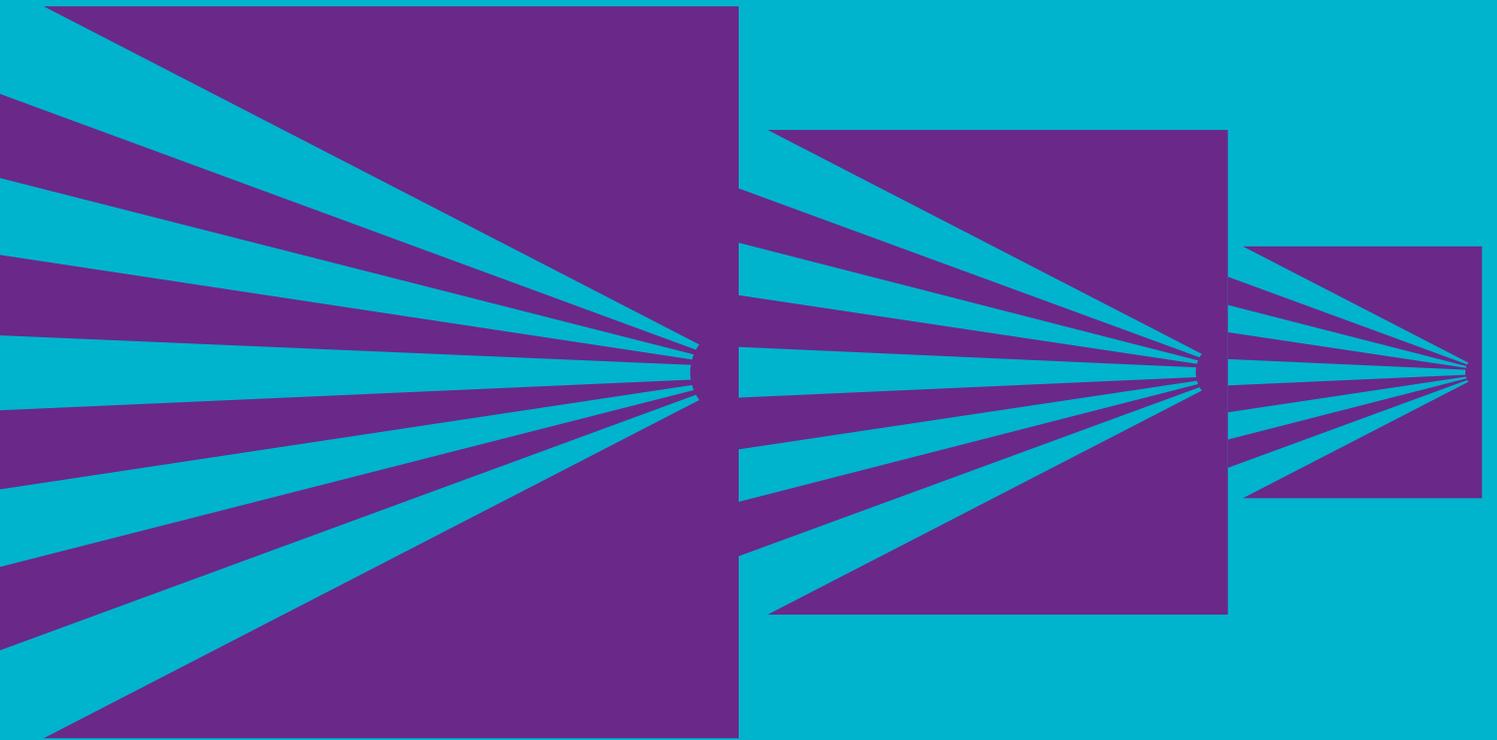


# 2021

## Annual Report



**Shine**

**iH**  
HEADLINE



Supporting people affected by mental ill health

# Contents

- 1** Mission, Vision, Values
- 2** Chairperson's Review
- 3** CEO Address
- 4** About Shine
- 6** Shine Support Services Key Achievements
- 7** Shine Support Services Overview
- 14** Advocacy and Research
- 15** Shine Recovery Fund 2021
- 16** See Change Key Achievements
- 21** Headline Key Achievements
- 26** Governance
- 29** Financial Statements
- 31** Acknowledgements

# Our Mission

is to promote individual and family recovery.

# Our Vision

is of an Ireland where all those affected by mental ill health have the right to recovery and the opportunity to achieve the best quality of life.

# Our Values

## **Shine believes that:**

- People affected by mental ill health should be accorded equal rights and opportunities available to all other members of society.
- Mental ill health should not be a cause for discrimination.
- Working in partnership with other like-minded organisations enhances success.

# Chairperson's Review



Mark Synnott  
Chairperson

Due to the COVID-19 pandemic, in 2021, Shine services were compromised and were therefore primarily delivered using digital solutions. In a sector where interpersonal interaction is of utmost importance when providing support, this has had an impact on our service delivery. Regardless of the constraints, Shine, through the flexibility and innovation of its staff, has managed to deliver a significant level of services. This approach continues to inform our practice into 2022.

According to all indicators (increased employment, increased economic growth) and notwithstanding the medium to long term effects of the COVID-19 pandemic, Ireland is still on the rise in terms of economic recovery. Shine continues to operate within some of the negative impacts from former years in terms of funding constraints which in turn have put pressure on the organisation regarding staff retention and recruitment. These factors have impacted Shine's ability to provide a full range of services in all regions, which has resulted in our teams developing innovative approaches to their work. Shine has taken active steps to work with our funders to achieve restoration of funding.

During 2021 Shine continued to strengthen, and demonstrate, its internal financial and operational controls through the procurement of an internal audit function and an internal audit plan for the next two years.

Shine's greatest asset is its employees and volunteers, without whom we could not provide our wide range of services. Their commitment, hard work, energy and imagination are what enable us to respond to the growing and complex needs of those who turn to us for assistance. The dedication and flexibility of all staff and volunteers in the provision of these services is fully recognised.

In April 2021, John Saunders retired from his role of Chief Executive Officer after 20 years of service. We are grateful to John for his dedication and commitment, both professionally and personally to Shine throughout the years and wish him all the best for his retirement.

In November, we were delighted to announce the appointment of Nicola Byrne as Chief Executive Officer. Nicola brings a wealth of experience and understanding of the impact of mental health challenges on people with lived experience and their families. We look forward to working with Nicola as we now focus on developing a new three year strategic plan, following the extension of our current strategic plan 2019-2021, Making Change Happen into 2022.

The work of Shine would not be possible without the continued support of its donors. We are very fortunate to receive support from a wide variety of sources, including statutory bodies, individuals and companies. Their support is greatly appreciated. In particular, we would like to acknowledge the continued support of the Health Service Executive.

Yours sincerely

A handwritten signature in purple ink, appearing to read 'Mark Synnott', written in a cursive style.

Mark Synnott, Chairperson

# CEO Address



Nicola Byrne  
CEO

I would like to endorse the report of the Chair and refer to the some of the challenges and achievements for Shine in 2021. The year was a difficult one, for many reasons, with key challenges including the ongoing impact of the COVID-19 pandemic and a difficult market for the recruitment and retention of staff. The ability of our staff to continue to deliver and adapt in challenging circumstances is highly admirable and crucial to mention.

I took up the post of CEO in early November 2021. I am proud to hold this role and recognise the value and benefit of the work that Shine does. We are strengthening our relationships with our core funders through partnerships and examining ways to diversify funding streams going forward. A recent HSE audit has proved very helpful in ensuring good governance and compliance with all of the demands placed on a section 39 organisation. By year-end 2021, Shine had implemented all recommendations outlined in the audit.

I am aware that the management team and staff of Shine put much work into maintaining services during the transition period between CEO's and I want to thank them for all of their hard work during that time. Change is never easy, but it is clear that our staff are very committed to living the values of and delivering on the mission of Shine.

Prior to my engagement as CEO, some work had commenced to standardise practices across our frontline services with a focus on developing a model that would take us into the future. It is my plan to support and drive the change in a programmatic and evidence-based way that ensures we are doing the best that we can for those who avail of our services.

I believe that Shine is well positioned to represent the voice of people with lived experience and their supporters. As a result, we placed a bid for Shine to host the Sharing the Vision National Implementation Monitoring Committee Reference Group at the end of 2021. We put a strong case forward and we were delighted to learn that Shine had won the bid. Sharing the Vision focuses on developing a broad based, whole system mental health policy for the whole of the population and I am delighted that Shine has the opportunity to put the voice of those that use mental health services at the centre.

