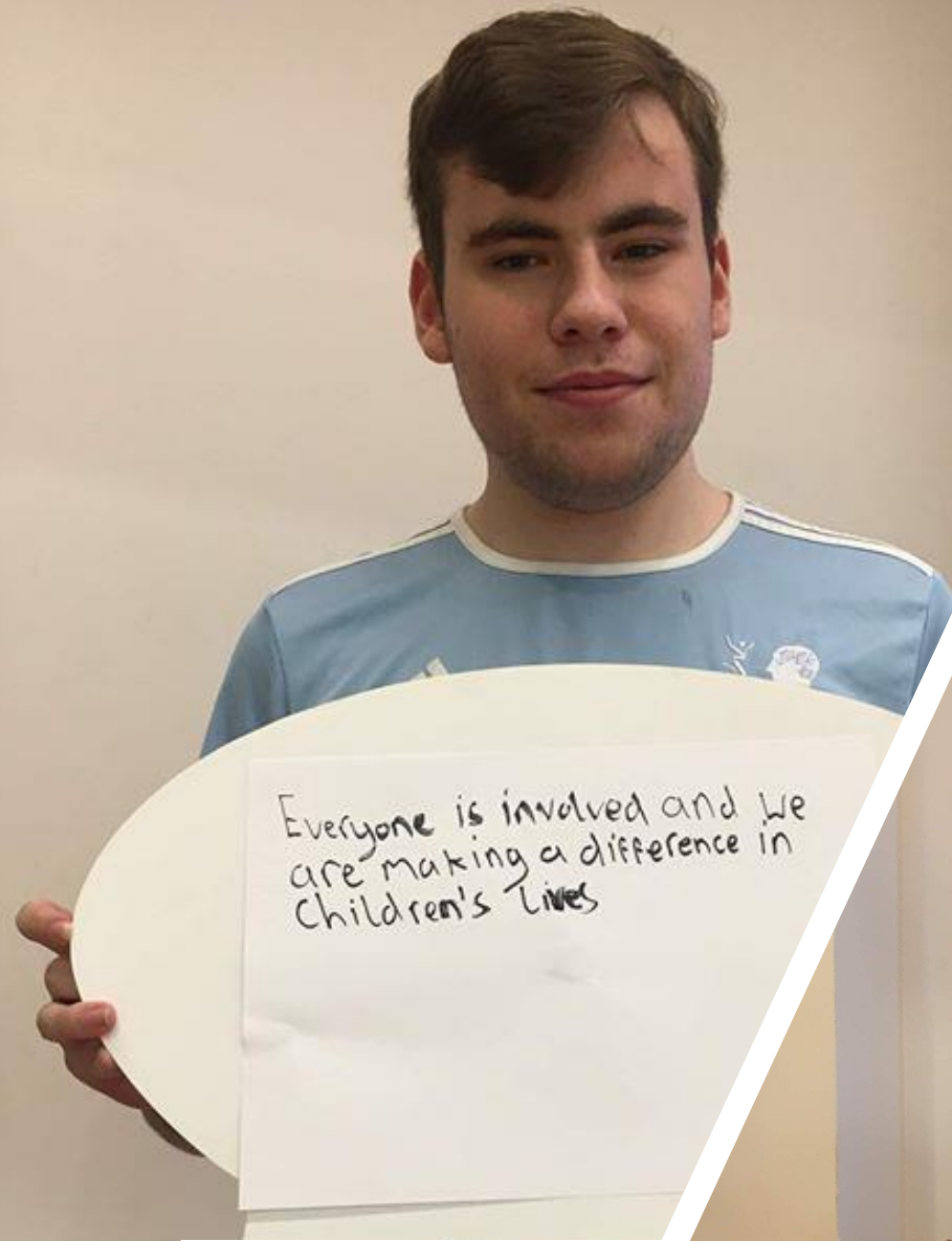




Impact Report 2019/2020

www.tamhi.org





Tackling Awareness of Mental Health Issues (TAMHI) is a mental health charity formed in 2011. TAMHI is the only sport and activity focused mental health charity in Northern Ireland. The charity was set up in memory of Thomas “Tammy Tucker” McLaughlin who died by suicide in 2009 by Joseph Donnelly current TAMHI Director and Stephen McLaughlin, Thomas’s brother.

TAMHI works with sports clubs, schools and youth groups to raise awareness of mental health and support groups to adopt programs to tackle the social issues that negatively impact on mental health and wellbeing. TAMHI delivers training, talks, youth development programs and campaigns all focused on mental health and emotional wellbeing.

www.tamhi.org

Our Vision

All sports groups and community groups who use sport and activity:

- Realise their true impact on mental health and wellbeing
- Have strong mental health structures
- Capacity & Confidence to engage their members/audiences



Our Mission

To make mental health a top priority for all sports groups and community groups in Northern Ireland.

- We will do this through campaigns and creating customised club/group resources
- Training and helping groups set up projects that implement the learning,
- Research and co-design of projects to meet our groups needs.



Sports Develop-Mental Approach

Our approach is about making a difference, working hand in hand with groups to understand their capacity and potential and adjusting our approach to their needs.

