



**2016**

Annual Report

**CONNECT MENTAL HEALTH**

[www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)



# ABOUT US

## BACKGROUND:

Connect Mental Health was founded in January 2015 to raise awareness of mental health issues and improve access to and awareness of Mental Health Services in South Donegal. Connect Mental Health is run entirely by a core group of volunteers with the support of the **HSE**, **DLDC** and the **ESB**.



# Inspire Hope

Mission:

Empower the local community to maintain and improve each-others mental health and wellbeing



Connecting for Life  
*Donegal*

# ABOUT US

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Connect Mental Health's current strategy is a 5 year plan (2015 – 2020) that specifically aims to deliver on the following awareness goal of Connecting For Life Donegal, Donegal's Suicide Prevention Strategy 2015 – 2020:

*To improve the county's understanding of, and attitudes to, suicidal behaviour, mental health and wellbeing*

**Strategic Goal 1: Connecting for Life Donegal**



## OBJECTIVES:

- Improve the understanding of suicidal behaviour, mental health and wellbeing and associated protective and risk factors
- Increase awareness of available mental health services

# ABOUT US




## GEOGRAPHIC AREA SERVED:

The target area of Connect Mental Health to date has been the South Donegal area to include the town and catchment areas of:

- Ballyshannon
- Bundoran
- Ballintra
- Donegal Town

# FOREWORD



Connecting for Life Donegal is a 5 year action plan for suicide prevention within County Donegal which has a vision of ‘A county where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing’. Connect Mental Health as a grass roots community organisation in South Donegal contributes hugely to improving awareness, and understanding of mental health and wellbeing whilst also promoting help seeking and information on local support services across the whole population.

Connect Mental Health has attracted the active support of young people who are a key priority group for Connecting For Life. The organisation is going from strength to strength and each year its reach extends further into the community of Donegal. The dedicated and committed members of the Committee are to be congratulated for their imagination, drive, professionalism and determination to improve the mental health of the population.

**Anne Sheridan**


Mental Health Promotion/Suicide Resource Officer, HSEWest

Co – Chair Connect Mental Health



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# FOREWORD



It was an honour and privilege to co-chair the organising committee of Connect Mental Health. It is evident from the annual report 2016 that the overall mission of this initiative, "Empower the local community to maintain and improve each-others mental health and wellbeing", has been advanced and the programme of events that took place in October last was indeed complimentary to the inaugural event held the previous year. It is well recognised that the importance of engaging with communities to raise awareness of mental health issues and making communities aware of the services that are available within their area from both statutory and voluntary providers. Recommendations set out in national policy documents such as 'A Vision for Change' and 'Connecting for Life' have also highlighted the importance of the health promoting aspects of community engagement in the area of Mental Health.

I would like to sincerely thank all those involved from the committee members to the numerous volunteers that got involved in fundraising and assisted with the programme of events. I would also like to acknowledge and thank the organisations that have provided funding and a special word of thanks to Ciaran McLoone for his energy, commitment and innovation over the past two years. I look forward to working with such great people again in 2017.

## **John Meehan**

Senior Manager - Operations & Service Improvement, HSE Mental Health Division  
Co-Chair Connect Mental Health



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# EVENTS & WORKSHOPS



## OVERVIEW

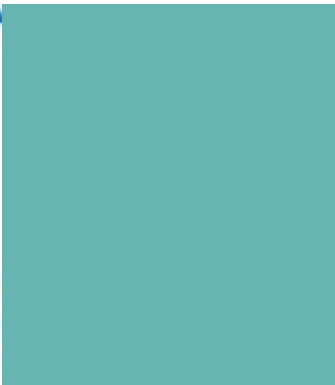
Connect Mental Health partnered with national mental health organisations to bring mental health workshops to the South Donegal community. We partnered with **Aware** to bring their renowned 6 week Life Skills Programme to Ballyshannon in November 2016. The Programme began on 8th November and was attended by 26 people for the duration of the programme. This programme was delivered free of charge to attendees. We also partnered with **Suicide or Survive** to bring their 1x full day Wellness Workshop to Cashelard on 21st Jan 2016. This workshop was attended by 38 people. This programme was also delivered free of charge to attendees.