I have always followed and supported the work of Shine throughout my career. Unfortunately, the reason for the need for this organisation has not gone away. There has been changes and improvements over the years but the work that we do and the vision we hold is needed more now than ever.

I look forward to leading this organisation into 2022 and beyond.

Yours sincerely

A handwritten signature in black ink that reads "Nicola Byrne".

Nicola Byrne, CEO

# About Shine

Since our establishment as a national organisation in 1979, Shine has worked tirelessly to shape better policies and services for all those affected by mental health challenges. We support individuals and groups to enhance their recovery, challenge negative attitudes and behaviours and deliver a variety of programmes and services.

Shine is proud to be the only national mental health organisation specifically founded to support all family members.

Our teams provide a range of services to support individuals with lived experience of mental health challenges and their families and supporters. What we do;

## Information and brief support



Information and brief support provides a coherent response to informing and supporting people affected by mental health difficulties, including families, in a time of immediate need. Our Information and brief support service is aimed at strengthening the knowledge and understanding of people affected by mental health difficulties, including families, in the areas of

1. Mental health recovery
2. Signposting to local mental health and community supports
3. Their rights as outlined in key policies and legislation

Our Information and brief support service also provides an avenue in which people can access further Shine supports as required.

---

## Individual recovery planning and support



Individual recovery planning and support is appointment-based support which can vary in duration and frequency depending on the person's needs. The individual work is designed to support the person to plan, navigate and action their recovery journey in their life and community. We work with people with self-experience of mental health difficulties, including working with people experiencing, schizophrenia, psychosis, unwanted intrusive thought, personality disorders, anxiety, obsessive compulsive disorder, depression, bipolar disorder and voice hearing.

Shine's individual recovery planning and support utilises different evidence-based assessments and approaches based on the individuals need. We work in a solution and strengths focussed way and building trusting and non-judgemental relationships with people who use the service.

---

## Peer support groups



Core to Shine's history and work is the provision of safe and recovery orientated community-based peer support groups for individuals and family members. The purpose of these groups is to decrease isolation and stigma and increase individual's feelings of connectedness, hope, identity, meaning and empowerment. Our groups are facilitated by paid Shine peer facilitators who have their own lived experience as well as extensive training and knowledge in recovery.



## Recovery education

Shine has several recovery education programmes that are tailored specifically for people affected by mental health difficulties and family members.

Our recovery and education programmes are co-produced with experts by lived experience, either as an individual or family affected by mental health difficulties. Our programmes are also evaluated and reviewed periodically to ensure they remain relevant and adhere to best practice standards in recovery education.



## Advocacy

Shine advocates for social change by promoting and defending the rights of all those affected by mental health difficulties to equal support and quality services. Shine works towards integrating a human rights-based approach into mental health policies and legislation and proactively engages in the review of key policy and legislative processes. A dynamic advocacy group (including members with lived experience, family members and supporters) collaborates with Shine in the implementation of advocacy initiatives.

## See Change

See Change, a programme of Shine, is dedicated to ending mental health stigma in Ireland. See Change aim to;

- Reduce stigma associated with mental health problems and challenge discrimination;
- Create an environment where people are more open and positive in their attitudes and behaviour towards mental health;
- Promote greater understanding and acceptance of, and support for people with mental health problems and;
- Create an environment where people with experience of mental health problems are empowered to gain equality, respect and rights.

Across the country, See Change works with its Ambassadors, partners and workplaces to debunk the myths and misconceptions about living with a mental health difficulty through their Ambassador programme, See Change Workplace programme and the national Green Ribbon campaign.



## Headline

Headline, a programme of Shine, is Ireland's national programme for responsible reporting and representation of mental ill health. Headline supports and works collaboratively with the media, and through media monitoring, education, research and support, aims to;

- Reduce the media's effect of suicide contagion in Ireland
- Improve representations of mental health experiences in the media
- Improve Irish audiences' understanding of mental health experiences
- Reduce the stigma and discrimination associated with mental health challenges.



# Shine Support Services Key Achievements



Continued **roll out and expansion of our online peer support groups** for people with lived experience of mental health challenges and families and supporters

Introduction of **online Group Facilitator support and upskilling sessions**

Pilots of our **online education and training programmes successfully completed** leading to national roll-out in 2022



**Collaboration with the HSE Early Intervention in Psychosis** on the development of a Family Informed Care module for trainee psychiatrists and established the Family and Peer Psychosis Network

**Established a partnership with MyMind** to support family access to counselling

**Reached 20,623 people directly through our work in local communities** with the general public, our partners in the HSE and other statutory, community and voluntary organisations



**Shine delivered 1,554 one-to-one individual recovery support sessions** despite COVID-19 restrictions

**7,500 information and support sessions delivered**



**Publication of the FRIENDS evaluation report** highlighting the significance of the Family Recovery model that has been developed by FRIENDS over the last number of years

**Two new national research projects commissioned by Shine:** Mental Health Services, Support Available and Identified Gaps | Language of Mental Health and Mental Illness



**Shine Cork “Steps of Hope” exhibition** took place showcasing pieces of art and messages of hope across the city



**Shine gathers 438 signatures** and presents a petition to Minister for Mental Health and Older People, Mary Butler **calling for more investment for services that support recovery of psychosis**

# Shine Support Services Overview

All Shine support services are guided by the objectives set out in Shine's Strategic Plan 2019 - 2021 *Making Change Happen*, and for the purpose of this report, we will identify the services delivered in accordance with the objective that influenced them.

1

## Objective:

To provide appropriate and timely information and education as required to support recovery for all family members

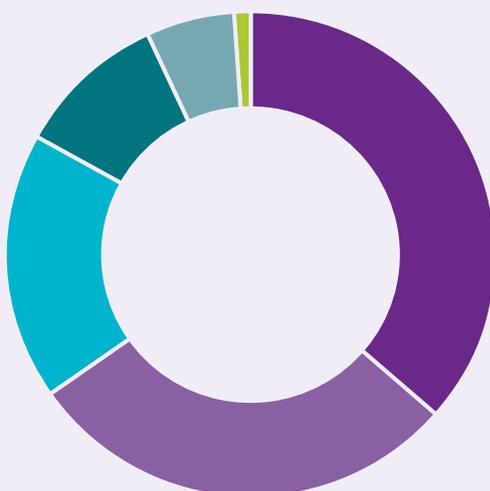
## Achievements:

7,500  
information and  
support sessions

- Nationally, Shine provides brief information and support to strengthen the knowledge and understanding of people affected by mental health difficulties, including families, in the areas of;
  - Mental health recovery
  - Local mental health and community supports
  - Mental Health rights as outlined in key policies and legislation.

Our team of 15 provided 7,500 information and support sessions to 7,000 people in 2021. This essential frontline community support proved to be of crucial importance to many people, as COVID -19 restrictions impeded those who wished to interact and engage with mental health services.

## Reasons for Contact



Information on Shine (events, programmes, groups, See Change, Green Ribbon)

Recovery Support

Community Support

Mental Health Information

Covid-19 Support

Crisis Support

# 735

people attended  
Shine training  
in 2021

*“You made me feel so welcome, and you were both so insightful and provided such a kind and supportive space, it was great to be a part of it.”*

*“I liked that the other participants were an interesting and varied group from all over the country. They potentially could have given insights from their unique perspective to help me and others.”*

- In addition to these supports, we also delivered a range of recovery-oriented education courses and workshops including our *Taking Control* workshop and *Stress Management* course. We also enjoyed success in delivering online pilot versions of our *Finding My Way* and *Recovery and the Family* education courses in the Midwest. We look forward to continuing the roll out of these courses on a national basis in 2022.
- For the period of time that our community support groups were suspended, Shine successfully established online support groups, providing additional supports to people with self-experience and relatives, which have become a permanent feature of our service provision. Thankfully with the easing of restrictions in December 2021, we were able to gradually begin the process of recommencing our in-person community support groups. In 2021, 735 people attended Shine training, including; *Finding My Way*, *Recovery in the Family*, *Stress Management*, Peer facilitator training and WRAP training.

