



ANNUAL REPORT 2018

Ciara McGivern
Space Volunteer



INVESTORS
IN PEOPLE



ipb pride of place 2018

ABOUT US

Space believes that every person has the right to access services and support to reach their potential.



Communities and agencies working together to change lives.



Supporting Parents and Children



Supporting People and Communities



Supporting Potential and Community Enterprise

During 2018 we celebrated:

- The opening of our new premises The Good Space
- The launch of our handmade, soy wax Acorn Candles
- Winning the "One to Watch" Award at the Social Enterprise NI Awards.
- Representing Northern Ireland at the Social Enterprise UK Awards
- Winning the ALL Ireland IPB Pride of Place Award for Community Wellbeing Initiative
- Mourne Home2Hospital volunteer drivers completing their 1000th trip.
- Welcoming 4 new members to our Management Board.
- Gemma Clarke, a long-term volunteer in our social enterprise was shortlisted in the CCG Shining Light Awards.



We were delighted to win the coveted All Ireland Pride of Place – Community Wellbeing Initiative for 2018. The citation from the judging panel described us as follows: *The winning entry captures at its core the difference an effective organisation can make in delivering help to*

those in need in the most trying circumstances. From small beginnings the group now constitutes a highly innovative model of assistance and encouragement for people who find difficulty in coping. This is an admirable organisation; an amazing team; and a very worthy winner.

Space is a charity registered with the Charity Commission of Northern Ireland NIC105005



PRESENTING ISSUES DURING 2018

Most Individuals who require support from Space are experiencing a range of challenging circumstances. In addition to practical family support the most common issues that our families face are;

Poor Mental Health :

Approximately **67%** of families we support are impacted by poor mental health.



Accessing Hospital Services for Older People :

During 2018 Space provided transport for hospital appointments for **183** older people an **increase of 20%** on 2017.



Poverty :

During 2018, Space accessed over **£22,000** worth of household equipment to support families in financial need, this is a **10% increase** on 2017.



Parents seeking support :

938 families received support through parenting programmes and 1:1 home based support.



Emotional support for children:

During 2018 we received **132 referrals** for children with emotional or behavioural problems.



Low Confidence:

45 Volunteers gave over **12,000 volunteer hours**

Lindsay's Story:

Anyone with four kids will tell you they are hard work; little did I know when I brought my little bundles of joy home from hospital that life was going to be this tough. Two of my boys were diagnosed with autism and the other with ADHD. One of the boys was soiling himself several times every day, at my wits end I made a referral to the Newry Family Support Hub and SPACE accepted it for their family support service. Our family support worker was lovely, she has shown me how to help my son manage his moods and regulate his behaviour and it has worked! For the first

time in eighteen months he is calm and has stopped soiling himself. She helped me to realise that because the boys required so much attention my daughter was becoming withdrawn. She told me about the Friends Resilience Programme that SPACE offer and this has helped her immensely she has stopped bottling all her worries up and comes and talks to me now. SPACE have helped me and my kids immensely, my family support worker has been a lifeline to me, when I've felt alone with no-one to talk to - I just ring her. This is the best support I have ever had.



WHAT WE DID LAST YEAR



938 families received Support.



1366 children were impacted upon by family support



575 children participated in **1182** activity sessions for children



264 Older people received **939** hours of support

106

Wellbeing Sessions for Older People

51 weeks

of Evidence Based Parenting Programmes

66 english

Language classes for Newcomer Families

1076 activities

for children aged 0-4



12

Family Support Hub Meetings

241 trips

to out of area hospital appointments for Older People

50 resilience

sessions for Primary School Age children

48 confidence

building sessions for young adults with additional needs



THE DIFFERENCE WE MADE

We use a range of methods to evaluate outcomes, from questionnaires designed internally to more robust techniques involving independently developed surveys and Outcome Star, an evidence-based tool for both supporting and measuring change.

94% of the families we have engaged with report an improvement in their circumstances as a result of an intervention.

84% of families report their wellbeing improved after SPACE intervention

81% of parents report that they were better able to meet their children's emotional needs after SPACE support

67% of parents reported that they were better at managing their child's behaviour and setting routines as a result of interventions.

Feedback comments:

I can't describe in words how amazing this was. I was able to get a shower, sort my clothes, make a cup of tea and clean my house while she looked after the children. I was able to clear my head and found the strength to keep going.

Relationships in my family have been horrendous, my husband and I have been in a very dark place through grief but we are coming out the other side. Space helped us to focus on what was important. We needed someone to listen to us,

Case Study:

Matty is a 9-year-old boy who was referred to the Newry and Mourne Family Support Hub as he presented with challenging behaviours both in the family home and in school. Matty has a diagnosis of ADHD and he struggled emotionally adjusting to the arrival of his younger siblings. The loss of his grandfather; who he was very attached to had further increased his anxiety and acting out.

Initially, Matty struggled to deal with conforming to the class rules and taking turns but after two weeks he began to settle and he engaged with his peers. Both he and his parents fully engaged in all the techniques taught in the programme and the whole family practiced the relaxation skills daily. Mum reported that Matty was employing his breathing and relaxation skills and he was beginning to openly express his feelings rather than bottling them up and then exploding with anger and frustration.

Additionally, mum told us that Matty was much more tolerant with his siblings and as a result theirs was a more peaceful home.