### **Connect Mental Health 2016**

8th – 15th October

Our headline programme of events for was Connect Mental Health 2016, a week long programme of school workshops, film screening, youth conference, business workshop, community conference and educational workshops.

# SUICIDE OR SURVIVE WELLNESS WORKSHOP



**21<sup>ST</sup> JANUARY:**

**VENUE: THE BREESY CENTRE CASHELARD**

In January Connect Mental Health partnered with national mental charity **Suicide or Survive** to bring their 1x full day Wellness Workshop to Cashelard on 21st Jan 2016. This workshop was attended by **38 people**. This programme was also delivered free of charge to attendees.

Topics covered included:

- Stress Management
- Relaxation and stress management
- How to bring calm to your life
- The relationship between thoughts and emotions
- How to develop a wellness toolkit and daily wellness plan
- An introduction to mindfulness and meditation

# AWARE LIFE SKILLS PROGRAMME

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## **CONNECT MENTAL HEALTH PARTNERED WITH AWARE TO BRING THEIR RENOWNED SIX WEEK LIFESKILLS PROGRAMME TO BALLYSHANNON**

The Aware Life Skills Group programme is a free educational programme offered to adults aged 18 and over. The programme contains six modules. Each module takes 90 minutes, one evening a week from 7.30pm – 9pm, over six weeks. The reason the programme takes place over six weeks is to give participants time to reflect on the key learning point each week and time to practice the 'new ways of thinking'

to challenge negative thought patterns and constant worrying.

26 People participated in the Life Skills Programme which ran for 6 weeks from 8th Nov 2016. Thank you to Colaiste Cholmcille Ballyshannon who hosted the programme.

# CONNECT MENTAL HEALTH 2016: 8<sup>th</sup> – 15<sup>th</sup>

SATURDAY 8 <sup>th</sup>			THURSDAY 13 <sup>th</sup>		
1.00pm	Inspire Hope Community Mental Health Conference	Abbey Arts Centre, Ballyshannon	9.00am – 4.00pm	Donal Walsh #LiveLife Foundation	Colaiste Cholmcille Ballyshannon & Magh Ene Bundoran
SUNDAY 9 <sup>th</sup>			9.00 -12.30pm	The Shona Project	Abbey Vocational School, Donegal Town
4.00pm	Inside Out	Eclipse Cinema Bundoran	10.00am	Be Healthy, Be Happy	Abbey Hotel, Donegal Town
MONDAY 10 <sup>th</sup>			FRIDAY 14 <sup>th</sup>		
9.00am – 4pm	Real Talks	Colaiste Cholmcille Ballyshannon & Magh Ene Bundoran	9.00am – 12.30pm	Donal Walsh #LiveLife Foundation	Abbey Vocational School, Donegal Town
7.00pm	Mind your Mental Health	St. Patrick’s Community Centre, Donegal Town	7.30pm	State of Mind Ireland: Mental Fitness & Wellbeing Workshop	The Central Hotel, Donegal Town
TUESDAY 11 <sup>th</sup>			Saturday 15 <sup>th</sup>		
9.00am – 12.30pm	Real Talks	Abbey Vocational School, Donegal Town	10.00am	5km Fun Run / Walk & Talk	The Breesy Centre, Cashelard, Ballyshannon
7.00pm	Mind your Mental Health	Magh Ene College, Bundoran			
7.30pm	Supporting Young People’s Mental Health	Abbey Vocational School, Donegal Town			
WEDNESDAY 12 <sup>th</sup>					
9.00 – 4.00pm	The Shona Project	Colaiste Cholmcille Ballyshannon & Magh Ene Bundoran			
2.00pm	Connect Business	Mount Errigal Hotel, Letterkenny			
7.30pm	Supporting Young People’s Mental Health	Colaiste Cholmcille Ballyshannon			

# INSPIRE HOPE

## Community Mental Health Conference



**DATE: SATURDAY 8<sup>TH</sup> OCTOBER**

**VENUE: ABBEY ARTS CENTRE, BALLYSHANNON**

Inspire Hope aimed to inspire and educate the local community about the importance of looking after their own and each others mental health and well being.