***“I want to thank you so much for the chance to join such an amazing bunch of people and to be part of such a shared experience that made me feel less alone on my own journey of recovery.”***

- To ensure our group peer facilitators were supported and prepared for the eventual return of activities in the community, following the COVID-19 lockdowns, we provided ongoing engagement and upskilling sessions. These sessions were conducted online and provided facilitators with an opportunity to connect with their peers and Shine staff. We would like to thank our facilitators for their continued commitment and dedication to Shine and the people who access our services.

***“As a Shine Peer facilitator, it was great to connect with everyone in Shine nationally during this difficult time. I felt empowered after our first meeting; it was very beneficial to hear all the other facilitators views, what we could do going forward as facilitators for the year and the training and learning we could achieve as a group. I think myself and a lot of the other facilitators felt like they were listened to. We had the opportunity to facilitate some workshops as well as the option to attend all workshops and training. It was great to connect on a monthly basis and it was great to hear from different areas around the country. It was also good during the year to have the online support groups trialled out, which I attended for myself and found it was very beneficial and gave me something to focus on. I suppose it gave me hope for myself to know that I still had Shine work to do and carry forward into 2022.”***

# 2

## Objective:

To lead in the promotion of the right to person centred and appropriate recovery orientated services

## Achievements:

# 1554

one-to-one individual support sessions delivered

- Shine is a leader and champion of the recovery movement, supporting individuals to explore and realise their recovery goals.

We work with people with self-experience of mental health difficulties, this has included working with people experiencing, schizophrenia, psychosis, unwanted intrusive thought, personality disorders, anxiety, obsessive compulsive disorder, depression, bipolar disorder, voice hearing.

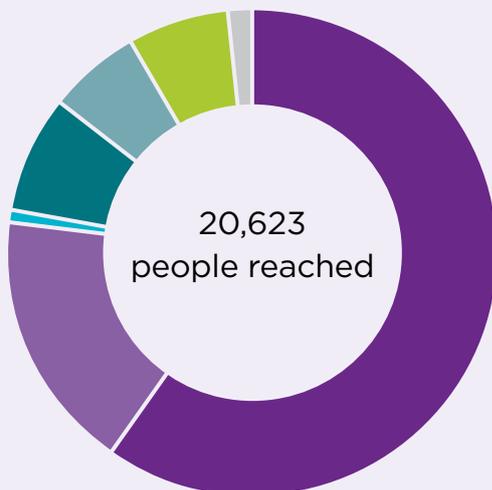
Through a dedicated team of 7, based in Cork, Dublin and Waterford, we supported 118 people to plan, navigate and action their recovery journey in their life and community. We delivered 1,554 one-to-one individual recovery support sessions in 2021, despite ongoing COVID-19 restrictions.

# 20k+

people reached through our work in local communities with the general public and our partners in the HSE and other statutory, community and voluntary organisations

- Our teams across the country continued to play a prominent role in the Mental Health Engagement and Recovery initiatives across the country. This is especially evident in the Midwest, where the development of the FRIENDS initiative has gone from strength to strength. So much so, that the recent evaluation of the FRIENDS initiative was published in 2021, outlining the merits and significance of the evidence-based Family Recovery model that has been developed by FRIENDS over the last number of years.
- In 2021, we reached 20,623 people through our work in local communities with the general public and our partners in the HSE and other statutory, community and voluntary organisations. Through our partnerships, Shine promotes community focused recovery and inclusion for all who access our services. We aim to raise awareness of mental health issues in the community and work to reduce the stigma associated with mental health challenges.

## Community Engagement



**General Public 12,352**

**HSE Professional 3,553**

**Public Representative 140**

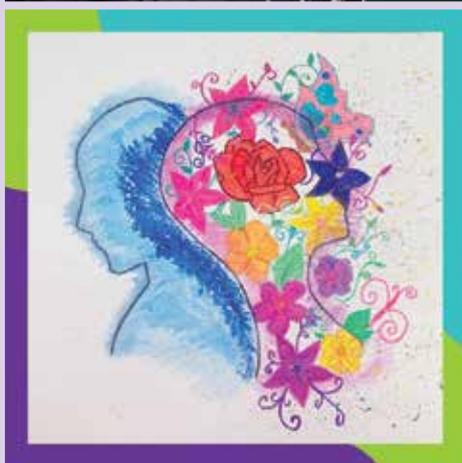
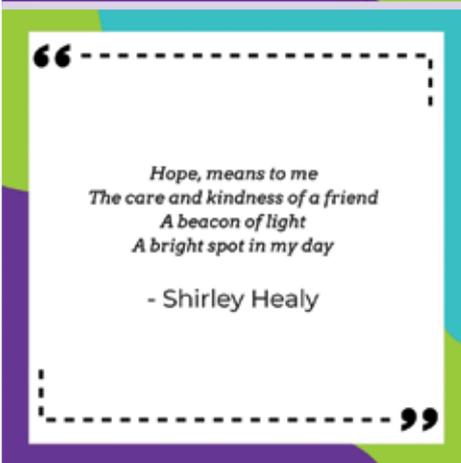
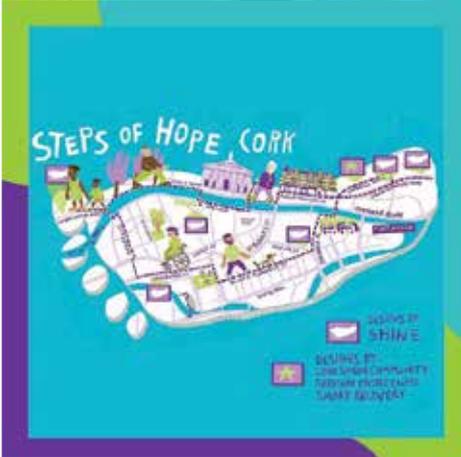
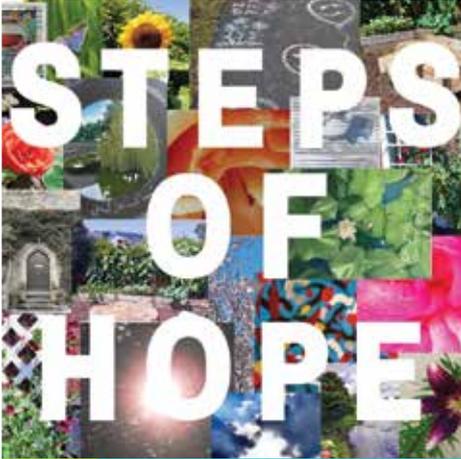
**Voluntary Group 1,640**

**Collaborator 1,244**

**Facilitator 1,351**

**Third Level Institutions 343**

- For the month of September, Shine Cork's exhibit 'Steps of Hope Cork' was displayed on billboards across the city. 'Steps of Hope Cork' is a collection of creative works by people who have experienced or are on their journey to mental health recovery. The pieces of art, messages and images were ones of hope - that living well with, and recovery from, severe mental health experiences is possible.



## Our Partnerships and Collaborations

### **MyMind** - Supporting family access to counselling

Hearing Voices Ireland Network Board CESCO CEN AsIAM Cork Simon  
Focus Ireland Waterford Nasc Migrant and Refugee Rights Cairde  
HSE Sexual Health Centre HSE and Cork Local Drug and Alcohol Task Force  
SMART Recovery DNCC HSE Disability University College Cork Bealach Nua  
CLUID Housing NUIG Family Carers Ireland Social Prescribing Services

**HSE Social Prescribing Coordinators** - Supporting people to connect range of community supports to improve their health and wellbeing. Now available in over 30 locations around the country

Clare Leader Forum Tusla Kildare North Tipperary Development Company  
Gateway Mental Health Services Limerick Acute Psychiatric Unit  
Mayo Drug and Alcohol Support DCU Louth Leader Partnership  
CUH Student Nurse Programme Drogheda Institute of Further Education  
Laois Traveller Action Group Head in the Game initiative

**HSE Mental Health Recovery and Engagement Leads** - Shine work closely with our partners in HSE to ensure the voices of people who use our mental health services are heard and respected

Advancing Recovery in Ireland Family Resource Centres and Recovery Colleges  
Offaly Traveller Movement Mental Health Engagement and Recovery  
Cork Connecting for Life Clonakilty Wellness Committee Threshold  
HSE RISE Early Intervention in Psychosis Team (South Lee) SOSAD  
Mental Health Ireland Cork Healthy Cities Lantern Community Project

**Recovery Colleges across Ireland** - Shine offers our courses through many of the recovery colleges and work closely to support the message of recovery

CHO9 Service Improvement Recovery and Reform Education Working Group  
HSE Roscommon CMHT Child and Family Support Network  
Prevention Partnership and Family Support in Longford Patient Advocacy Services  
National Learning Network MABS St. Patricks Mental Health Services SHEP  
Merchants Quay Epic Advocacy Service Forensic Mental Health Services

**TUSLA, MenPower Offlay, Threshold, Merchants Quay, Cork Sexual Health Centre** - When it comes to recovery, Shine works with many community partners to support all aspects of a persons life - parenting, physical health, social connections, housing etc.

