



**TBCm**

Supporting those who need it most  
*for over 125 years*

# IMPACT REPORT

2015-2016





## Message from Superintendent

Belfast Central Mission (BCM) has a long history of meeting need in Northern Ireland. Initially focussed in the inner city, it now spreads its care across much of Northern Ireland, seeking to address need where it is most helpful.

Under the ethos of the Methodist Church in Ireland, BCM makes no distinction when it comes to those who receive support from its many services.

BCM has two charitable objectives:

- \* The advancement of the Christian Religion in Ireland; and
- \* The relief of poverty, sickness, infirmity, or other necessitous circumstances through the provision of accommodation, care, counselling or education on a cross-community basis for people in Northern Ireland who are in need of such provision.

Throughout this report, you will see the breadth and depth of care expressed through Church, Community Services and a wide range of Social Care Programmes.

It is our desire at BCM to be an integral part of meeting the needs of the people of Northern Ireland, both through partnership with Statutory and other Charitable organisations, and through our own commitment to responding to need not necessarily recognised by the formal processes of government provision. To this end, many of our staff, along with our supporters and volunteers, enable BCM to care beyond the requirements of contracted services, adding significantly to the benefits to those for whom we care.



## Message from Director

Welcome to BCM's first Impact Report which we hope will give you a better insight into the organisation.

BCM strives to be an inclusive organisation that is open to all in the community and endeavours to ensure that the services provided and work undertaken with Service Users is truly reflective of the charity's five Core Values - Respect, Holistic Approach, Diversity, Excellence and Integrity.

It is good to report that in 2015 all Projects received a 90% or above satisfaction rating from Service Users. This outcome and the consistent level of performance would not have been achieved without the knowledge, skills, commitment and dedication of the Managers, Staff and Volunteers on the front line and the invaluable back-up from the organisation's Support Services.

The charity's Stakeholders are confident about the quality and standard of work produced and have commented on the many positive outcomes for Service Users when "auditing" and "inspecting" the various Projects. This positivity has been a major contributory factor in the organisation securing additional funding from Northern Ireland Housing Executive's (NIHE) Supporting People to enable further expansion of our Housing Support projects. As in any organisation, from time to time difficult decisions have to be taken and this year saw the closure of our 'dedicated' Training Department. Going forward we will source training from external providers.

There will always be challenges but as we reflect on the past year's work I think the following quote from an external audit report I received speaks volumes for all connected with BCM.....



*Belfast Central Mission (BCM) provides an outstanding service. Staff members are committed 100% at all times to provide a first class service. This is evident throughout the organisation from the office staff to those who have a daily interaction with the Service Users. Staff members welcomed me with open arms into their working environment and were keen to talk about their working practices and conditions. I can honestly say that it is one of the most inviting organisations I have had the pleasure to audit."*

## Our Strategic Plan says we aim to ...

Develop services for older people across a continuum of care including independent/ assisted living, extra care, specialist dementia and nursing care.

Be at the forefront of developing and delivering retirement living in Northern Ireland.

Further develop services for children and young people, including those with learning disabilities and those on the Autistic spectrum.

Further develop family support.

Maintain and develop the quality and effectiveness of all **BCM's services.**

Develop a significant independent income stream through social economy trading enabling BCM to better support those who need it most.

## What we did 2015-16

Supported **588** older people

Achieved **90%** positive feedback from Service Users

Were granted Planning permission for Copelands

Increased the total raised for Copelands to **£976,073.68**

Supported **275** vulnerable young people

Secured **57%** expansion of Supported Housing for 2016

Provided **12** additional places for babies at Puddleducks Day Nursery

Secured funding to continue Parent Support in Armagh, Dungannon to **25** families

**400** training courses were attended by Social Care staff

Achieved ISO 9001 quality standard . Maintained Investors in People, Investing in Volunteers

Increased income from Puddleducks by over **25%** from the previous year



## Housing Support for Older People—Dungannon & Belfast



322 older  
people supported  
with their housing  
issues



100% were  
satisfied with the  
support received



677 hours spent  
visiting Service Users  
with dementia  
and/or memory loss

### Dungannon

The project recently expanded in both numbers and geographical area. This meant that support workers travelled across the Southern Health & Social Care Trust (Southern Trust) area to many rural and isolated homes, providing support to older people often with serious housing and other problems. Many of the Service Users talked about their experience of loneliness and isolation. Signposting older people to additional supports is part of the process of helping them maintain their independence and helping them stay at home as long as possible. During the year, 95% of our Service Users were helped to access additional supports in their local community.