Attendance at the event was free and attracted 145 pax. Speakers on the day included:

- Keneth Egan: Olympic Silver Medalist
- Dr. Keith Gaynor
- Alison Canavan
- Breifne Earley
- Donal Scanlan: Mental Health First Aid Ireland
- Tara West
- Ruairi McKiernan

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# INSPIRE HOPE

## Post Event Research

**74% OF ATTENDEES WERE FEMALE AND 26% WERE MALE**

### AGE PROFILE OF ATTENDEES:

	Age
7%	18 - 24
19%	25 – 34
23%	35 - 44
26%	45 - 54
26%	55 - 64

### OVERALL HOW WOULD YOU RATE THE INSPIRE HOPE COMMUNITY CONFERENCE?

Excellent	79%
Very Good	16%
Fair	5%
Poor	-
Very Poor	-

### HOW WOULD YOU RATE THE QUALITY OF THE SPEAKERS?

Excellent	72%
Very Good	23%
Fair	5%
Poor	-
Very Poor	-

### IN YOUR OPINION DID THE EVENT PROMOTE A POSITIVE MENTAL HEALTH MESSAGE?

Strongly Agree	86%
Agree	14%%
Neither agree or disagree	-
Disagree	-
Strongly disagree	-

# INSPIRE HOPE

## Post Event Research



DID THIS EVENT IMPROVE YOUR KNOWLEDGE  
OF MENTAL HEALTH ISSUES?

Strongly Agree	50%
Agree	48%
Neither agree or disagree	2%
Disagree	-
Strongly disagree	-

IF THIS EVENT WAS BEING IN 2017 WOULD YOU  
BE INTERESTED IN ATTENDING?

Yes	93%
Don't Know	7%
No	-

# INSIDE OUT

## FILM SCREENING

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**DATE: SUNDAY 9<sup>TH</sup> OCTOBER**

**VENUE: ECLIPSE CINEMA BUNDORAN**

On Sunday 9th October we hosted a free film screening of **Inside Out** in Eclipse Cinema Bundoran at 4.00pm. Inside Out is a family friendly movie and is a fun and subtle way of introducing mental health conversations. The film follows Riley, who like all of us is guided by her emotions – Joy, Fear, Anger, Disgust and Sadness. The emotions live in Headquarters, the control

center inside Riley's mind, where they help advise her through everyday life.

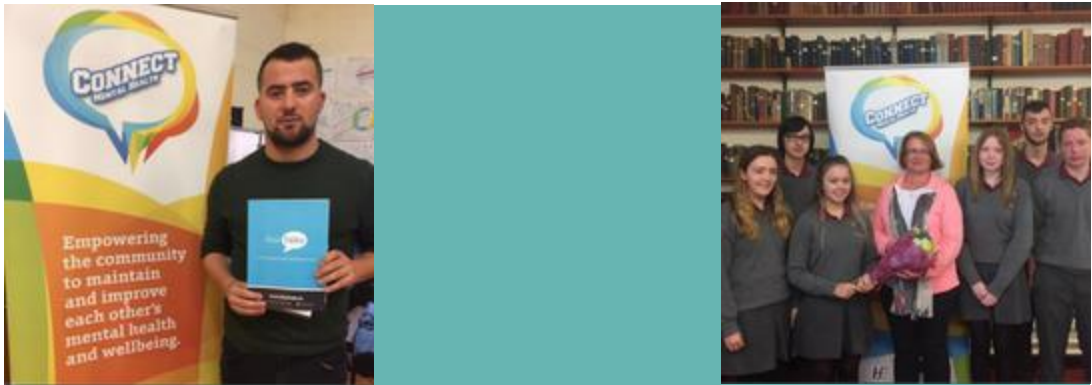
179 people attended the film screening. Special thank you to Disney Ireland & UK who provided the film free of charge and to Eclipse Cinema Bundoran who provided free hire of cinema screen.

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[www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)

# SCHOOL TALKS

10<sup>th</sup> – 14<sup>th</sup> October



**CONNECT MENTAL HEALTH HOSTED 3 WORKSHOPS IN LOCAL SECONDARY SCHOOLS COLAISTE CHOLMCILLE BALLYSHANNON, MAGH ENE COLLEGE BUNDORAN & ABBEY VOCATIONAL SCHOOL DONEGAL TOWN.**

**Real Talks**, founded by Alan O'Mara, create environments that allow students to have real, open and meaningful conversations about the importance of mental health and wellbeing and build greater resilience to pressures. The Real Talks programme is designed to enhance the current SPHE curriculum.

