



the koram centre
changing lives

Annual Report 2025/26

www.koramcentre.com

12 Railway Street, Strabane BT82 8EF

t 028 7188 6181 **e** admin@koramcentre.com



A Message from our Chairman

This year marks my 6th year as Chair of the Koram Centre and it has been my pleasure to continue to serve in that position. This year we have remained as busy as ever providing much needed emotional health and wellbeing support to residents in the Strabane District area.

As always, we at the Koram Centre acknowledge the support given and trust shown in us by all our funders - the Victims & Survivors Service NI, Department for Communities, National Lottery Community Fund and others.

Thanks also to the local companies, colleagues and all those who donated, no matter how much, for your on-going support for the Koram Centre initiatives. This help allows us to serve the local community in a way that makes a positive difference to their wellbeing and daily lives.

A special word of thanks to the Carlin Family for their continued support and partnership as part of the Rory Carlin Memorial Fund Project which allows us to play a part in meeting the emotional and wellbeing needs of younger members of our society

I acknowledge and very much appreciate the time, effort and the support of my fellow Trustees on the Board of Trustees. Without the dedication of these committed members, who give up so much of their time, for no reward other than the satisfaction of giving back to the community, the Koram Centre would neither exist, nor flourish.

Thank you so much to Adrian our Centre Manager and everyone that helps deliver our services - the staff team, sessional therapists, and volunteers. You are at the front line of our service provision and it is your diligence and care for those you work with that makes the difference in people's lives. Your professionalism and commitment are the hallmarks of the Koram Centre

Thank you Paul Brady for your patronage. It is a great honour to have Paul as our patron and is testimony to the work of the Centre.

This annual report provides an overview of the Koram Centre as a community based and community-led organisation. It highlights our work on the ground, our successes and plans for the future. This report will provide the statistical data to evidence the work carried out at the centre and the Tulacorr Allotments project. No matter how positive data may appear, no report can quantify the dedication and determination of those who work to achieve the outcomes documented.

I continue to be proud of the work carried out by the Koram Centre. The need for the services provided is increasing- more and more individuals of all ages and entire families are finding everyday living and associated stress so difficult to manage.

Although there are many ways to measure success, the most important question for me is: 'Has the services provided made a difference'?

I am confident that the Koram Centres work has resulted in many positive outcomes which have made a difference to all of service users and families and we will continue to do that with the goodwill of its' beneficiaries and benefactors.

I commend this report and trust you will have as much pleasure in reading it as we did in providing the services.

Kind Regards

Gerard Harkin

Gerard Harkin

Chair

Koram Centre

Introduction

Our vision:

Mental Health and Wellbeing for all.

Our values:

- We provide a high quality professional service.
- We enable positive outcomes for people who use our services.
- We act with integrity and compassion.
- We engage with and inspire each other.

Our mission statement is:

'To offer therapeutic support to those in pain and despair and to promote positive mental health.'

In furtherance of this mission, the Trustees are committed to the provision of high quality services and supporting people in emotional distress or with mental illness including their families and carers.

Objectives and Activities:

The objectives for which the Koram Centre is established are to act as a non-party-political charitable organisation for the relief and support of sufferers and the families of sufferers from emotional distress or mental health conditions.

In pursuance of these objectives, the Koram Centre has regard to the guidance from the Charity Commission on the provision of public benefit.

The principal activities of the Charity are to:

Provide counselling, psychotherapy, social support and services of a high standard to service users for those wishing to maintain good mental health, people experiencing emotional distress/and or mental illness, their families and carers.

Structure, Governance and Management.

A Board of Trustees that comprises a Chair and 6 other Trustees, governs the Koram Centre. The Board of Trustees is responsible for the overall direction and control of the activities of the Koram Centre. The Board has held 12 formally constituted meetings in this year.

Risk Assessment

In relation to the overall financial control procedures, the Charity has in place a comprehensive strategic plan supplemented by an annual budget approved by the Board of Trustees. Monthly actual results are reported against budget and provided to the Board of Trustees. The Charity's day-to-day financial processes are governed by financial regulations approved by the Board. The Finance Committee oversees assurance around compliance with the financial regulations.

The Board currently operates an ongoing programme of risk management, monitoring and reporting in all areas including governance, operational, environmental and external factors, financial and compliance risk which includes ownership of these risks. This includes reporting on risks identified, taking account of internal controls and systems as well as other actions taken to mitigate them.