Highfield Mental Health Services RehabCare Laois Connects Samaritans  
Kerry Peer Support Network ARIES Recovery College HSE EVE  
HSE CHO7 Connecting For Life CHO6 Family Recovery Working Group  
Step-up Project Turn2Me Midleton FRC Pieta House GROW  
South Lee Blackrock Hall Home Based Crisis Team Mental Health Reform

*“I’m really thankful for everything” a “good and straight forward process.”*

- Shine developed a partnership with MyMind in June 2021. MyMind are a national counselling and psychotherapy service, offering face to face and online counselling. Family members who support a loved one with mental health challenges can often feel isolated and their own mental health can be affected. We noticed that there was a gap for family members in being able to access therapeutic supports for themselves. Through this partnership, Shine is in the position to support family members to access funded counselling with qualified and accredited counsellors within their communities. During our pilot phase August to December 2021, we referred 33 family members to MyMind. We are delighted to be able to continue this partnership into 2022.

*“I think providing family members with an access code, empowers them to then take the next steps for themselves to contact MyMind.”*

# 3

## Objective:

To be a key influencer in the development of national mental health service policy and practice and the reduction of stigma and discrimination

## Achievements:

- Shine is a core member of the HSE National Clinical Programme for Early Intervention in Psychosis (EIP) Implementation and Advisory Group.

We remain acutely aware of the stigma and difficulties individuals and families face around experiences of psychosis in society and in our mental health services. Standard treatment is not the most effective support. We continue to work to ensure that every person and family member affected by psychosis have access to specialised Early Intervention in Psychosis teams in their locality.

Shine has worked closely with individuals and families who have experiences of psychosis to raise awareness and have their voices heard.

In 2021, we hosted an information webinar with Dr. Karen O’Connor, Clinical Lead for EIP and Local Lead of RISE for individuals and families who have experiences of psychosis and people who work in the area to inform them of the Early Intervention in Psychosis model of care.

From that webinar, 6 individuals and family members partnered with Shine to develop the Psychosis Peer and Family Network. This group met three times in 2021 and contributed their expert experience to the development of Shine’s petition for increased investment in psychosis service. They also provided their expert input into the development of Family Informed Care e- module for College of Psychiatry. This group continues to work as part of the Shine Advocacy group supported by our dedicated Advocacy Officer.

- Shine collaborated with the College of Psychiatry, the HSE Early Intervention in Psychosis, HSE Mental Health Engagement and Recovery Office and Mental Health Reform on developing a Family Informed Care teaching module for trainee psychiatrists. Shine family members and people with lived experience of mental health challenges are integral to the process, sharing their experience and advice as part of the module development, which aims to improve awareness among clinicians of the needs of family members during the recovery.



438

petition signatures  
for more investment  
in services that  
support recovery  
in psychosis

- Shine launched a petition for more investment for services that support recovery in psychosis, gathering 438 signatures. The petition was presented to the Minister for Mental Health and Older People, Mary Butler in our Shine Waterford Centre.
- Shine are a key member of EIP Implementation and Advisory Group. We established the Family and Peer Psychosis Network that informs our input into the group and allows us to represent and advocate for individual and family needs. Shine was also invited to join the Psychosis Register Steering Group.

# Advocacy and Research

## Advocacy

Shine is working towards becoming a key influential player in mental health policy and legislation in Ireland. An advocacy strategy was co-produced with people with lived experience, family members, supporters and members of the staff, and it guides Shine's advocacy engagement to achieve results in the following two areas:

(1) Increased access to better services for people experiencing mental health difficulties and their families, carers and friends

A dynamic advocacy group (including members with lived experience, family members and supporters) collaborates with Shine in the implementation of advocacy initiatives. The group receives regular updates from Shine and members decide the initiatives they want to engage with based on their skills, interests, knowledge, availability and personal experience.

Shine proactively engages in the review of key policy and legislative processes including for example;

the reviews of the Mental Health Act and the Decision-Making Capacity Act. The added value that the organisation brings to these processes are the voices, personal experiences and testimonies from people with lived experience, family members and supporters.

Shine works towards integrating a human rights-based approach into mental health policies and legislation. Our advocacy work is based on key guiding principles from the UN Convention of the Rights of Persons with Disabilities (UNCRPD) and the European Convention on Human Rights (ECHR).

(2) Development and implementation of a standardised mental health training and information baseline to be implemented in every workplace across Ireland

Shine, through its See Change programme, and in collaboration with relevant stakeholders, is designing a comprehensive mental health training and information baseline and will, over the coming years, advocate relevant government departments for its implementation across all workplaces in Ireland.

## Research

In line with Strategic Objective no.3, Shine committed to supporting and participating in research activity which will encourage the active involvement of people with lived experience of mental health challenges and their families and supporters. Research will be participatory and action based and will seek to demonstrate best practices and innovative approaches to service delivery and recovery.

Shine commissioned three important pieces of research in 2021, to obtain solid, up to date, useful and reliable information supporting advocacy interventions.

These research activities included:

- (1) Research into the availability of mental health services across the country, support available and identified gaps.
- (2) Research into mental health and language probing how language contributes to stigmatisation in mental health.
- (3) A whole evaluation of our See Change Programme that included the development of an evaluation framework for the programme.

Throughout 2021, Shine was also an active participant and collaborator on a wide number of external research projects including;

- Key member of the HSE National Clinical Programme for Early Intervention in Psychosis (EIP) Implementation and Advisory Group.
- HRB and St John of Gods funded research project "Identifying Children At Risk of Schizophrenia" Ian Kelleher (RCSI/SJOG)
- HRB Clinical Doctoral Awards application David Cotter (RCSI)
- HRB research project submission "Team Function and Culture in Early Intervention in Psychosis Services (Title TBC)" Jennifer Crease (RCPI)
- The Irish National Psychosis Registry - invitation to join steering group
- Hearing Voices Ireland - invitation to be a Committee Member

Our programmes Headline and See Change also carried out a number of research related activities across 2021 which are highlighted within the relevant sections of this report.

# Shine Recovery Fund 2021

# €6,600

awarded to 18 individuals

In 2021, Shine received 37 applications for funding from the Shine Recovery Fund. A total of €6,600 was awarded to 18 individuals for various activities including gym memberships, college and course fees and the purchase of art materials, laptops, music lessons and other creative activities.

The purpose of the Shine Recovery Fund is to facilitate a person with self-experience of mental ill health to achieve some aim, which may be an educational, recreational or social activity and which may require a small amount of money to help him/ her achieve this purpose.

Applications must be for a recognised project where there is a clear need and benefit from undertaking it. Examples of projects, which might be supported include:

- part or full payment of educational or training course fees
- contribution towards the development of a creative or artistic project
- contribution towards participation in a recreational activity
- contribution towards the purchase of an item, which may assist the person in a creative, educational or work activity
- contribution to a project, which enhances the person's employment, self-esteem or presence in the community.



See Change is Ireland's national mental health stigma reduction partnership working towards ending the stigma associated with mental health challenges. Its work is informed by people with lived experiences of mental health challenges, including its 50+ Ambassadors, who are best placed to give insight into mental health stigma and discrimination.

In our work to reduce stigma and discrimination, See Change runs the annual national Green Ribbon campaign and a six-step pledge programme to help Irish workplaces create an open culture around mental health. The programme includes several fully-funded workshops, templates, and resource documents to help organisations and staff implement real change.

It is See Change's vision that every person in Ireland can be open and positive about mental health, understanding that it as a normal part of life's ups and downs.

