & Baby	704	to parents & expectant parents in hospitals & community settings
56	Mood Matters in the Workplace	1,120	to employees in the workplace
53	Living Life to the Full	636	in community settings & prisons
63	Mental Health First Aid	1,008	in workplaces, colleges, community settings & prisons
52	Mindfit	960	to young people in sports clubs
10	Mindfulness Sessions	150	in workplaces and community settings
7	Paws b	175	to children in primary level settings
18	Information Talks	360	-

Our Education and Training Department delivered a wide range of programmes across Northern Ireland during this year.

Many of our programmes were delivered to 'at-risk groups' including those living in deprived areas, unemployed people, carers and prisoners. There was also an increase in the number of programmes delivered to private sector companies, which indicates that employers are more aware of the importance of looking after the mental health of their employees.

Our new MindFit programme was developed in association with Sport NI and was delivered to sporting organisations throughout Northern Ireland. We received funding to deliver Paws b Mindfulness sessions in primary schools to pupils and basic Mindfulness sessions for teachers. Delivery is due to commence in Autumn 2020.

We continued to deliver our Mood Matters Parent and Baby programme in a range of settings and we developed a booklet entitled 'Looking after the Mental Health of You and Your Baby' to complement the programme. Our work with Tinylife

continued and, as a result of Big Lottery funding, we delivered our adapted Parent and Baby Programme and Living Life to the Full programme to parents of premature babies.

Partnership working continues to play an important role in our work. In the past year, we continued to liaise with our 'Together for You' partners to raise the profile of mental health. We worked with one of these partners (Mindwise) to deliver our programmes through the Family Wellness Project.

We also worked closely with PHA to review and revise the content of the Mental Health First Aid Programme and the new programme is due to be rolled out from October 2020.

We have also collaborated with Diabetes UK & MS UK to develop and deliver programmes for their clients. In partnership with Queens University, we developed our e-learning programme #iamaware, which was piloted in workplaces and work on this will continue in the coming year.

Support Services

This year saw a continued increase in the delivery of these core services that reach out to people across Northern Ireland.

Support Services including our support groups, information outreach, public talks, support calls and support mail, continue to be of huge importance to us in supporting people affected by depression, anxiety and bipolar disorder, and their carers and families.

- We now have 24 support groups which includes 2 online groups using Zoom.
- We opened a new group in Limavady in October in response to an identified local need.
- We are currently in discussions with local community representatives from Larne, Antrim and Ballymena areas about developing 3 new support groups.
- We are involved in discussions with Ulster University, Queens University and Millfield College Belfast with student wellbeing representatives to explore the development of support groups for young people.
- Attendance at support groups increased this year to 5,360 people.
- We have had 660 support mails this year.
- We answered 681 support calls
- We have delivered 5 Public Talk events to 485 people at North West Regional College Derry; Perinatal Mental Health Conference; MacMillan Cancer; Recovery College Newtownards and Kilcooley Women's Centre Bangor.
- We delivered 152 information events to 8330 people.
- This year we had 125 volunteers.
- We updated our 2-day training for volunteers and we value all the hard work and commitment that our volunteers contribute to helping us deliver all our support services activities.



Communications

It has been a busy year for the AWARE Communications Department. The reach of our social media platforms, our online presence and our press coverage have been continuing to grow.

We have been increasing the public profile of AWARE by promoting our key messages around mental health and raising awareness of our support services. AWARE is the most followed mental health charity in Northern Ireland. We are the most active on social media, with the highest weekly reach and engagement statistics.

The team has been creating and posting numerous mental health and well-being infographics and resources which have resonated with our audience.

These have been hugely popular and widely shared by our network of followers including our school and corporate contacts and friends in the third sector. We look forward to developing more personal stories as we run up to our 25th Anniversary in 2021.

The AWARE website is a vital resource for people seeking further information on how to look after their mental health and well-being, and how to avail of our services. Analytics show a consistently high number of weekly visitors (around 1,500-2,000) and a





remarkable increase in traffic spikes since the COVID-19 outbreak.