Risk Register

The key risks currently facing the Koram Centre are considered to be:

Governance

Trustee body requires skills relevant to strategic planning

Trustee commitment

Succession planning

Operational

Risk of harm to service users or others

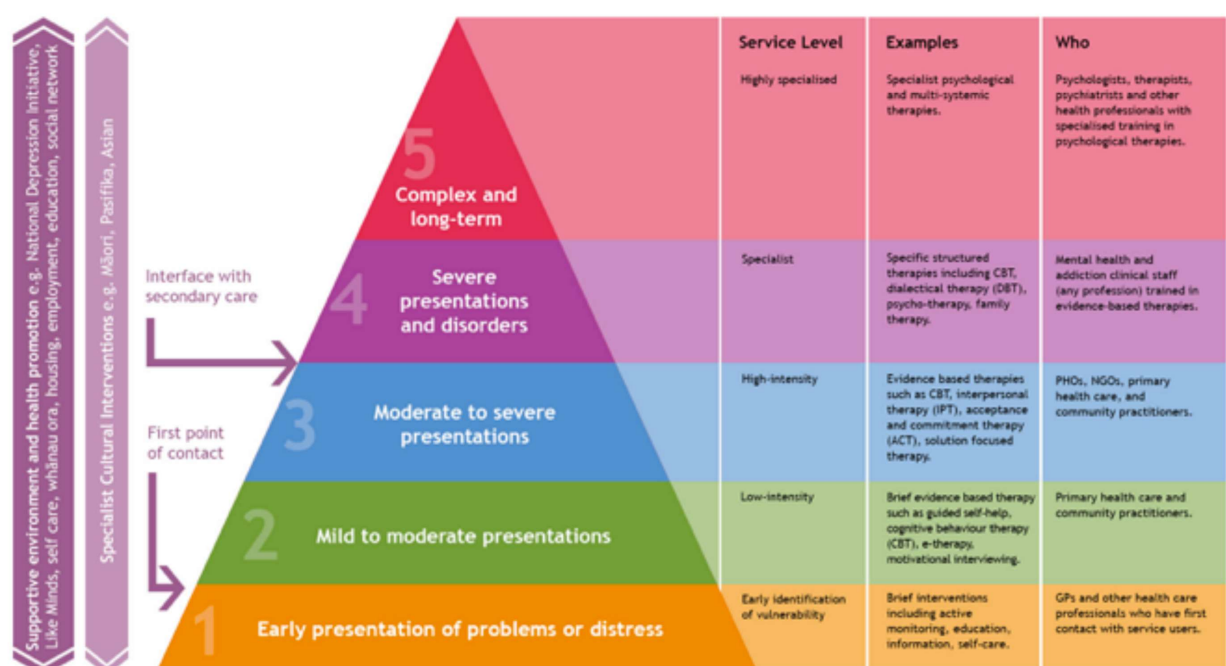
Short-term funding contract (year-to-year) - lack of certainty/sustainability

Relevant contract pricing - full cost recovery

Loss of key personnel - contingency and succession planning

The Charity has provided a wide range of therapeutic interventions namely: person centred counselling, integrative counselling, cognitive behavioural therapy, Eye Movement Desensitising and Reprocessing (EMDR) therapy, child and adolescent therapy, play therapy, music therapy and complementary therapy. In addition it has delivered a range of social support initiatives.

The Koram Centre operates a tiered model of services, providing support to individuals with tier 1 to tier 3 presentations. (Please see stepped care model for more information)



(Stepped Care Model of Support)

Staff and Sessional Team

The current staff team is made up of 3 full time posts and 4 part time posts. These include:

Centre Manager (1xFT) - Adrian Loughrey
Office Administrator (1xFT, 1xPT) - Aidan Burns, Rachel Hamilton
Clinical Coordinator (1xFT) - Emma McCartney
Finance Officer (1xPT) - Terry Conway
Project Coordinator (1xPT) - Unamarie Maxwell
Allotment Project Worker (1xPT) - William McMenamin

In addition the Koram Centre is currently supported by a team of 18 sessional counsellors/psychotherapists and 1 complementary therapist. All therapists are accredited with relevant professional bodies. Our clinical team includes;

Caroline Gallagher
Aisling Goodison
Roisin McLaughlin
Dale Mitchell
Catherine McLaughlin
Michelle Leonard
Dayle Armstrong
Shane McCaul
Fiona Magill
Sharon Laird
Francesca Pagliaro
Tony Bradley (Volunteer Counsellor)
Elizabeth Stevenson (Complementary Therapist)
Angela Keaveney
Nicola Cole
Zarhada Elmurray
Martin McMonagle
Lynn Wylie
Rachael McGettigan (Volunteer Counsellor)