Funding from charitable trusts allowed us to deliver a number of social events and workshops for the Service Users and help them budget for heating throughout the winter months. Food donations from the local Church of Ireland allowed us to provide food hampers to those in need throughout the year.

### Belfast

The project remained in high demand with an ongoing waiting list. The majority of Service Users fell within the 70-79 age group and the exceptional quality of the service provided to each service user resulted in 100% satisfaction rates in the feedback.

The project continued to offer floating support, a peripatetic service and a handyman service for older people throughout the Greater Belfast area. 2015 saw an increase in referrals from North and West Belfast and a higher number of Service Users with severe housing issues such as hoarding and the threat of eviction. The increase in Service Users resulted in a slight increase in demand for the handyman service. Working closely with Service Users at their own pace has brought about dramatic change and enabled many to continue living in their own homes in the community.

## Case study

Tommy\* was referred to Housing Support for Older People in November 2015. He was at risk of eviction due to the substandard condition of his home. His bungalow had a mice infestation, bug infestation and possible flea infestation. Due to Tommy's medical issues, he was unable to clear and clean the bungalow himself. BCM worked closely with the Housing Association in order to carry out a decontamination and a deep clean of the property.

BCM's Support Worker helped Tommy to apply for the Community Care Grant and he was awarded £1,300. With the use of that funding Tommy was able to refurbish the rooms.

BCM's support with Tommy will be ongoing in order to make sure that he is able to maintain the property in good condition and to secure his tenancy.

Tommy's home is now a much more habitable and comfortable place for him. He is delighted with the outcome of all the intensive work, encouragement and support the project has given him. He is very thankful for everything and openly stated that he did not think he would be alive today if he had not had the intervention when it was most needed by BCM's Housing Support for Older People Belfast.

\*Name has been changed



## Housing Support for Young People—Newtownards, Dungannon



210 young  
people helped with  
their housing issues



93.1% of Service  
Users were in stable  
accommodation at exit  
from the service.



100%  
Satisfaction from  
Service Users

### Newtownards

This was a very busy year for the project. A number of positive outcomes were achieved for our Service Users which highlights the positive impact the support has had on their lives, allowing them to maintain their tenancies.

A successful funding application was made to ESB (The Electricity Supply Board) to enable us to run our 'Heat and Eat' programme. This included running cookery classes for Service Users and saving schemes where the Service User's contribution to heating costs was matched. It also included 'Kick Off' packs which were used to provide Service Users with essential household items when they moved house. This programme is set to run throughout 2016.

### Dungannon

After 10 years in the area the project continued to provide a valuable service empowering young people to find appropriate accommodation and live independently in their own homes. We worked mostly with young people aged between 18-25 years. These young people have varying support needs and some required the service for longer periods than others.

Funds obtained from grant-making Trusts enabled us to run a number of additional activities e.g. 'Cook It' programmes. Using funding from ESB, we continued to provide additional support to young people to help combat fuel poverty.

Our Service Users have made great progress towards achieving their goals using the Outcome Star measuring tool to plot how their lives have changed.

## Case study

Casey\* was referred to Housing Support for Young People (HSYP) in March 2015. She asked for help, as Social Services were going to remove her young son and put him into care, because of an incident of domestic violence in the home and the state of the flat, including broken furniture, smashed glass as well as hammers and knives lying about the premises. At that stage Casey did not want to acknowledge the fact that her then partner was posing a risk and could seriously harm her and her son.

It was agreed that she needed to move out of her current accommodation. HSYP's Support Worker helped her to find a room at Women's Aid for some time and then to move to her son's grandmother to have some stability and a good routine for her and the child.

