



The Níamh Louise Foundation
hand someone a feather today

Rural Intervention and Support

Launch of Rural Intervention Vehicle

On 20th March 2015 at 11am, the Niamh Louise Foundation held a pre-launch of their new service, which is especially tailored for rural communities and those living in rural isolation.

The Foundation was delighted to have recently received funding from Ulster Garden Villages Ltd. and Dungannon and South Tyrone Borough Council Legacy Fund, both for the purchase and refurbishment of an exhibition vehicle and trailer for outreach work within rural communities across Northern Ireland.



The unit has been transformed into a mobile intervention and awareness unit to bridge the gap in services in mental health, suicide, and self-harm prevention and intervention within rural areas, through awareness raising and one to one intervention sessions with the aim of attending events such as farmer's marts, schools, and sporting events.



The launch event was attended by Health Minister Jim Wells who praised the new initiative saying, ***“I want people to respond to their mental health in the same way as they view physical health and access to the right support at the right time can prevent suicide. This new mobile therapy and intervention unit will contribute greatly to suicide prevention in the Tyrone and Armagh areas by providing support right to the heart of local communities. The Niamh Louise Foundation is to be commended for its dedication and contribution to suicide prevention.”***

The Niamh Louise Foundation takes bereaved families and friends to Cushendun

The Niamh Louise Foundation was delighted to be able to take bereaved families and friends on a day trip to Cushendun on 30/7/14. On the day everyone was treated to a delicious lunch in the National Trust Corner House Cafe, followed by a walk along the beach in the sunshine. The day gave families and friends bereaved by suicide the opportunity to come together in a relaxed, informal environment and was thoroughly enjoyed by all those who attended.



Kevin McKenna Memorial Tractor Run

The family and community of the late Kevin McKenna, Augher, held a tractor run in his memory to help raise awareness on mental health and suicide within our rural communities on August 10th 2014.

Kevin was a well liked member of the community, who always had a friendly greeting for those he met, says his sister Catherine McKenna. Having a love of the tractor from his childhood, we feel that this is the best way to remember Kevin and to bring the community together to raise awareness on the topics of mental ill health, self harm and suicide, in a positive and caring manner. Throughout his life Kevin had a great empathy and concern for anyone down in their luck. We would like to take this quality and show concern and empathy for anyone in our community who may be struggling with poor mental health and/or thoughts of suicide and so all funds raised will go directly to the Niamh Louise Foundation to support their work in rural areas.



Services of the Niamh Louise Foundation

Complementary Therapy

Mentoring (U18)

Befriending (18+)

Bereavement Support

Youth Group

Training on request

Niamh Louise Youth Group

Over the last number of months the Niamh Louise Foundation Youth Group has flourished. They have enjoyed numerous outdoor, art, and education activities, as well as movie nights and music nights. The group is a great success and provides an additional support to those young people affected by poor mental health and emotional well-being in rural areas. A few of the activities are pictured below including a bowling night, an identity workshop with Youth Action, B+ Training with Action Mental Health, and a very successful open night which saw other groups visit the Foundation to learn more about the services. The group continues every Thursday from 7-9pm.



Day of Reflection

On Saturday 13th December the Foundation held their annual day to remember all those who have died by suicide. The day was a positive and uplifting way to allow bereaved families to come together and share experiences and gave them the opportunity to light a candle for their loved one and place a message for them on the Christmas tree. The event was attended by the Mayor of Dungannon Councillor Roger Burton who had the opportunity to meet with and speak to a number of bereaved families.

The families were then taken to the Gables Restaurant for a day of reflection, relaxation and a chance to enjoy a meal together.



Mental Health First Aid

The Niamh Louise Foundation recently delivered two very successful Mental Health First Aid course in Tudor Oaks. 19 individuals in total completed the 2 day courses and received their certificates from facilitators Catherine McBen-
nett and Grainne O'Neill. The partici-
pants now have a better understanding of:

- what is meant by mental health/mental ill health
 - the signs and symptoms of common mental health problems including depression,
 - anxiety disorders, and psychosis
 - the range of effective interventions and treatments
- how to access help and support.



Hope & Healing through Art

After weeks of hard work the Niamh Louise Foundation Well-Being and Recovery Group were delighted to launch their fantastic mosaic art piece on Friday 20th March along side our Rural Intervention Vehicle.

The Foundation would like to say a huge thank you to Beam Creative Network for facilitating the project and to ESB Energy for Generations Fund for providing the funding to allow it to take place. The project will leave a lasting legacy of hope and healing within the Foundation.





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“The aim of the Niamh Louise Foundation is to provide a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/ or self harm. The Niamh Louise Foundation will provide love, understanding and respect with a non judgmental listening ear”.

Come and join us every Wednesday morning at 11am for a cup of tea and a chat with our Recovery & Well-Being Group

Everyone welcome!



Useful Contacts

Lifeline: 0808 808 8000

Samaritans: 0845 7909 090

Rural Support 24/7 Helpline: 0845 6067 607



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