AWARE's 1st annual Investors in Mental Health Awards took place on Friday 6th March 2020. It was a great success and was picked up by local press. Our social media content from the event was shared widely by attending schools, corporates, and individuals. This was a fantastic opportunity to celebrate the work of many schools, companies and organisations doing tremendous work to promote positive mental health within their sphere.

- Our website had 271,878 page views and 67,719 users
- Our network of Facebook followers has reached 17,285
- We have 7,867 Twitter followers
- Our Instagram community reached 2,100 followers
- The AWARE YouTube channel was viewed 6,900 times
- AWARE appeared in 631 online & press articles
- We featured in 12 Radio & TV interviews

Fundraising

In 2019/20, £626,391 was raised by AWARE through voluntary fundraising activities and donations which equates to approximately a 9% growth in fundraising income from 2018/19.



Fundraising continues to grow year on year and this is largely due to an ever-increasing profile generated through ongoing fundraising, engaging and diverse AWARE events, an increase in corporate partnerships and our close working relationships internally with our Support Services and Education and Training teams. The main areas of growth were seen in corporate partnerships, community fundraising events and running events.

AWARE's events portfolio remains strong and engaging and continues to attract a large number of participants, especially from our corporate partners. Our 3 Mood Walks took place in Derry/ Londonderry, Belfast and Omagh, highlighting World Suicide Prevention Day in September and raised £4,149. The Slieve Donard Trek to mark World Mental Health Day and Sky Dive continue to be extremely popular, raising £18,000. We were delighted to introduce 2 new AWARE events this year - The Dragon Boat Race and Belfast Castle Abseil which were incredibly successful, raising over £33,000. We are planning something very special to mark AWARE's 25th anniversary and back in February, we launched our first-ever Grand Canyon Trek,

taking place in October 2021. We look forward to working closely with our supporters in what will surely be a trip to remember!

Our Corporate Partnerships continue to grow and AWARE was delighted to have been successful in securing some fantastic new partnerships this past year including Fairhill Shopping Centre, Learning Pool, GES Group, MIVAN, Selective Travel Management, Baker Tilly Mooney Moore, Dawson Hinds, Jungle NI and Philip Tweedie Estate Agents.

For the second year in a row, we were chosen along with MacMillan Cancer Support to partner with Ulster Bank's One Week in June fundraising campaign that raised over £130,000.



AWARE became the first Northern Ireland charity to benefit from the TP ICAP Charity Day in December. £4.6M was raised in one day and we were delighted to be part of it at the company's Belfast office. The Tesco Centenary Fund also saw customers across Northern Ireland vote to support AWARE with a grant of £20,000. In addition, we received much valued support from the BUPA UK Foundation, Halifax Foundation, Ulster Garden Villages and Allen & Overy.

AWARE was so grateful to continue working with many existing partners such as Maxol, Radius Housing, Dowds Group, Smiley Monroe, ABL and Suki Tea to name a few and we thank them for their continued support and commitment over the past year. Our corporate partners give fantastic and encouraging feedback on the services offered by AWARE and many are benefiting from our education and training programmes and volunteering opportunities.

3rd Party and Community Fundraising saw promising growth this year with an increasing number of individuals and community organisations choosing to support AWARE. Running events remain popular and this year saw a record number of Belfast Marathon runners for Team AWARE with 387 runners together raising over £40,000.



We continue to promote the positive effects that exercise has on mental health and appreciate our supporters sharing the benefits they feel exercise has on their own personal mental health.

During 2019 and 2020, the AWARE Fundraising Team were delighted and honoured to be awarded 'NI Fundraising Team of the Year' at the Institute of Fundraising Awards in June 2019. This was a great accolade and tribute to the professionalism and dedication of the whole team.

Fundraising remains a strategic priority for AWARE with a new 2020/21 strategy in place for the financial year with a focus on celebrating 25 years of AWARE. We can't thank our partners, supporters, event participants and donors enough. Their passion, commitment and dedication is both inspiring and humbling – we simply couldn't do what we do without them.