With the help of her Support Worker Casey successfully applied for a house through Ark Housing. She was awarded a Community Care Grant and was able to obtain some furniture, clothes and toys for her son.

She is now settled in her new home and her child has been removed from the Child Protection Register. She and her Support Worker are also working on her cooking and budgeting skills and Casey is attending an Essential Skills course once a week.



## Parents' Support—Dungannon & Armagh; North Down & Ards



60 families  
& children  
were  
supported



2 children were  
removed from the  
Child Protection  
Register



100% of  
families received  
practical support

### Dungannon & Armagh

Families were visited in their own homes and given support tailored to individual needs for up to twelve months. Every family is completely unique and they required varying levels of support. We consistently supported 15 families to develop new skills and coping mechanisms and to enhance their ability to keep their children safe.

We were delighted to receive confirmation of funding from the Southern Trust to continue this work for the next two years. With additional funding secured through the efforts of staff fundraising we have been able to run monthly activities for both parents and children.

It remains a priority for us to secure additional funding to add to the valuable work carried out with our families and to help with costs associated with transport/volunteering and interpreting (for non-English Service Users).

We were delighted to have three volunteers who gave their time to support our families and enhanced the service greatly.

### North Down & Ards

The Project continued, for the 16th year, to provide support for young parents on a one to one and group basis. The small staff team and one dedicated volunteer worked hard to meet the very often complex needs of these young people and in addition they made and maintained strong links within the local community to enhance their programme, both in terms of finance and opportunities for the young people to develop.

The Project was part funded by the South Eastern Health & Social Care Trust (South Eastern Trust) and received a grant from Children in Need at the end of 2014. An additional small grant from the Department of Culture, Arts & Leisure early in 2016 helped to cover activity costs.

## Case study

Jenny\* was living on her own and was socially isolated, with no real family support. She had numerous physical and serious mental health issues, was a heavy binge drinker and misused drugs. Her health was also at risk as she had several sexual partners and she was into her second trimester before realising she was pregnant.

Her low mental health resulted in significant self-harming and regular overdosing, with numerous hospital admissions. She was already engaging with mental health services and a Community Psychiatric Nurse had been appointed.

Initially Jenny was unwilling to engage with Parent Support and it was a slow process to establish trust. We offered practical support e.g. items for her baby and transport to antenatal appointments. Gradually Jenny accepted the help offered and she received **intense support in preparation for her baby's arrival.**

Due to the risk-taking behaviours and poor life style choices, lack of independent living skills and historical family relationship problems, a referral to Gateway (social work service) was forwarded for pre-birth assessment.

BCM assisted Jenny to move back to her family town by applying for grants to help her set up home. We helped her to decorate her new home. All the necessary items for the arrival of baby were also obtained. Jenny received advice on parenting and was shown practical things such as sterilizing and making up bottles.

**BCM Parents' Support offered and implemented an intense support package with daily visits planned for when baby arrived.** With co-operation and multi-agency working Jenny developed the necessary parenting skills and Social Services closed the case.

\*Name has been changed



## Supported Housing—Belfast, Bangor, Newtownards, Dungannon



32 young people were accommodated in BCM's Supported Housing



100% of the young people moved on from the project in a planned way



97% of young people were signposted to and received support from specialist services

### Belfast

Once again the project was identified as being the most appropriate placement for a number of young people who were assessed as "high risk" and for whom immediate accommodation and a high level of support were provided. In order to provide adequate support, Belfast has been double-staffed since November 2015 and this cost has been met by Belfast Health & Social Care Trust (Belfast Trust) and South Eastern Trust. Due to a shortage of placements within the Belfast Trust area, the Belfast house also accepted two young people as emergency admissions and was once again recognised as "going the extra mile" to support young people in crisis.

The overriding issue was New Psychoactive Substances (otherwise known as "legal highs"). Project staff dealt with some very challenging situations and have expanded their knowledge in this area significantly. As these substances are very new and ever changing, it presents a real challenge to keep current with trends and associated risks.

### Bangor & Newtownards

The project is designed to support young people with low to medium support needs. However, it continued to accommodate and support young people with more complex needs; for example extensive drug misuse, at risk of sexual exploitation and violent and aggressive outbursts. This presented many challenges to the staff team who remained focused and committed to delivering ongoing support to the residents.