# See Change Key Achievements



**14 new fully trained See Change Ambassadors**

**46 stigma reduction workshops delivered to workplaces** by Ambassadors and See Change staff



**240+ attendees at virtual Green Ribbon events**

**83+ pieces of media coverage**

**See Change Programmes Leader, Barbara Brennan, was interviewed on Ireland AM** during Green Ribbon



**Launched the Green Ribbon Impact Report 2020 and Mental Health Matters guide**

**Completed Stand Up to Stigma research** (booklet will launch in Q2 2022)



**35 personal stories of lived experiences with mental health challenges shared** on our website and social media channels

## Key achievements in 2021 under Shine's Strategic Objectives.

# 1

### Objective:

To provide appropriate and timely information and education as required to support recovery for all family members

### Achievements:

Across 2021, we provided information to the public through the following:

- Ambassadors delivered **stigma reduction workshops**
- Official See Change **Green Ribbon virtual events**
- **Social media campaigns**, including our **#GetUncomfortable** which prompted a much broader and deeper conversation about mental health
- **Interviews** with Ambassadors and mental health workers on the *See Change Sessions Podcast with Alittegail*.



*“As a fairly new immigrant to Ireland, I wanted to feel a part of a community and I have found that in becoming an ambassador for See Change. Not only is there zero judgment on my mental health difficulties and sexuality but they are enabling me to break down the stigmas for others and most importantly the self-stigma I place on myself.”*

*Brodie Thompson, See Change Ambassador*

# 2

### Objective:

To lead in the promotion of the right to person centred and appropriate recovery orientated services

### Achievements:

#### See Change Ambassador Programme

Ambassadors are people with lived experience of mental health challenges who receive See Change training to share their stories to confront mental health stigma and discrimination.

In 2021, the See Change Ambassador Programme achieved the following:

- **Volunteer Applications:** 29 Applicants, 14 volunteers successful
- **See Change Training:** Induction training, Headline media training, stigma presentation training, and two personal development workshops
- **External Training:** LGBT Ireland, Mental Health First Aid Ireland, Tusla Children First, media training
- **Personal Story Sharing:** 35 personal stories shared

14  
successful  
volunteer  
applications

## 2

**Objective:**

To lead in the promotion of the right to person centred and appropriate recovery orientated services

**Achievements:**

27

public speaking  
events

5

radio interviews

- **Public Speaking:** 27 public speaking events
- **See Change Information Content Creation Involvement:**
  - Personal development plan
  - *What is Stigma?* Presentation
  - Contributions to *Stand Up to Stigma* and *Mental Health Matter* guides
  - Contribution to *Green Ribbon Impact Report*
- **Ambassador-led Podcast:** Hosted by See Change Ambassador, 20 Ambassadors interviewed across the year
- **Media Engagement:** 5 radio interviews, quotes in 50+ articles

***“As an ambassador, I wear my green ribbon with pride. It’s time to normalise conversations about mental health and see change.”***

*Linda Garvin, See Change Ambassador*

## 3

**Objective:**

To be a leader in initiating and participating in research and innovation to inform knowledge of recovery, policy and practice

**Achievements:**

***“Stigma is still a significant problem for people with mental health difficulties, so I would like to commend all of the hard work that See Change is doing to change public attitudes around mental health and help people to realise that it’s ok not to be ok.”***

*Mary Butler, Minister of State for Mental Health and Older People*

**Evaluation of the See Change Project**

2021 saw the completion of an external evaluation of the See Change Project by Quality Matters with recommendations for improvements across See Change services. These recommendations covered training, baseline standards, data measurement, and improvements to the programmes to assist with increased engagement for better and more measurable impact. The See Change team have already started implementing these recommendations, with the main items to be actualised in 2022.

**Research Launched in 2021**

- *Green Ribbon Impact Report 2020*
- *Mental Health Matters: A Guide to Ending Mental Health Stigma in the Workplace*
- Following a tendering process, initial work on the language of mental health was conducted by Just Economics in 2021. This research will continue across 2022 and will seek to bring the voices of people with lived experience of mental health challenges, professionals, and service providers together with the aim of finding some common terms around mental health and mental illnesses to further reduce the stigma that exists.

# 9th

Green Ribbon campaign events all virtual due to ongoing COVID-19 pandemic

## Green Ribbon Campaign 2021

The Green Ribbon campaign aims to end mental health stigma by prompting a national conversation about mental health and to encourage people to educate themselves about mental health challenges. We provide free resources and 500,000 free pins nationwide for the campaign, with thanks to the support from the National Office of Suicide Prevention provides. Wearing a Green Ribbon – an international symbol of mental health awareness – shows that you are open to having conversations about mental health.

Due to the ongoing COVID-19 pandemic, See Change decided that all See Change events for the 9th Green Ribbon campaign should be virtual.

Following on from last year’s theme of *discrimination*, the 2021 theme was *exclusion*. The aim of the campaign was to educate the general public about the following:

- **What exclusion is**
- **Where exclusion shows up in society**
- **How it feels to be excluded**
- **The behaviours of exclusion**
- **What we can all do to be more inclusive**

Across the month, See Change collaborated with many groups who experience exclusion, including:

- **The Traveller community**
- **Black and Ethnic minorities**
- **LGBTQIA+ community**

### During the Green Ribbon Campaign, See Change:

<b>Hosted</b>	6 events, including Dublin and Cork launches, and 4 weekly events, with 240+ attendees
<b>Distributed</b>	almost 400,000 Green Ribbons, 1,000 face masks, and 1,000 metal pins
<b>Organised</b>	3 Ambassador media interviews
<b>Secured</b>	52 Ambassador articles in local and national media
<b>Included</b>	5 Ambassadors on the See Change Sessions Podcast
<b>Arranged</b>	for 2 Ambassadors to speaker at other events

National research was conducted post campaign and a 2021 Green Ribbon Impact Report will be published in early 2022.



See Change team at the Dublin launch



Lord Mayor of Cork, Cllr Colm Kelleher, Minister of State for Mental Health and Older People Mary Butler, and See Change Programme’s Leader, Barbara Brennan

# 4

## Objective:

To be a key influencer in the development of national mental health service policy and practice and the reduction of stigma and discrimination

## Achievements:

# 39

podcast sessions



## 228,904

facebook reach



## 364,045

Instagram reach



## 656,637

twitter reach

# 529

managers trained  
at 47 leadership  
workshops  
nationwide

Throughout 2021, See Change took the following steps to help reduce mental health stigma and discrimination and influence societal change:

- Shared 42 Ambassador stories on social media
- Organised for 28 Ambassadors to speak at events, including stigma presentations, lived experience talks and panel discussions
- Published 39 episodes of the See Change Sessions podcast
- Facebook reach 228,904, Instagram reach 364,045, Twitter reach 656,637.

### See Change Workplace Programme

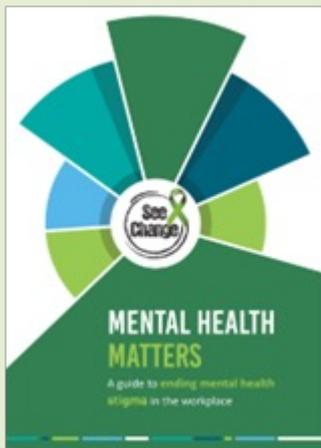
See Change identified the workplace as a key setting for bringing forth positive social change around attitudes toward mental health challenges. The Workplace Programme helps facilitate a cultural shift in places of work so that employers and employees feel supported and secure in starting conversations about how mental health can affect each one of us.

*“We recently held an event hosted by a See Change Ambassador and it was truly wonderful to see how our people spoke so openly to such a large audience.”*

*Alma Healy, Commercial Delivery People Engagement (AIB)*

### In 2021, See Change

- Delivered 47 leadership workshops and trained 529 managers across Dublin, Cork, Kerry, Limerick, Kildare and Galway
- Piloted a new Workplace Introduction presentation and Action Plan workshops
- Created a new online content and resources, including:
  - Workplace welcome pack
  - Green Ribbon supporters pack
  - Workplace FAQs
  - Workplace E-signatures
  - Updated Manager workshop presentations
  - Mental Health Champions info document
- Certified 6 workplaces at the See Change Networking & Certification event
- Launched a research booklet aimed at employers and employees who want to create a workplace culture where everyone feels comfortable having open and honest conversations about mental health: Mental Health Matters.





## HEADLINE

*Supporting media, changing attitudes*

Headline is Ireland's national programme for responsible reporting and representation of mental health challenges.