**The Shona Project:** The workshop steers away from harsh warnings and statistics, instead sharing a very personal account of bullying. The Shona Project consider the bully that lies within us all and think about how our own actions can be hurtful to others.

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# SCHOOL TALKS

10<sup>th</sup> – 14<sup>th</sup> October

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Finally as a group, they talk about how we can make our school a safe place for everyone, where differences are embraced, and we take care of each other.

**Donal Walsh #Livelif Foundation:**

The Mission of the Donal Walsh #Livelif Foundation is to continue and promote the challenge of the conversation that

Kerry Teenager Donal started about teenage suicide awareness and the provision of teenage facilities in care centres.

Donal's mother Elma Walsh delivered a talk on the inspirational story of Donal, his life, his illness, his spirit and his untimely death.

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# REAL TALKS

## Evaluation



*Each student was asked to answer the following statements after the successful completion of the 'Real Talks' session, which lasted 40 minutes each. Every question had five options; Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree.*

- During the Real Talks session, an environment was created that allowed a meaningful conversation to take place = 94%
  - I would be more willing to open up and have a meaningful conversation with others = 87%
  - I have a better understanding of the importance of managing my own mental health and wellbeing = 92%
  - I am more aware of the little things I can do to develop my own resilience = 93%
  - I have a better understanding of how to be a better listener = 89%
  - The real talk session helped to reduce any stigma that I had towards mental health = 85%
  - I am more aware of the professional support services and resources that people can use in times of difficulty = 89%
- 

# REAL TALKS

## Evaluation



- When a person is talking to me, I feel better equipped to connect and communicate with them more effectively = 90%
- After today's real talk, I believe that having meaningful conversations can help me live a happier, healthier and more successful life = 96%

### What they said

*Each student was asked, 'If you could share one key lesson with someone from today's real talk, what would it be?'. Here are some of the answers we received.*

"One conversation at a time can help you get to a better place."

"I now know that I should not be ashamed to talk about my mental health."


"To listen and to really listen. It is important to be there in the moment."

"That 4/4 of us have mental health and we all need to look after ourselves."

"To remember to do the little things because they can all add up and help."

"Definitely to talk to people about problems because it will make them feel better."

"Not to bottle up your emotions, feelings, and thoughts – especially when you feel sad about something."



# SUPPORTING YOUNG PEOPLES MENTAL HEALTH



**JIGSAW  
DONEGAL**  
Young people's  
health in mind

## **A ONE HOUR TALK BY JIGSAW DONEGAL AIMED AT PARENTS, TEACHERS AND OTHER ADULTS CONCERNED ABOUT THE MENTAL HEALTH OF YOUNG PEOPLE**

Tuesday 11th October: 51 pax  
Abbey Vocational School

Wednesday 12<sup>th</sup> October: 36 pax  
Colaiste Cholmcille Ballyshannon

This workshop, delivered by Sean McGrory from Jigsaw Donegal, provided guidance on how to:

- Have an understanding of the key issues impacting on the mental health and well-being of young people.
- Be able to identify ways of promoting positive mental health in young people.
- Be aware of the value of listening as a way of supporting young people

[www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)

# MIND YOUR MENTAL HEALTH

Run by Mental Health Ireland



**A THREE-HOUR WORKSHOP AIMED AT ANYONE INTERESTED IN LEARNING MORE ABOUT THE FUNDAMENTALS OF MENTAL HEALTH AND WELLBEING.**

Monday 10<sup>th</sup> October: 14 pax  
St Patrick's Community Centre, Donegal Town