### Dungannon

The project worked with Service Users who presented with very challenging behaviours. Staff were faced with incidents including significant self-harm, mental health issues, alleged sexual exposure and potential Child Sexual Exploitation. The team worked closely with their colleagues, the Southern Trust, PSNI and additional services within the local community to ensure that the young people involved were fully supported and kept safe.

## CASE STUDY

Johnny\* came to live at BCM Supported Housing in his late teens after being removed from his family home by Social Services because he had been subject to neglect, physical and emotional abuse. When Johnny moved in, he was not in education or employment, was serving a youth conference order for recent criminal activity and was involved in anti-social behaviour and alcohol misuse.

Through good relationships developed over time with Support Workers, Johnny began to take on board advice and make changes in his lifestyle. Johnny understood the negative influence of certain peers and stopped associating with them as his behaviour was risking his tenancy. Johnny then enrolled on a course in joinery, which included two days a week in placement; he attended regularly. With support, Johnny developed new attitudes and aspirations and engaged purposefully towards his personal development and future. Johnny developed his budgeting skills, his cooking skills, his confidence and his employability.

In the final months of Johnny's tenancy he became a father and was supported to develop the confidence and maturity needed for this role. Johnny moved out of BCM Supported Housing to live with his child and his partner. He left progressing towards a career equipped with skills needed for independent living.

\*Name has been changed



## Community Services—Belfast



**130**  
volunteers  
11,100  
volunteer hours



**3,070**  
Children received toy  
parcels at Christmas



**95%**  
of befriendees would  
feel isolated without  
their BCM befriender

Forty Lunch Clubs , Nine Tea Dances and Three short breaks took place during the year. The Befriending scheme grew in numbers and friendships continued to strengthen. At times it was challenging matching the best suited volunteer with the right older person however it was made worthwhile by the very noticeable change in most of our Service Users.

Our biggest asset was our volunteers, who freely gave so much of their time.

Betty\* was referred to Community Services by BCM Housing Support for Older People (HSOP) project in Belfast. They had been supporting her with housing issues to enable her to remain living in her own home. During this time they could see that she was feeling lonely and isolated and so, when their work with her was completed, they contacted Community Services as a follow-up.

After a visit to Betty in her home, we were able to match her up with a suitable befriender, whose company she now enjoys once a week, with plenty of chat over a cup of tea.

Betty was further encouraged to attend our Wednesday Lunch Club, where she was able to meet new friends. Betty rarely missed this opportunity to get together with the others, have a tasty hot meal and join in the light entertainment. In addition, her befriender and the other members of the lunch club encouraged Betty to take part in one of BCM's short breaks and she subsequently booked to join us on a short break in Coleraine with some of her new friends.

All these activities have provided Betty with new opportunities to socialise and have reduced her feelings of isolation. This has made a big difference to her life.

*\*name has been changed*



## Therapeutic Counselling—Newtownards



22  
young people  
supported



18 young people were helped  
to reduce suicidal thoughts or  
self-harming behaviour



526  
sessions of  
counselling  
offered

The project provides a service in BCM's Newtownards office and is available 3 days per week, with our Senior Counsellor committed to both the clients she supports and to BCM as an organisation.

Service user and Stakeholder feedback remained extremely positive as were the outcomes for our Service Users and we remain committed to keeping this service as a vital part of the 'Wraparound' support offered by the teams in Newtownards.

Sarah\* was 18 years old when she was referred to our service by her BCM Housing Support Worker. She was homeless and suffering from severe post-natal depression. She has two children. Her son lives with her but as Sarah felt unable to cope with her daughter shortly after her birth, she temporarily allowed her daughter's father to care for her. Being separated from her and having limited contact led to her mood becoming incredibly low and she had attempted suicide as she had little hope for the future.