Financial Review

Total Income

£1,295,818



Donations & Gifts	£626,391
Grant Funding	£354,746
Trusts & Foundations	£183,294
Workshops & Courses	£130,676
Investments	£711

Total Expenditure

£945,461



Charitable Activities	£625,342
Raising Funds	£320,119

Free Reserves

£702,966

Free reserves as at 31st March 2020 are £702,966. The Trustees continue to strive to build a general level of reserves in accordance with the upper level of the target so that they will be able to continue the current activities of the charity.

The total income for the year was £1,295,818 of which £354,746 was generated from contracts and grants, £137,676 from the provision of non-funded workshops and courses and £809,685 from donations, trusts and foundations, legacies and fundraising activities. Total expenditure was £945,461 of which £625,342 was expended on direct charitable activities and £320,119 on raising funds. The Trustees have set aside £180,000 to designated funds in respect of staff recruitment fund and redundancy fund. The balance on total funds at the year-end was £1,021,114, of which £702,966 were general unrestricted funds, £180,000 were designated funds, and £138,148 were restricted funds held at the year-end.

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, users' well-being and general charitable work in jeopardy. This has never been more needed than this year when with the impact of COVID-19 many charities found themselves in dire situations. In this unforeseen context, AWARE was able to continue to offer our range of services albeit in an altered format and remain financially secure.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income

funds freely available for use as the charity. This determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

In light of the current circumstances and the impact of COVID-19, the Trustees have reviewed the charity's reserves policy and updated it so that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between 6 and 9 months expenditure. The Trustees consider that reserves at this level will ensure that in the event of a significant drop in funding, they will be able to continue the charity's current activities whilst consideration is given to ways in which additional funds may be raised. Based on 2019/20 expenditure (excluding depreciation) of £945,461 the target level of reserves is £470,158 to £705,237.

Plans for the Future

In looking forward to celebrating our 25th year, we also identify the opportunity and challenge to do more and do even better.

2021 sees 25 years of AWARE. From humble beginnings and the dedication of a small number, immense support from key Board members and our sister charity, Aware in the Republic of Ireland, today AWARE is honoured to provide services to those who need them. Every day, we are reminded of the need to support people living with depression and bipolar disorder.



Our strategic plan clearly identifies key themes and sets out a challenging programme which will improve the services we offer.

These include:

- Diversifying support groups by enhancing the online support group and developing youth-focused support groups
- Collaborating with further and higher education institutions on their well-being strategies
- Enhancing our linkages with the both the statutory health sector and the wider voluntary / community sectors
- Development of programmes targeted at 5-7 & 11-14 year olds
- Exploring the provision of monthly 'drop-in' workshops on maintaining good mental health
- Expanding our communications with supporters through the provision of an ezine
- Raising the profile of mental health issues through our Investors in Mental Health kite-mark, conferences and campaigns.

With the support of many who contribute financially to AWARE, we look forward to achieving these bold ambitions. Key to this is supporting a culture within which all staff, volunteers and supporters live by the values of the organisation and prioritising treating everyone with dignity, courtesy and respect. To this end, we will continue to expand our process of staff engagement.

Impact of COVID-19

The impact of COVID-19 for AWARE has been significant. Not only has the demand for our services increased due to the pressure on the mental health of the population, but our mode of delivery of services has had to adapt quickly.

Being unable to deliver our support groups and training programmes face to face, AWARE has offered a range of online facilities to provide support. These have included the extension of our website services, promotion of online resources and factsheets, video content, online mindfulness courses and support groups using Zoom and WhatsApp groups. These are evaluated and feedback to date has been positive whilst acknowledging that in the long term they could be complementary rather than replacement for our face-to-face services.

During this time, we have focused on enabling our staff to work remotely and limit their contact with service users and other team members to

mitigate the risk of COVID-19 transmission. AWARE has made use of the government furlough scheme intermittently for most staff. Many AWARE staff were initially on furlough for a short period of time but by August 2020 the staff team were largely all working their full contracted hours.