Tuesday 11<sup>th</sup> October: 10 pax  
Magh Ene College Bundoran

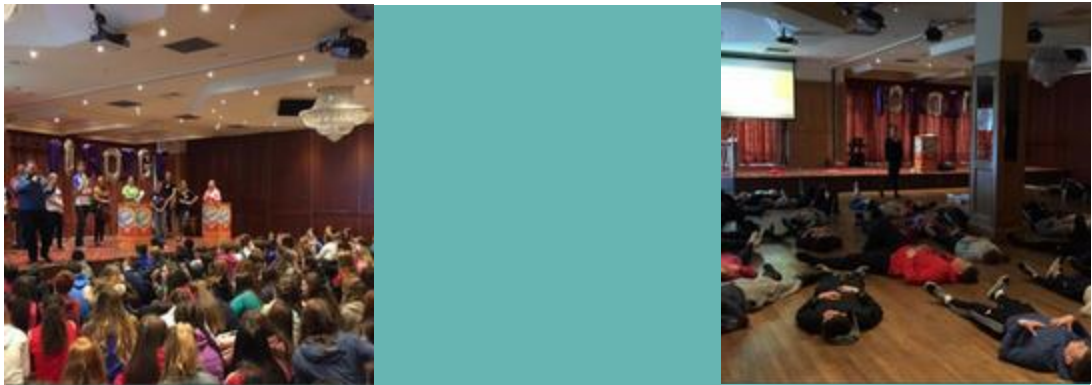
This workshop, delivered by Bill Vaughan, Mental Health Ireland, covered the following units of the Mind Your Mental Health programme.

- Understanding Mental Health and Wellbeing
- Stress and Thinking Patterns

[www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)

# BE HEALTHY, BE HAPPY

## YOUTH MENTAL HEALTH CONFERENCE



**IN ASSOCIATION WITH FORÓIGE NATIONAL YOUTH ORGANISATION**

**DATE: 13<sup>TH</sup> OCTOBER VENUE: THE ABBEY HOTEL, DONEGAL TOWN**

Connect Mental Health and Foróige National Youth Organisation invited 250 young people aged 15-18 years from the South West Donegal Schools and Youthreach centres to participate in an interactive, energetic and fun Health and Well- Being Event that will encourage young people to make healthier choices!

This includes eating well, being active, building strong friendships, the importance of balance and relaxation and minding their mental health. 250 TY & Senior Cycle Students and Youthreach Learners took part in 5 Health based workshops throughout the day which provided tips on ways to keep themselves healthy and happy!



**JIGSAW  
DONEGAL**  
Young people's  
health in mind

# BE HEALTHY, BE HAPPY

## POST EVENT RESEARCH

### GENDER:

Male	40%
Female	58%
Prefer not to say	2%

### WHAT DID YOU THINK OF THE DAY?

Excellent	66%
Very Good	28%
Good	6%
Ok	1%
Poor	-

### HOW DO YOU FEEL AFTER THE DAY?

Excellent	69%
Very Good	25%
Good	5%
Ok	0
Poor	1%

### WOULD YOU BE ENCOURAGED TO MAKE ANY POSITIVE CHANGES TO YOUR LIFE AFTER TODAY?

Yes	88%
No	8%
Maybe	4%

# ONLINE AUDIENCE

## SOCIAL MEDIA

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**CONNECT MENTAL HEALTH USE SOCIAL MEDIA CHANNELS FACEBOOK, TWITTER AND INSTAGRAM TO PROMOTE UPCOMING EVENTS, WORKSHOPS, FUNDRAISING EVENTS, LOCAL MENTAL HEALTH SERVICES AND EDUCATIONAL CONTENT**



2,087



103



320

# ONLINE AUDIENCE

## WEBSITE

### 2016 OVERVIEW OF WEBSITE TRAFFIC FOR CONNECTMENTALHEALTH.IE

**Visits:** 9,203

**Visitors:** 7,032

**Pages viewed per session:** 2.16

**Avg duration of visit:** 01:42



#### ABOUT CONNECT MENTAL HEALTH

Connect Mental Health aims to improve the awareness and understanding of mental health issues in the Donegal community. Here you will find information on our upcoming events and workshops, how to find and access local supports in Donegal and information on your own mental health and how you can support others.

[Learn More](#)

#### OUR MISSION

“ Empower the local community to maintain and improve each others mental health and well-being ”

[www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)

# ONLINE SERVICE DIRECTORY

## WEBSITE

### ONLINE DIRECTORY OF LOCAL MENTAL HEALTH SERVICES

The first draft of the online services directory is available on [www.connectmentalhealth.ie/local-services](http://www.connectmentalhealth.ie/local-services). The information has been collated and provided by the HSE. Before launching this officially we will update the directory to include a logo for each provider and also a longer description of the service provider where possible.