Sarah has been a regular attender at counselling as she feels it gives her a safe place to offload and she has learned new strategies to manage her overwhelming feelings. 18 months since being referred Sarah is able to talk openly about her feelings instead of bottling them up which greatly reduces her risk of suicide attempts. She is in a new relationship and is taking things slowly. She is closer to her family and can share how she is feeling and ask for help. She has been re-housed and has consequently settled in her new home. She has recently secured employment which in turn has increased her self-worth, confidence and sense of purpose. She has regular contact with her daughter and is fighting for joint custody and feels she has the strength to deal with this now.

\*Name has been changed



## Kirk House, Housing with Care—Belfast



49  
residents  
cared for



98%  
occupancy



33%  
of residents are being  
supported to live  
with dementia

As the average age of the residents of Kirk House has increased, the level of dependency has also risen. The staff continued throughout the year to work hard to create a home for life.

Involvement of the residents and their relatives in social activities increased greatly over the course of the year and new daily activities brought the residents together more. Residents also became more involved with the running of the home with their choices always taken into account. We were especially grateful to the relatives who worked hard to fundraise for the front garden area to be landscaped.

*“Before coming to Kirk House and on reflection, I realise I was not in a great place mentally, physically or emotionally. If I am very honest I was not looking after myself properly. I also found that where I was living was becoming dull and impersonal. There was very little activity or interaction and I was beginning to retreat to my own space.*

*I was aware of the depth of concern family and friends had for me. I visited Kirk House for a so called 'trial'. I was invited to stay in the guest room and see for myself what it was like. I was not under any pressure to stay and at the same time I was welcomed very warmly. I noticed immediately the care and attention of the staff was exemplary. Although I do not like to eat too much, I found I was eating more and more regularly. Even visiting the dining room each mealtime introduced me to more people and I got to make new friends quickly.*

*The staff keep the accommodation spotlessly clean all day and are often calling at my door to check if I have any needs. They are helpful, lovely people and I have thoroughly enjoyed getting to know each one of them. I have found [the Manager] Andrea to be the most helpful of all of them and every potential problem or anxiety has been solved or alleviated by her.*

*I enjoy a luxurious bath twice a week and getting my hair and nails done is also a treat. The daily activities are interesting too and I enjoy the crafts and the interaction with Gilnahirk School. We even have our own Postman Pat called Sammy. My concerns are all addressed and more importantly my four daughters have a peace and ease of mind about me. That is very important to me. I am most grateful for my trial becoming a long stay and even though I am still in the guest room I know this is the wisest decision I have made”. By Sally, a resident of Kirk House.*



## EAGLE, Autism support—Belfast



74

children helped during  
the year



100%

of the children experienced  
a positive change due to  
the project

It was with great sadness that a decision was taken in February 2016 to close the EAGLE project after 15 years of highly innovative and creative work with families of children with Autism. BCM had funded the project significantly over this time but despite all efforts to secure substantial recurrent funding, our income for the project continued to reduce. Despite the need for the service, BCM could no longer continue to sustain that financial position. We are proud that our very small, part-time team of dedicated and passionate staff were able to support 865 families over the last 15 Years and are indebted to Heather Taylor, whose concept EAGLE was. Our appreciation is also extended to the many volunteers and staff who have worked with us with commitment and compassion.

### Testimonial:

“Our family first came into contact with the EAGLE Project in 2008 when our son, then 5, received his formal diagnosis of High Functioning Autism. We have received such support and kindness from the group.

Firstly from the information workshops, which were invaluable for parents coming to terms with a diagnosis. In addition to this, EAGLE staff have always been accommodating and helpful if we have needed advice or direction.

Secondly from the Children's worker who took our son under her wing for a year and helped him with his social skills.

Thirdly from Sibs' Club, which his older brother attended to help him understand Autism a little better.

Finally, after being on the waiting list for some time, our son was able to benefit from the Eyrie Youth Group along with his younger sibling.

We can't put into words how much EAGLE's support has meant to us over the last 7 years and thank them for all that they have done for us.”



## Grosvenor Hall Congregation

The Grosvenor Hall congregation sits at the heart of Belfast Central Mission. Along with our congregation in Sandy Row, we continued to serve the city centre as one of the longest surviving congregations in the heart of the city. A welcoming and caring congregation, the Grosvenor Hall community actively supported the Social Care programmes of BCM, volunteering and fund raising extensively throughout the year.