In the longer term, COVID-19 has afforded the time to diversify our services. Conversations about the provision of online/ virtual services have been prioritised as a necessity and we have seen the benefit of these with a new client demographic using the AWARE's services. Going forward, this will impact our business plans as these newly developed online services will become part of our offering, alongside face-to-face services when these can fully resume.



AWARE has successfully continued its fundraising activities through the period albeit in an adapted fashion – major fundraising events were replaced by a series of virtual events and we were overwhelmed by the community support which saw an increase in localised third party fundraising activities. Whilst there was a small reduction in planned fundraising income, this was not the devastating decrease that had been feared.

Whilst COVID-19 presents an uncertain future, not least financially, AWARE Trustees have continued to monitor our income and reserves, risk assessed our operations, supported

the diversification of our services to enable continued operating and have encouraged applications for appropriate COVID grants and the use of the furlough scheme. On review of AWARE's reserves policy, the Trustees consider it appropriate to revise the current reserves policy of holding 3 - 6 months expenditure as free reserves and have increased this to holding 6 - 9 months expenditure. The Trustees have also taken the decision to set aside £70,000 as designated redundancy funds to reflect the uncertainty faced by the organisation should the charity have to adapt a substantially different operating model to ensure its future sustainability.

Structure, Governance & Management

AWARE is a company limited by guarantee and accepted as charitable by HMRC under reference XR11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr Bernard McAnaney	(Chairperson)
Ms Linda Megahey	(Treasurer)
Mr Brendan Armstrong	
Dr Patrick McKeon	
Mrs Helen McDonnell	
Mr Gordon McElroy	
Mr Malachai O'Hara	
Dr Jo Deehan	(Appointed 18th Jan 2020)
Mr Jarlath McCreanor	(Appointed 18th Jan 2020)
Ms Laura Lynch	(Resigned 25th March 2020)
Ms Lynda Bryans	(Resigned 21st May 2020)
Mrs Petra Wolsey	(Resigned 13th Aug 2020)

Recruitment & Appointment of the Trustees

The charity's Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of nine years.

Corporate & Clinical Governance

The Board ensures the organisation is compliant with the relevant legislation and good practice. To facilitate this, the Board supports a Clinical Governance and Finance Support group. The Board also engages service users directly through our Advisory Council structure. This council meets quarterly to reflect on the activities of the organisation and provide input to the Board on the effectiveness and potential improvement of these services.

The Board has in place a schedule for the regular review of all programmes of work, policies and procedures and is currently working on the development of an ethical policy in respect of our fundraising initiatives and partnerships.

Organisational Structure

The Board of Trustees are responsible for the administration of the charity and meet on a quarterly basis. The Board has appointed a Chief Executive to manage the day-to-day operations of the charity. The Chief Executive has delegated authority, within the terms of delegated approval, for operational matters including employment, project delivery and budgetary management.

Directors' Induction & Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic plan
- Descriptions of the role of Directors and/ or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered training in Committee Skills provided by NICVA and, where relevant, company secretarial training.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and completed a risk assessment. A corporate risk register has been drawn up to prioritise the risks requiring action. The risk register is reviewed and updated on a quarterly basis or as soon as a potential risk is identified. Analysis for each risk is detailed in the risk register together with the controls currently in place to mitigate the risk and the further actions required to minimise the risk.

Auditor

Moore Stephens (NI) LLP were appointed as auditor to the company and a resolution proposing that they be re-appointed will be put at a General Meeting.

Disclosure of Information to Auditor

The Trustees' Report was approved by the Board of Trustees.

Thank-you

ABL, Allen & Overy, Bar Library,
Baker Tilly Mooney Moore,
BNP Paribas, BUPA UK Foundation,
Connolly & Fee, Dawson Hinds,
Dowds Group, Fairhill Shopping Centre,
First Stop Mortgages & Protection NI,
Gallagher Insurance, GES Group,
Halifax Foundation, Jungle NI,
Learning Pool, M&S, Maxol, MIVAN,
NantHealth, Philip Tweedie Estate
Agents, Radius Housing, Randox,
Selective Travel Management,
Smiley Monroe, Suki Tea, TP ICAP,
Tesco and Ulster Bank.