[connectmentalhealth.ie](http://connectmentalhealth.ie) HOME ABOUT US **LOCAL SERVICES** EVENTS YOUR MENTAL HEALTH INSPIRE HOPE | Q

## LOCAL SERVICES

Are you, or someone you know, in crisis now and need someone to talk to?

Please do not be alone. If you are worried about yourself or someone you know it is important to get help as soon as possible. Everyone needs help from time to time. In fact, asking for help is a sign of personal strength.

- Contact your local GP. If it's late in the evening or night-time, contact NowDOC at 1850 400 911
- Go to the Emergency Department, Letterkenny General Hospital or Sligo General Hospital for those living in vicinity of Bundoran, Ballyshannon & Ballintra
- Contact emergency services by calling 999 or 112
- Call the Samaritans, the FREE 24 hour listening service, to talk to someone now about what's on your mind. Call 116 123

### Local Services in Donegal

Search for:

Category: Enter keywords **SEARCH**

Found 3 listings

#### Childline

Access Information: Helpline, anonymous 1800 66 66 66 or Text TALK to 50101

Address: 20 Market Square, Letterkenny, County Donegal, Ireland

1800 66 66 66

Categories: [Emergency Service](#) [Listening Service](#) [Telephone Service](#) [Youth Support Service](#)

#### Jigsaw Donegal

Access Information: Self-referral, call to arrange appointment

Address: Pearse Road, Letterkenny, Ireland

074 97 26920

Categories: [Therapeutic Service](#) [Youth Support Service](#)

#### Donegal Youth Services

Self referrals for young people aged up to 25 years old.

Access Information: LOFT opening times 6-8pm.

Address: 16-18 Port Road, Letterkenny, Co. Donegal, Ireland

074 91 29630

# OUR TALKS

## WEBSITE

### VIDEO LIBRARY OF HOSTED TALKS

Each talk at 'Inspire Hope' was recorded and uploaded to [connectmentalhealth.ie](http://connectmentalhealth.ie).

Future educational and inspirational talks will be recorded and uploaded to the site and shared across our social media channels to ensure maximum reach.

#### OUR TALKS

*Our Inspire Hope talks include inspirational and uplifting stories of hope and recovery as well as great educational sessions from mental health experts recorded live in Donegal.*



#### HEALTH AND WELLBEING | KENNETH EGAN

Olympic Silver Medalist, Kenneth Egan struggled with alcohol addiction for many years whilst competing but ultimately came to an end when he faced his demons head on two years after his return from the games.

[View Kenneth's talk](#)



#### PEDAL THE PLANET | BRIEFNE EARLEY

Briefer tells the extraordinary and inspirational story of how one man stepped back from the brink of suicide, redesigned his life and won the World Cycle Race.

[View Briefer's talk](#)



#### RECONNECTING WITH YOURSELF | ALISON CANAVAN

Alison Canavan, one of Ireland's most successful international models for nearly two decades, discusses how reconnecting with yourself can positively impact your mental health and wellbeing.



#### KOKORO NO KAZE | TARA WEST

Belfast based author Tara West discusses the importance of vocabulary in how we talk about mental health.

[View Tara's talk](#)

[www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)

# IT'S GRAND

## VIDEO CAMPAIGN



**CONNECT MENTAL HEALTH PARTNERED WITH COMEDY DUO 'HUNT THE VIGAN' TO CREATE A COMEDY VIDEO 'IT'S GRAND' CHALLENGING AUDIENCES TO BE MINDFUL OF THEIR MENTAL HEALTH.**

The video received over 42,000 views on Facebook and proved particularly effective in engaging with the young male audience (18 – 35). A demographic that has proved particularly difficult to reach for Irish mental health promotions.

The video featured nationally on [The Daily Edge](#) and [The Irish Post](#)

70% of video views were by males, which represents a marked difference from other content published which typically has a high engagement rate by females. The top audience was men aged 18 – 24.



Youth volunteers at Inspire Hope in the Abbey Arts Centre, Ballyshannon

# GOVERNANCE

## MANAGEMENT COMMITTEE

Connect Mental Health is registered as an unincorporated association run entirely by a core group of volunteers with the support of the HSE and DLDC.