As the nature of society continues to change and develop, the Grosvenor Hall congregation provided a basis for exploration of new forms of ministry to the city centre community through involvement in Belfast Street Pastors and a commitment to consideration and reflection upon the nature of chaplaincy to those working in a modern city centre, again remaining committed to the inclusive nature of the organisation as a whole. The congregation lies at the heart of a sensitive and respectful commitment to the whole person, spiritual, emotional, psychological and physical, reflected throughout the organisation as a whole.

*A view from the pew! By one of the congregation.*

Sunday worship was blessed with richness and diversity and not least with unscripted but heart-warming moments. The Preaching Plan revealed a diversity of ministerial input; primarily Rev Richard Johnston and Rev Emily Hyland, but increasingly a rota of retired ministers who offered wisdom and insights from many years' experience! Rotas also operated for the organ, Bible Readings and Prayers of Intercession. There was a very colourful, thought provoking and inspiring flower ministry as well. But the highlight of Sunday worship, for many, was the Children's Story mainly serviced by four or five members of the congregation. Thus, the children got very different stories or activities based on a biblical theme to consider. It was with delight, if, perhaps, trepidation on the part of their parents, when the young children offered unscripted responses! But such are the important foundations of faith.

Our faith is active and relevant and continued to reveal itself in practice. Thus most of the congregation volunteered for the community service work of BCM such as the Wednesday Lunch Club, the Christmas Food and Toy Parcels or helping with fundraising Appeals.

And the view from the pew was all the more satisfying as we listened to regular Church Notices that referred to increasing fundraising activities organised by BCM staff for their projects and, of course, the ongoing updates of its own fundraising endeavours towards the Copelands Dementia and Nursing Care campaign.



100% of respondents to Parent Survey would recommend Puddleducks to family or friends



7.5% increase in occupancy levels from the previous year

Puddleducks enjoyed yet another successful year and is continuing to grow from strength to strength. With the opening of the new Goslings room in March 2015, we increased our capacity from 52 to 64. This room (for 18mths-2yr olds) did not take long to fill.

Several more of our staff team have been involved in "Creative Learning" training with Early Years and this continues to have a very positive impact on our practice and how we maximise the potential of our children.

We are very proud to have had another excellent Social Services inspection in June 2015 when we were recognised as fully compliant with all the necessary regulations and guidelines. The inspector was very complimentary of the staff team, their positive interactions with the children and how well they engaged the children in play and learning opportunities.

With the numbers of children continuing to grow, we also increased our staff team and we currently have 25 people working in Puddleducks Day Nursery.

Each of the staff continues to strive for excellence in their practice to develop our approach to make Puddleducks the best early years environment for all our little ducklings.



122 external clients, many of whom used our facilities multiple times



92% satisfaction rate regarding the standard of our attentiveness and quality of catering

Room Hire experienced a more diverse spread of customers during the year whilst continuing to support BCM projects with their activities. We also began to link in with organisations whose work complements that of BCM.

Business links remained strong with a long term agreement with HMRC (Inland Revenue) who rented a room two days every week. This will continue throughout 2016. We have also been able to continue our long term links with McDonalds despite the introduction of their new Third Party Procurement process. Several of BCM's social care projects work in partnership with Choice Housing and the latter have also begun to use our Room Hire facilities.