The programme promotes accurate and responsible coverage of mental health-related issues, including suicide and mental illness, in accordance with international media guidelines. Headline is a global leader in media and mental health practices, leading innovative research and developing evidence-based methods for improved representation and reporting of mental health challenges.

Following the challenges in 2020 due to COVID-19, 2021 saw Headline resume all of its key functions. In addition to this, several new and innovative offerings were developed across education and media support. There were also distinct achievements and growth in Headline's research output. Overall, Headline accomplished numerous key objectives in 2021.

# Headline Key Achievements



Website hits 2021: 8.5k

# 30%

increase from 2020



Twitter followers  
Gained in 2021: 87

# 3%

increase from 2020

Twitter impressions  
2021: 599k

# 37%

increase from 2020



**Media monitoring:**

**Online Irish news content related to suicide and stigmatising language: 12,320**

(Up 17% on 2020 figures)

**Non-compliant with suicide reporting guidelines: 1,479 (12% of articles)**

**Containing stigmatising language: 509 (4% of articles)**

Key achievements in 2021 under Shine’s Strategic Objectives.

1

**Objective:**

To provide appropriate and timely information and education as required to support recovery for all family members

**Achievements:**

Across 2021, we provided information and education through the following:

*Burnout, Vicarious Trauma and Compassion Fatigue in the Newsroom training workshop*

1st

of its kind in Ireland launched by Headline

**Burnout & Vicarious Trauma Workshops**

2021 saw Headline launch a series of newsroom-specific mental health workshops. *Burnout, Vicarious Trauma and Compassion Fatigue in the Newsroom* training represents the first of its kind in Ireland and provides a forum for the discussion and practical management of vicarious trauma and burnout in the Irish news industry.

Facilitated by Headline and delivered by industry expert, Michele Grant, the first roll-out of the two-part workshops was hugely successful. Participants from over ten different news organisations across Ireland, covering print, radio, TV and online, were provided with in-depth knowledge of vicarious trauma, its manifestations and effective coping tools.

Attendees from both the manager and reporter level workshops were hugely receptive to the training and remarked that there was **a fundamental need for it to be offered to media professionals across the board.**

**Student Workshops**

Headline resumed its education function in autumn 2021 following a hiatus due to COVID-19. Led by Headline Education Officer, Paul Barr, Headline’s education offering to journalism students has been fully redeveloped to accommodate both in-person and online delivery.

In its updated form, detailed safeguarding measures have been implemented for both delivery formats. This has created a safe space for Ireland’s next generation of media professionals to learn the value of media guidelines and explore approaches to challenging case studies.

Feedback on the redeveloped workshops from student participants and faculty members has been **overwhelmingly positive.**

## 2

**Objective:**

To lead in the promotion of the right to person centred and appropriate recovery orientated services

**Achievements:**

Research found just

2%

of existing resources included the perspective from someone with lived experience

New Headline resource

1st

of its kind globally created to address current misrepresentation of mental health experiences

**Media Trust Initiative**

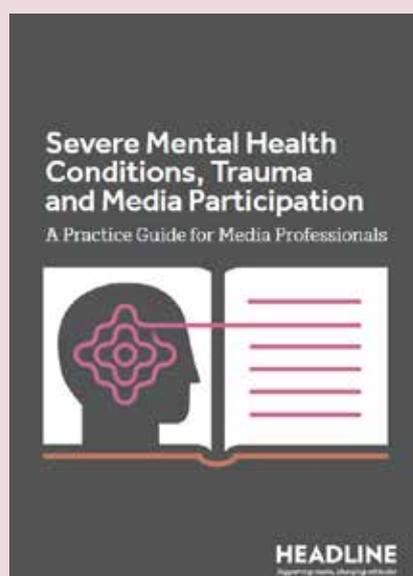
Following its completion in autumn 2021, Headline's Media Trust Initiative was launched at the 2021 Mental Health Media Awards. The Media Trust Initiative is a best practice guide for Irish media on engaging people living with mental illness as media participants.

*Severe Mental Health Conditions, Trauma and Media Participation: A Practice Guide for Media Professionals* was co-produced by media professionals and mental health advocates to support journalists who want to address the current imbalance and

misrepresentation of a number of mental health experiences.

Our research found that just 2% of stories related to severe and enduring mental health challenges actually included the perspective or a contribution from someone with lived experience. The guide – the first of its kind globally – and the research that informed it, were created in partnership with Quality Matters.

Since its release, the new resource is already proving instrumental in working to significantly improve current representations of mental health challenges in Irish media.



## 3

**Objective:**

To be a leader in initiating and participating in research and innovation to inform knowledge of recovery, policy and practice

**Achievements:****International Association for Suicide Prevention Congress 2021**

In spring 2021, Headline began the process of submitting a research proposal to the 2021 International Association for Suicide Prevention (IASP) World Congress. This bi-annual global research conference brings together academics, researchers, practitioners, those with lived experience and innovators from across the world to share and collaborate in expert thinking related to suicide and suicide prevention.

Led by Headline Programme Officer, Elaine Haskins, Headline’s research abstract was successful and Elaine was awarded the opportunity to present Headline’s research in the form of a poster presentation at the virtual conference in September 2021.

The research examined variations in suicide reporting guideline adherence based on celebrity suicide narratives and used the death of Caroline Flack and the Irish news media as a case study.

The resulting research identified key patterns in Irish media guideline adherence, proposed two new narrative categories and suggested a focus on future educational offerings in categories of higher non-compliance.

**Broadcast Monitoring**

Following several trial broadcast periods in 2020 and early 2021, and a successful funding application to expand Headline’s media monitoring function, 2021 saw the Headline team officially begin monitoring Irish broadcast content.

As an under-researched area, Headline identified that broadcast has the potential to offer high yield teachable moments in media-centred suicide prevention.

In addition to this, analysis from the 2020 broadcast trials showed that 11% of pieces were non-compliant with guidelines, highlighting broadcast as an area that would benefit from education and intervention.

Broadcast monitoring began in July 2021 and is already providing valuable insights for Headline’s education and research functions. Initial analysis suggests that regional radio audiences may benefit from targeted educational interventions by Headline.

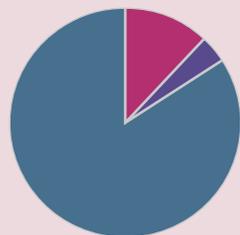
4

**Objective:**

To be a key influencer in the development of national mental health service policy and practice and the reduction of stigma and discrimination

**Achievements:**

12k+  
articles containing  
content related  
to suicide  
and stigmatising  
language  
monitored by  
Headline  
↑ 17% on 2020

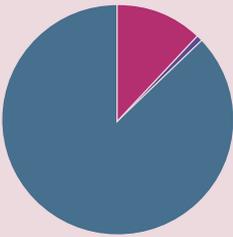


**Media Monitoring for Suicide & Stigmatising Language**

In 2021, Headline monitored 12,320 articles containing content related to suicide and stigmatising language, an increase of 17% from 2020. Of these, 12% were non-compliant with the Samaritans suicide reporting guidelines (↓3%). Use of stigmatising language was recorded in 4% of these articles (↓1%). Of articles containing stigmatising language, 33% was related to violence (↑6%). Overall, we are seeing an improvement in standards of reporting.

458

total broadcasts  
related to suicide  
and stigmatising  
language  
Jul-Dec 2021



12% non-compliant  
with suicide reporting  
guidelines

<1% containing  
stigmatising language

**Broadcast Monitoring**

After several trial broadcast periods, Headline began regularly monitoring broadcasts in July 2021. Headline reviewed broadcasts fortnightly, as it is a more resource-heavy operation than the monitoring of online news media.

Total content related to suicide and stigmatising language July-December 2021: 458

- Non-compliant with suicide reporting guidelines: 56 (12%)
- Containing stigmatising language: 2 (<1%)

**Mental Health Media Awards 2021**

The Mental Health Media Awards (MHMAs) celebrate stories that break down stereotypes, engage audiences and enhance the public’s understanding of mental health challenges.

Originally planned for an in-person ceremony, the 2021 MHMAs took place on 1st December in a virtual setting, to allow for all attendees to safely participate in and enjoy the awards.

Maintaining its popularity, the event garnered over 180 submissions in 2021, covering a hugely diverse range of topics and a wide geographical spread across Ireland.

Expertly led once again by television and radio presenter Anton Savage, the event recognised and rewarded the work of media professionals and those with lived experience across nine different categories. Winners included The42.ie, The Irish Times, Cork’s 96FM and The Clare Champion, among others.