- Promote..... Positive Mental Fitness
- Raise Awareness....of issues that affect Mental Health
- Tackle Stigma.... and break down barriers through Sport





7400 Followers



12 Videos & Media
Reports



1245 Followers



617 Followers

Facebook Reach:
312308
Engaged: 204978
Videos: 139,570

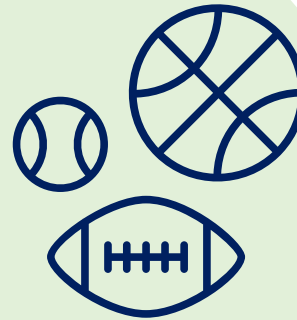
TAMHI in Numbers



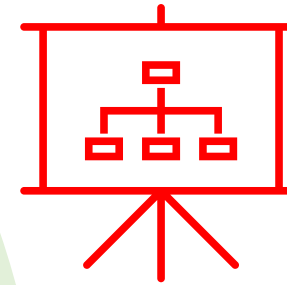
15 Funded
Programmes
Delivered



24 Schools engaged in
Our Programmes



69 Sports Groups
Supported
10,000
Wristbands/Keyrings
distributed



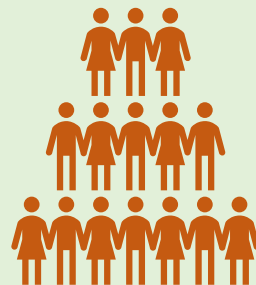
29 Group/Club
Training Programmes
(125 groups– 262 people
trained)



360
Volunteer Hours
12 Volunteers



297 Young People/Youth Training
Programmes.



7728 People
Participated
in Programmes



24 Strategic/ Community /
Non-Sport Groups
Supported



36 Talks and
Community Engagements



Warwick Edinburgh
Wellbeing Impact

88%



Impact: Be Active; Give;
Connect;
Take Notice; Keep Learning

90%



Skills Impact: Leadership,
Organization , Initiative, Resilience
and Communication

92%



Resources Style: 96%
Message: 92%



92% Programme Content
96% Tutor Style
92% Objectives met



Good Relations
Shared Space

92% Positive feelings of a shared
space post programme

Children and Young People

90% Positive towards neighboring
communities

Note Average Scores



"TAMHI approach to mental health using games to engage young people is the most innovative approach I have seen. Young people really connect"

Gavin School Teacher

"The workshop was really good and we can see how we can adopt the key messages in our club"

James (Football Coach)

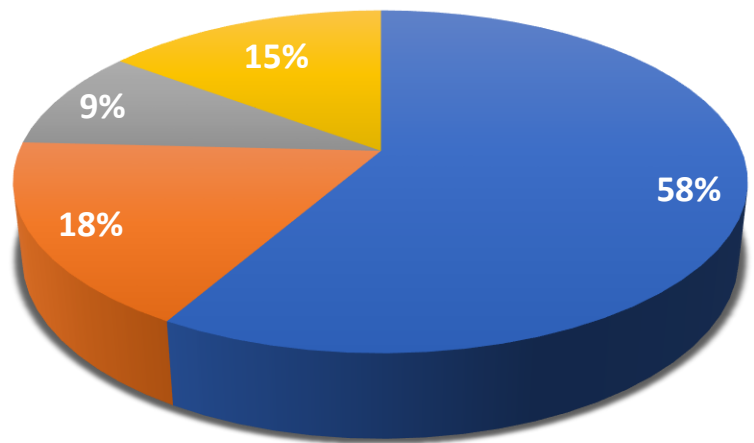
"Thanks to TAMHI I have gained so much confidence and self esteem that has helped me in school and in general life"

Cahal Young Leader

"Thank to the training and support from TAMHI I used the skills I acquired and I saved another young persons life"

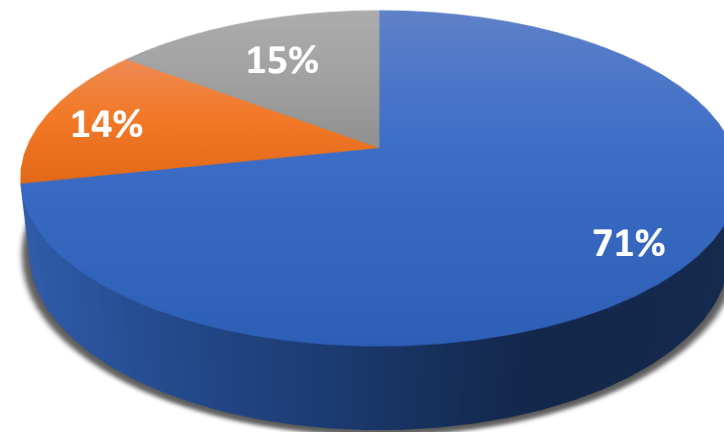
Chole

FINANCE



■ Grants ■ Donation & Fundraising ■ Other Activities ■ Investment

Income	£
Grants	160785
Donation & Fundraising	48307
Other Activities	25944
Investment	40698
Total	275734



■ Charitable Activities ■ Raising Funds ■ Other

Expenditure	£
Charitable Activities	145387
Raising Funds	27881
Other	29748
Total	203016

*TAMHI MGT accounts only





- Successfully deliver the Change Makers Programme (supported by National Lottery Community Fund)
- Get through COVID19 and adapt to challenges
- Continue to develop our Resilience & Wellbeing Programme in Schools
- Develop our network and corporate opportunities
- Develop a fundraising strategy
- Continue to support the development of mental health programmes in NI working in partnership with IFA and leading sporting bodies
- Explore new opportunities for growth and development

THANK
YOU!



Belfast
City Council

Northern Ireland
Housing
Executive

the
Tudortrust



Public Health
Agency

Project supported by the PHA





The  Community
Foundation

WESLEYAN
we are all about you



BUSINESS
Eye





TAMHI Family