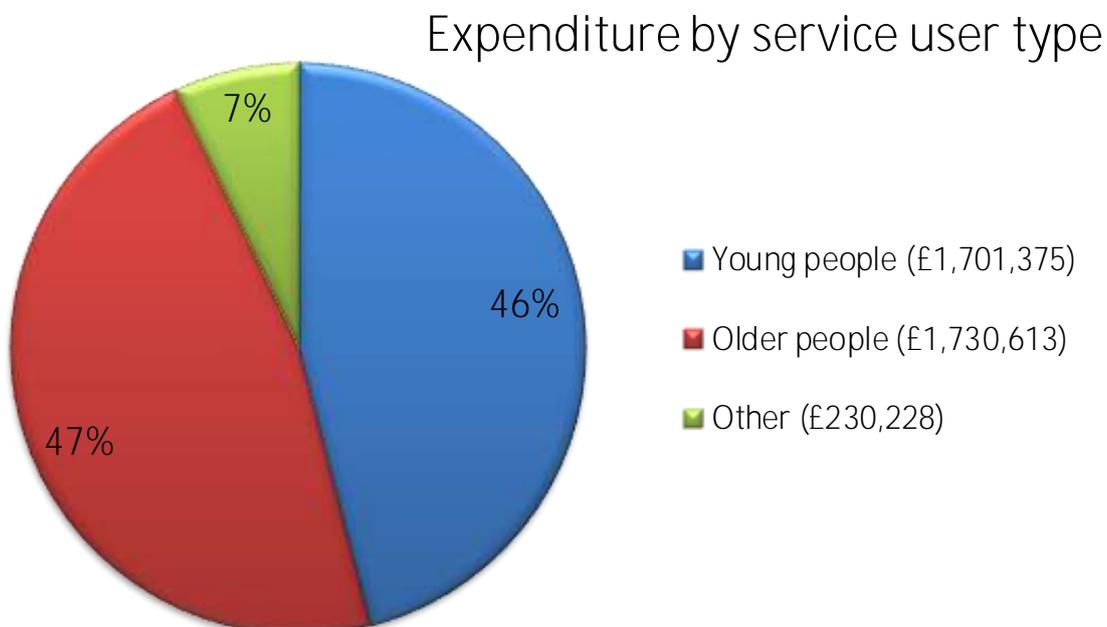
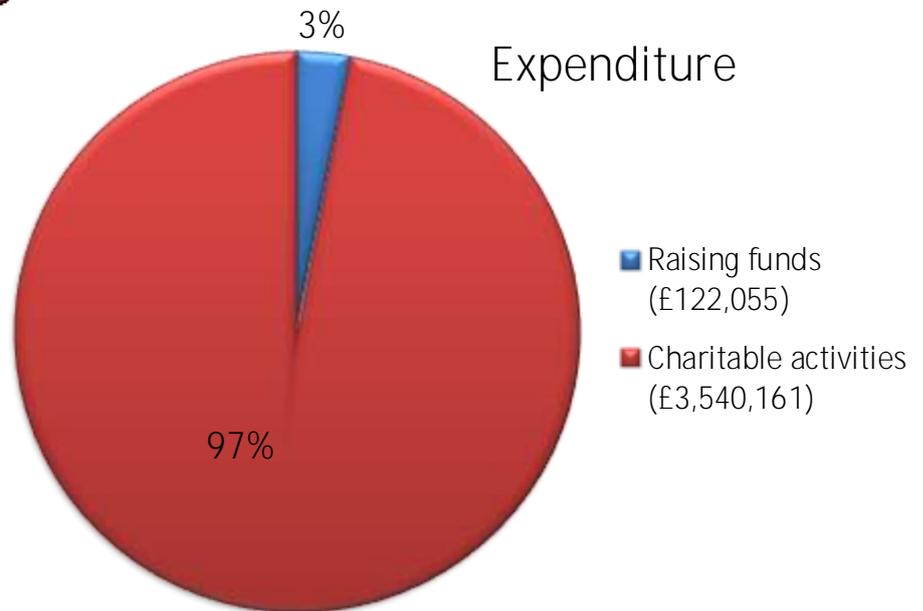
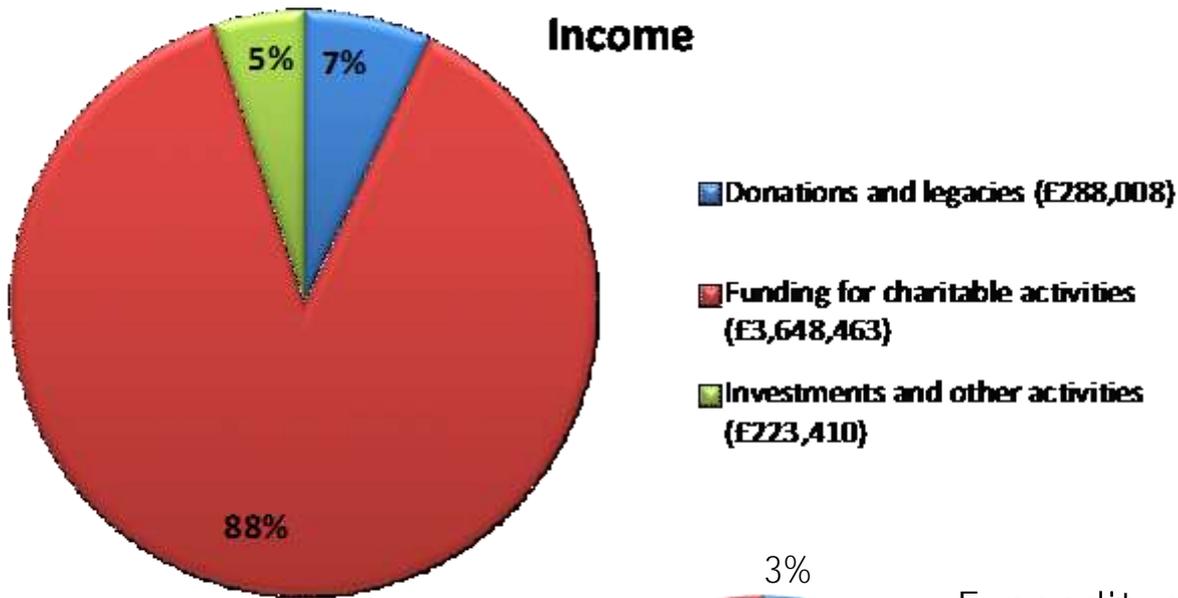
Tea dances and the Wednesday Lunch Club took place in the Grosvenor Hall throughout the year, while three other Church based organisations used our rooms on a regular basis. We also saw increased usage by Youth Link NI. Leading on from BCM's growth into the area of Dementia, Room Hire has been able to provide rooms for Dementia Together NI, Dementia NI and the acclaimed Catering for Dementia course, Dining by Design.