*This year’s MHMA trophies, designed by Magill Woodcraft.*



180

Mental Health  
Media Award  
submissions  
2021

# Governance

## Officers and Professional Advisors Schizophrenia Association of Ireland T/A Shine – Supporting People affected by Mental Ill Health

<b>Chief Executive Officer</b>	John Saunders (retired April 2021)	
<b>Auditors</b>	Deloitte, Deloitte & Touche House, Earlsfort Terrace, Dublin 2	
<b>Bankers</b>	Bank of Ireland, Lr Drumcondra Road, Dublin 9	
<b>Solicitors</b>	Gore & Grimes, Cavendish House, Arran Court, Smithfield, Dublin 7	
<b>Registered Office</b>	Block B, Maynooth Business Campus, Straffan Road, Maynooth, Co. Kildare	
<b>Registered Numbers</b>	Charity tax reference number	CHY 6380
	Charity registration number	20011512
	Company registration number	70462

### Shine's Board of Director's

Shine is governed by a voluntary Board of Directors elected by the Shine membership. The Board operates to Shine's Constitution and Strategic Plan and meets bi-monthly. The role of the Board is one of governance, which involves development of the strategic policy, oversight of policy implementation and the oversight of financial and fiduciary responsibilities.

### Matters Reserved for the Board

1. To define the vision and strategic direction of the organisation.
2. To ensure good governance of the organisation.
3. To define the central mechanisms of the organisation to safeguard reserves.
4. To maintain overall management of the organisation.

### Specific Functions of the Board include

1. Adoption of the strategic plan and budgets.
2. Approval of significant acquisitions and disposals of assets.
3. Approval of significant borrowings of the organisation.
4. Approval of the annual report.
5. Approval of annual audited financial statements.
6. Appointment of finance committee.
7. Appointment of governance committee.
8. Appointment of any other committee as agreed by board.
9. Appointment of the CEO.

The Board of Shine can have 12 voluntary members (8 elected, 4 co-opted). This Board is elected every year at the AGM. The Board also uses Boardmatch from time to time to assist with the recruitment of new board members. Boardmatch connects individuals who are interested in volunteering their skills with charity organisations that have board vacancies.

New board members receive induction training upon appointment to the Board of Shine and additional training is arranged as required by board members.

On appointment to the Board, new board members must sign a declaration of confidentiality. They must also sign the board members code of conduct which outlines the standards of behaviour expected. This is an agreement between individual board members and Shine.

Shine has a Board Conflicts of Interest and Loyalty policy in place. All board members must declare any conflicts of interest or loyalty on appointment to the board and on an annual basis. Conflicts of interest and loyalty are a standing item on the agenda of all board meetings.

Board of Directors 2021 (as at 31st December 2021)	Board Meeting Attendance
Mark Synnott (Chairperson)	7/7
Brian Miles (Secretary)	7/7
Kevin Roantree (Treasurer)	7/7
Martin Melvin	6/7
Pascal King	4/7
Marieke Altena	6/7
Anne O Connor	5/7

## Board Subcommittee

There is one subcommittee of the Board, the Audit and Risk Committee who meet regularly to review the finances of Shine.

Members of Audit and Risk Committee 2021	Meeting Attendance
Kevin Roantree	6/6
Brian Miles	6/6
Ronan Jennings	6/6

## Shine Audit and Risk Committee Terms of Reference

The Board of Shine shall establish a committee to monitor and advice on internal organisational controls. The committee shall:

- Promote the understanding of the organisational review function at Board level.
- Provide a forum for senior management to discuss internal control including issues raised by external audit, risk management and governance.

## Terms of Reference

- To monitor and review at agreed intervals the operating accounts for Shine to include income and expenditure accounts, provisional balance sheet and cash flow analysis prior to recommending them for adoption by the Board.
- To monitor and review internal financial control and accounting practice.
- To review operating accounts for previous year prior to submission for external audit.
- To liaise with external auditors following completion of their annual audit.
- To review the prepared external audited accounts prior to submission to the Board for final sign off.
- To advise on the prepared accounts for publication in the Annual report of Shine.

- To provide as requested reports to the Board of Shine.
- To monitor and review the corporate risk policy and risk register including the statement of risk appetite.
- To monitor and review matters of corporate governance relating to the Adopted Code of Governance for the Community and Voluntary Sector, any other voluntary or statutory codes and specific items of governance that may be presented to it from time to time.
- To ensure on an annual basis a review of Shine Board performance including performance of individual board members and its committees.
- To provide to each Board meeting a brief report on the committee's activities.

## Membership

- The committee shall be established at the first meeting of the Board following an AGM.
- Membership of the committee shall be; the Honorary Treasurer of Shine; The Honorary Secretary; one external candidate agreed by the Board; the Chair of Shine (ex officio). A quorum should be two members of the committee.
- The committee shall be convened and chaired by the Honorary Treasurer.
- The committee meeting may be attended by the CEO of Shine, Finance Manager, Administration Manager and Head of governance and HR.

## Meetings

- The committee shall meet at least 6 times a year and at least two weeks prior to the scheduled Board meetings.

## Documentation presented to the Audit and Risk Committee

- Activity Report
- Balance Sheet
- Cash flow Statement
- Income and Expenditure Account – Actual v Budget
- Updated Risk Documents
- Health and Safety
- Policy updates
- Governance documents
- AOB considered necessary for discussion at this meeting.

## Charities Governance Code

Shine is compliant with the Charity Regulator's Governance Code. This code explains the minimum standards organisations must meet to effectively manage and control their charity. In 2021 Shine reported on our compliance with the Charity Regulator's Governance code.

## Board Members Biographies

### MARK SYNNOTT, Chairperson

Mark Synnott uses his financial skills to help our Board manage our finances and improve the efficiency of our services.

Mark is an experienced financial services professional with over 25 years' experience in the international financial services industry in Ireland. His current role is to act as Trustee on behalf of investors. This means he ensures that investors' interests are protected in line with European regulations.

Mark has a Master's in Business Studies and is a member of the Institute of Directors in Ireland where he has achieved a Certificate and Diploma in Company Direction.

### BRIAN MILES, Secretary\*

Brian Miles believes in a fully resourced public health service and the importance of service users and their family members being heard and empowered.

Brian is a retired HSE Mental Health worker (clinical nurse specialist, systemic/ family therapy) and brings a wealth of experience to his role as a board member.

### KEVIN ROANTREE, Treasurer\*

Kevin Roantree has extensive knowledge and specialist skills and helps enhance the success of Shine. His knowledge and skills include:

- corporate governance
- finance
- human resources (HR)
- information technology (IT) and data
- media and communications
- risk management
- strategic development and implementation.

Kevin has worked as a Director of Corporate Operations in the Irish public health sector for the last 15 years. Kevin is also a qualified personal and management coach.

### PASCAL KING

Pascal King has a passionate interest in developing both awareness and funding in the mental healthcare sector.

Pascal is an International Business Consultant working in the pharmaceutical and related healthcare sectors. He specialises in access to medicines in the speciality and rare disease sectors.

Pascal holds a degree in Pharmacology from University College Dublin and a Master's in Health Economics from Universitat Pompeu Fabra Barcelona.

### MARIEKE ALTENA

Marieke Altena is passionate about promoting the human rights of people with mental disorders and vulnerable groups, including their right to fully participate in society.

Marieke is a programme manager in the HSE National Social Inclusion Office and started her career as an occupational therapist and case manager providing community-based clinical services to people with severe and enduring mental health challenges.

Marieke has extensive experience in; health systems strengthening, project management, capacity building, research and clinical mental health service provision within Australia, Ireland, UK, India and the Pacific.

Marieke was part of the core WHO headquarters team to provide central technical support to the World Mental Health Atlas project, a global report on countries' mental health services, resources and progress. She holds a Bachelor of Applied Sciences (OT) from the University of Sydney and a Master of Public Health from Monash University, Melbourne.

### MARTIN MELVIN

Martin has been on the Board of Shine since 2016.

### DR. ANNE O CONNOR

Anne's personal experience is that of a sibling. "My sister was diagnosed with schizophrenia about 20 years ago and has also struggled with addiction issues for many of those years. Life is very difficult for her and for my family, as we try to support her." Anne is also a senior clinical psychologist with many years experience of working in disability services. Anne also work as a lecturer in the school of psychology in NUI Galway.