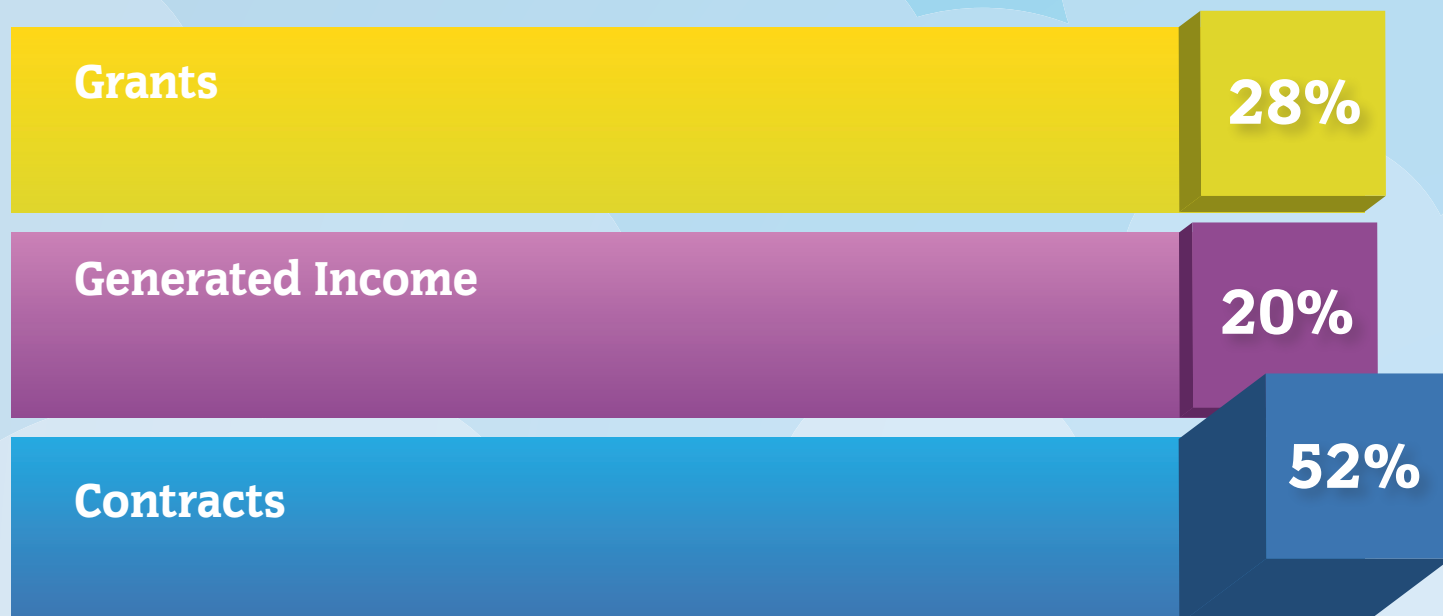
Mum rang one day to tell us that as a result of the improvement in Matty's behaviour and emotional control; at a recent Parent/Teacher evening his class teacher had informed her that they had seen a significant improvement in his concentration and that for the first time in that school year he had been allowed to sit at a communal table rather than on his own.

A follow up call, two months after the course finished confirmed that Matty was still practicing the skills he learnt on the Friends programme and that his behaviour had continued to improve.



HOW DID WE MAKE IT HAPPEN

At Space we have three main income streams



Contracts

SPACE deliver services on behalf of:

- Newry Mourne and Down District Council
- Southern Health and Social Care Trust
- SafeFood
- PHA
- Peace IV SEUPB
- Department of Education

Grant Funding..

We receive grant funding from:

- The National Lottery Community Fund
- Northern Ireland Housing Executive



Income Generation Activities

- The Good Space
- Love Your Space – Upcycled Furniture
- Acorn Candles
- Newry City Marathon
- Quiz Nights
- Sainsbury's Charity of the Year





2018 was a good year for Space, we reached some significant milestones in terms of service delivery, 1000 Home to Hospital journeys, 938 families benefitted from parenting support, we got Acorn candles out far and near and we won awards at Regional and National level for our work.

2018 was challenging also as both Tara McAteer and I, said a long painful goodbye to our own mothers, and some of our staff overcame major health scares whilst others prepared to bring new life into the world.

Working within a modern charity is both challenging and rewarding, the constant flow of people moving from crisis to stability, and often back into the charity again to provide help/support to others helps us keep motivated, keep focused and keep on doing what we love.

Times are tough, families are struggling to keep all of the plates spinning and issues like marriage break-ups, poverty, mental health, disability, loneliness and access to services are impacting on our children, parents and older people substantively. Without a working government and the dark cloud called Brexit hanging over us, the Third Sector in Northern Ireland is needed more than ever to provide a soft landing and a launch pad for those most in need of a helping hand and a listening ear.

In 2018, our funders The National Lottery, SHSCT, NM&DC, IFI, NIHE and champions Sainsbury's, BOI, Newry City Marathon, and Newry Chamber of Commerce helped us employ more staff, sell more candles and provide more services so that more people could move out of crisis and into control, thank you, we could not have achieved anything without your support!

We finish 2018 looking forward to an exciting new year 2019 when we will celebrate 15 years of Space services. We pledge to continue to work alongside local Community and Voluntary Sector agencies, the Council and Health Trust to create more opportunities for the most needy in our communities,

To our amazing staff team, voluntary board and volunteers, you have achieved significant impact for those in our society most in need of help, sincere thanks and gratitude.

Jacinta Linden
CEO Space



At SPACE all our staff and volunteers apply our Values to everything we do.

*Our values are: **Commitment, Alongsiders, Respect, Excellence - We CARE***





We are very grateful to all of our funders, local business and the general public whose continued goodwill and support enabled us to continue helping local families through tough times in their lives – thank you.

Our Funders:



Housing Executive



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