Membership of the management committee is comprised as follows:

- Chairpersons: John Meehan / Anne Sheridan
- Secretary: Maura Gallagher / Olive Travers
- Treasurer: Catherine McKee
- Pro Officer: Ciaran McLoone
- School liaison: Jimmy Keogh

# GOVERNANCE

## Collaboration

Connect Mental Health has developed a collaborative approach that fosters participation and communication between state bodies, charities, community groups and schools.

Our committee comprises the following organisations and representatives:

**Abbey Vocational School**

Geraldine Diver, Shay Mullin

**Colaiste Cholmcille**

Jimmy Keogh, Pauline Kilfeather, Philip O'Reilly

**Magh Ene College**

Mary Patton

**Foróige**

Maura Gallagher

**Jigsaw**

Sean McGrory & Karen Duggan

**Mental Health Ireland**

Bill Vaughan

**HSE**

Anne Sheridan, John Meehan

Mary Duggan, Catherine McKee, Ciaran McLoone, Michael McLoone



Connecting for Life Donegal

# GRANT AIDED BY:



**CONNECT MENTAL HEALTH WAS PART FUNDED BY THE HSE, DONEGAL LOCAL DEVELOPMENT COMPANY AND THE ESB ENERGY FOR GENERATIONS FUND IN 2016.**

HSE: €6,000

This support was administered by the HSE covering the costs of a number of elements of the Inspire Hope event. The HSE paid suppliers directly.

DLDC: €2,500

Donegal Local Development Company provided support to cover print costs, catering costs, speaker costs and venue hire for various elements of the programme. DLDC paid suppliers directly.

ESB: €3,000

Connect Mental Health received grant aid from the ESB to cover costs for the youth mental health conference and some in-school workshops.



[www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)

# FUNDRAISING

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**CONNECT MENTAL HEALTH WOULD NOT BE POSSIBLE WITHOUT A VERY ACTIVE AND SUPPORTIVE COMMUNITY.**

Connect Mental Health wish to say a special thank you to Adeline Hill for organizing the Whist Drive, Patricia Duke for organizing 'Soup on the Hill', Catherine Dolan, Shane McLoone for organising Connect Euro 2016 and to the 32 brave souls who abseiled off the roof of Croke Park stadium as part of the Croke Park Abseil Challenge.

We also had great support at our annual quiz on Easter Sunday and our pop up coffee shop in September.

## Thank you

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# SUMMARY INCOME & EXPENDITURE ACCOUNT

THE FOLLOWING IS AN EXTRACT FROM THE STATUTORY ACCOUNTS 2016

<b>Income</b>	
Balance Forward from 2015	€1,786
Fundraising Events	€21,279
ESB Energy for Generations	€3,000
Other donations	€950
<b>Total Income</b>	<b>€27,015</b>
<b>Expenditure</b>	
Youth Conference 'Be Healthy, Be Happy'	€3,778
In-school Talks	€3,942
Inspire Hope Conference	€5,424
Business Workshop	€738
Bank charges	€144
SOS Workshop	€1,000
Event management 2015 Outstanding costs	€1,089
Abseil	€4,081
Website	€557
Advertising	€1,169
Video Production	€1,600
Printing	€1,246
Staff Tshirts	€529
<b>Total Expenditure</b>	<b>€25,297</b>
<b>Funds brought forward</b>	
Funds brought forward to 2017	€1,718
<b>Total Funds carried forward</b>	<b>€1,718</b>

# SPECIAL THANKS:



THE FOLLOWING PROVIDED THEIR INVALUABLE SERVICE AND EXPERTISE TO THE  
EVENT:

CLEVER CAT DESIGN  
HUNT THE VIGAN  
SPINNINGGORILLA.COM  
JASON KANE - VIDEOGRAPHER  
DONNA MARTIN PHOTOGRAPHY  
ECLIPSE CINEMA BUNDORAN  
THE WALT DISNEY COMPANY – UK & IRELAND  
THE SANDHOUSE HOTEL



## Connect with us:

E : [info@connectmentalhealth.ie](mailto:info@connectmentalhealth.ie)

W: [www.connectmentalhealth.ie](http://www.connectmentalhealth.ie)