24



Support Groups

across Northern Ireland providing information, education & support to:

5,360

Support Group Attendees.



Hello 152

Outreach Events
Attended by over 8,330 people.

23

Public Talks
Attended by over 845 people.

125

Active Volunteers

736

Courses delivered to 14,248

Members of the community in schools, colleges, sports clubs, workplaces & community settings.



AWARE Awarded Northern Ireland Fundraising Team of the Year 2019

Institute of Fundraising Awards 2019

£626,391

Raised through voluntary fundraising activities and donations.

£135,232

By Ulster Bank's One Week In June
Split evenly between AWARE & MacMillan



£40,375

by 387 Marathon Runners

£14,270

by 110 Belfast Castle Abseilers

£27,401

by 140 Dragon Boat Racers

£4,195

by 8 Sky Divers

£14,882

by 84 Slieve Donard Trekkers

£4,149

by 328 Mood Walkers

271

/ 6,775

Mood Matters Young People

Giving 14-18 year olds the knowledge and skills to maintain good mental health and build resilience in order to better deal with problems and challenges.

118

/ 2,360

Mood Matters Adult

Gives participants knowledge and skills which can be used to maintain or regain good mental health and build resilience to deal with life's challenges.

88

/ 704

Mood Matters Parent & Baby

Delivered to expectant mothers and parents of babies under 3 years. With a strong emphasis on looking after the mental health of both parent and child.

63

/ 1,008

Mental Health First Aid

Mental Health First Aid is provided to a person in a mental health crisis, until appropriate professional treatment is received.

56

/ 1,120

Mood Matters in the Workplace

The AWARE Mood Matters in the Workplace programme is a mental health awareness programme for employees and is delivered onsite in workplaces.

53

/ 636

Living Life to the Full

Living Life to the Full uses CBT techniques to teach participants how to manage their feelings when they are stressed, worried or depressed.

52

/ 960

Mindfit

MindFit is a 90 minute session delivered to a range of sports groups and can be tailored to all sports and activities for adults and those aged 14-17 yrs old.

10

/ 150

Mindfulness Sessions

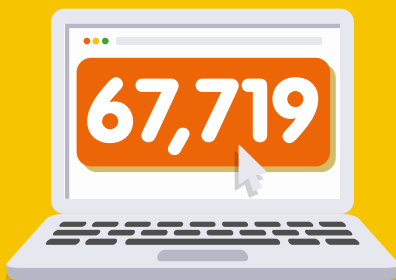
Delivered in weekly 2 hour sessions for 6 consecutive weeks (or 2 full days). Learn coping techniques and share/learn confidentially from others in your group.

7

/ 175

Paws b

Paws b is a Mindfulness Programme for Primary Schools. Taught to 7-11 year olds it is adapted from the 'b' mindfulness curriculum for Secondary Schools.



Website Visitors



TV & Radio Interviews



Press & Online Articles

Facebook Followers 19,246
An Increase of 39.5%

Twitter Followers 7,867
An Increase of 13.8%

Instagram Followers 2,100
An Increase of 21.7%

Youtube Video Views 31,120
An Increase of 109%

thank you

ABL, Allen & Overy, Baker Tilly Mooney Moore, Bar Library, BNP Paribas, BUPA UK Foundation, Connolly & Fee, Dawson Hinds, Dowds Group, Fairhill Shopping Centre, First Stop Mortgages & Protection NI, Gallagher Insurance, GES Group, Halifax Foundation, Jungle NI, Learning Pool, M&S, Maxol, MIVAN, NantHealth, Philip Tweedie Estate Agents, Radius Housing, Randox, Selective Travel Management, Smiley Monroe, Suki Tea, TP ICAP, Tesco and Ulster Bank.

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.