### RONAN JENNINGS, Audit and Risk Committee\*

Ronan Jennings is the external Finance representative on Shine's Audit and Risk Committee. He is a chartered accountant with over 25 years experience as a finance professional and he is currently employed as CFO of a not-for-profit organisation that assists early stage businesses. Ronan's involvement with Shine was driven by his awareness of the importance of the work Shine performs in supporting individuals and families across the country who are affected by mental health challenges.

# Balance Sheet

As at 31 December 2021

	NOTE	2021 €	2020 €
<b>Tangible Fixed Assets</b>	13	<b>340,836</b>	350,172
<b>Current Assets</b>			
Debtors	14	<b>197,609</b>	129,138
Cash at bank and in hand		<b>2,082,439</b>	1,941,537
		<b>2,280,048</b>	2,070,675
<b>Creditors</b> Amounts falling due within one year	15	<b>(129,418)</b>	(84,315)
<b>Net Current Assets</b>		<b>2,150,630</b>	1,986,360
<b>NET ASSETS</b>	16/17	<b>2,491,466</b>	2,336,532
<b>FUNDS OF THE CHARITY</b>			
Restricted funds	16	<b>772,500</b>	503,734
Designated funds	16	<b>1,493,506</b>	1,069,000
General funds	16	<b>225,460</b>	763,798
		<b>2,491,466</b>	2,336,532

The financial statements were prepared in accordance with the Small Company Regime and were approved and authorised for issue by the Board of Directors on 17th June 2022 and signed on its behalf by:



**Mark Synnott**  
Director



**Kevin Roantree**  
Director

# Statement of Financial Activities

(Incorporating an Income and Expenditure Account)  
For the Financial Year Ended 31 December 2021

	NOTE	2021 Restricted Funds €	2021 Total Funds €	2021 Total €	2020 Restricted Funds €	2020 Unrestricted Funds €	2020 Total €
<b>INCOME FROM:</b>							
Donations and legacies	4	57,747	50,906	108,653	38,198	26,500	64,698
Charitable activities	5	2,220,236	-	2,220,236	1,789,723	-	1,789,723
Other	6	-	160	160	6,250	194	6,444
<b>Total</b>		<b>2,277,983</b>	<b>51,066</b>	<b>2,329,049</b>	<b>1,834,171</b>	<b>26,694</b>	<b>1,860,865</b>
<b>EXPENDITURE ON:</b>							
Charitable activities	7	2,098,872	-	2,098,872	2,155,398	-	2,155,398
Other	9	50,342	24,901	75,243	18,877	38,870	57,747
<b>Total</b>		<b>2,149,214</b>	<b>24,901</b>	<b>2,174,115</b>	<b>2,174,275</b>	<b>38,870</b>	<b>2,213,145</b>
<b>Net income/ (expenditure)</b>	11	<b>128,769</b>	<b>26,165</b>	<b>154,934</b>	<b>(340,104)</b>	<b>(12,176)</b>	<b>(352,280)</b>
Taxation	12	-	-	-	-	-	-
		<b>128,769</b>	<b>26,165</b>	<b>154,934</b>	<b>(340,104)</b>	<b>(12,176)</b>	<b>(352,280)</b>
Transfers	16	140,000	(140,000)	-	160,500	(160,500)	-
<b>Net movement in funds</b>		<b>268,769</b>	<b>(113,855)</b>	<b>154,934</b>	<b>(179,604)</b>	<b>(172,676)</b>	<b>(352,280)</b>
<b>RECONCILIATION OF FUNDS:</b>							
Total funds brought forward	16	503,734	1,832,798	2,336,532	683,338	2,005,474	2,688,812
<b>Total funds carried forward</b>	16	<b>772,503</b>	<b>1,718,943</b>	<b>2,491,466</b>	<b>503,734</b>	<b>1,832,798</b>	<b>2,336,532</b>

All income and expenditure derive from continuing activities.

# Acknowledgements

Shine would like to thank our partners and funders, without whom we would not be able to deliver the wide range of services offered nationwide.

We would like to thank our voluntary Board of Directors for their commitment to Shine and their ongoing leadership to ensure that Shine adheres to high governance standards and complies with the Charity Regulator's Governance Code.

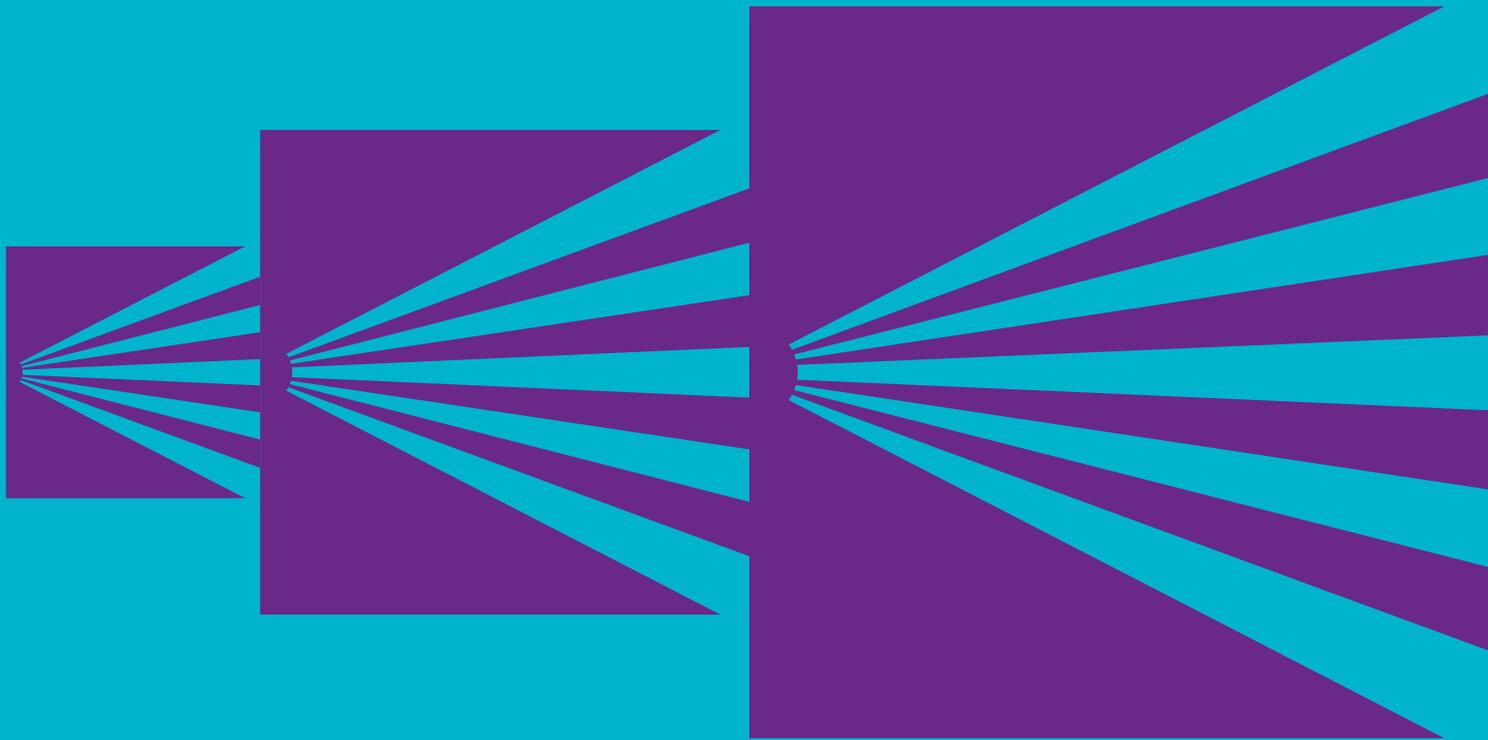
We acknowledge the commitment of our volunteers, ambassadors and facilitators of all Shine groups, without whom we could not provide this very valuable service.

Finally, thank you to all our staff members for their dedication and hard work during 2021, and their continued efforts to help Shine achieve its objectives.

---

## Our Funders





**Visit** [www.shine.ie](http://www.shine.ie) **Phone** 01 541 3715 **Email** [info@shine.ie](mailto:info@shine.ie)

**Charity Regulator Number** 20011512 **Company Number** 70462 | **CHY** 6380