“ ... thank you for arranging everything for our meeting last night. The venue was brilliant and set out just how we wanted it. Thomas was most helpful and at hand to help with anything we needed. If we are having future events I would certainly be putting BCM forward as an excellent venue.”

Sharon Leslie, Choice Housing

# Summary of Income & Expenditure

Year ended 31 December 2015



# Our funders



John Horniman's Children's Trust

Ulster Bank Staff Charity Fund

The Esme Mitchell Trust

Cool FM Cash for Kids

Ardbarron Trust

The Enkalon Foundation

Buttle UK

The A E Harvey Charitable Trust

ESB Energy for Generations Fund

The Edgar E Lawley Foundation

The Souter Charitable Trust

The Sydney Black Charitable Trust

Share Gift

St Martin-in-the-Fields

Glasspool Charity Trust

Corrymeela Community

Department of Culture, Arts and Leisure

Belfast Cathedral (Black Santa)

Belfast Childcare Partnership

Department for Social Development

We would like to acknowledge the substantial support received from individual donors, schools, local businesses and churches.

Poem from a former service user

To all staff at the Supported Housing in Belfast:

I was never full of confidence  
I hate the way I smile  
But every time I spoke to you  
You made me feel worthwhile

You taught me quite a few things  
One was be strong & tough  
Second one was to never give up  
Even when i think I have had enough

But you also taught me patience  
Be strong when times are rough  
And that is why I wrote you this poem  
Altho words couldn't thank you enough

If your ever feeling down  
Remember life ain't all that bad :)  
After all remember me?  
My whole life was sad

But now I'm really happy  
So remember things take time :)  
But never let go of hope  
I promise you will all be fine :)

BCM is one of N Ireland's oldest charities. Founded in 1889 as part of the Methodist church's response to problems inherent in inner-city life, BCM is involved with all sectors of the community, irrespective of religious or political affiliation or ethnicity. Our aim is to support those most in need in our society and enable them to reach their full potential. We do this through our diverse social care projects, cross-community programme and our two congregations.



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