Project Outputs - 2025/2026

2542 service users supported



724 referrals to the service for
counselling/psychotherapy support

5153 counselling/psychotherapy &
complementary therapy sessions
delivered (725 participants)



1060 participants supported through
social support programmes

33 individuals engaged in volunteering

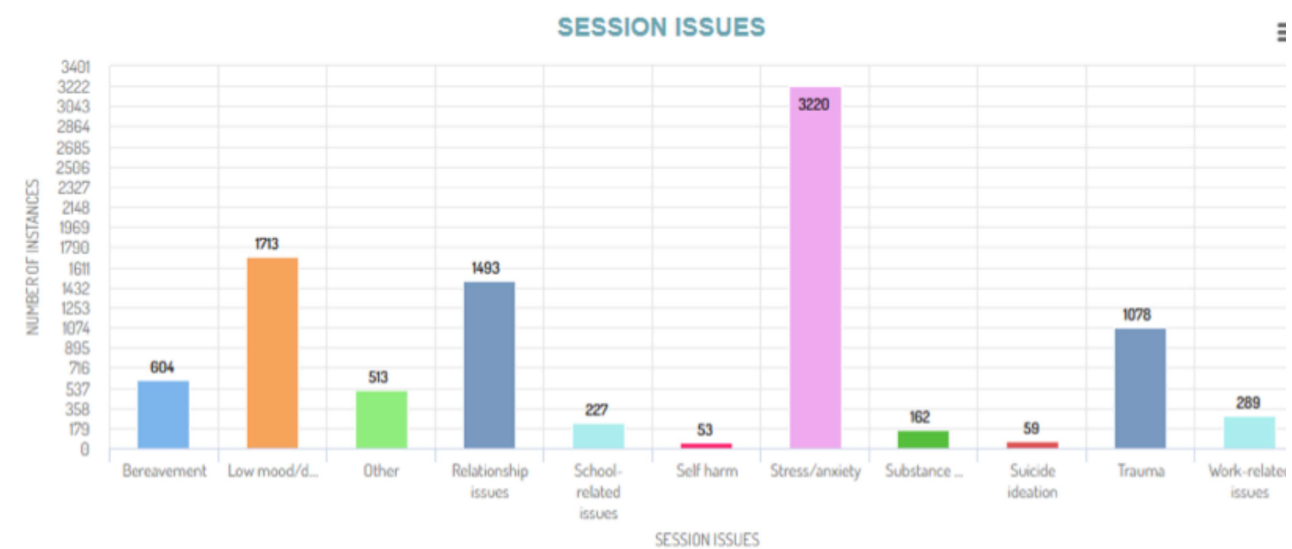


Impact of Services - Monitoring & Evaluation

This year has seen the introduction of the EVIDE client management system. This has led to a number of significant benefits, including increased data security and retention, as well as enabling us to better evidence the scope and impact of our work across a number of outcomes:

1. Presenting issues being addressed in counselling sessions
2. Positive impact that counselling sessions are having on client emotional health & wellbeing
3. Overview of clinical coordination work

Presenting Issues - Counselling Sessions



This shows that the most common presenting issues addressed in counselling sessions were as follows:

1. Stress/anxiety (3220 instances)
2. Low mood/depression (1713 instances)
3. Relationship Issues (1493 instances)

Impact of Counselling Service

The EVIDE client management system has allowed us to illustrate the impact of counselling services more effectively. This is done through the use of the Clinical Outcome Routine Evaluation (CORE-10) tool which is completed at the beginning and end of counselling sessions. CORE-10 is a evidenced based monitoring tool used widely in the counselling field which measures progress across a number of domains including client wellbeing, reduction in problems/symptoms, life functioning and risk/harm. Analysis shows that this year an average pre-treatment score of 16.5/40 compared with a latest score of 9.6/40. Score indicators can be seen below

Score	Interpretation
0-5	Health
6-10	Low level distress
11-14	Mild Psychological distress
15-19	Moderate psychological distress
20-24	Moderate to severe psychological distress
25-40	Severe psychological distress

This shows on average positive progress from 'moderate psychological distress' (scores 15-19) to 'low level distress' (scores 6-10)

Overview of Clinical Coordination

We have also been able to monitor the clinical coordination work completed more effectively. This includes a number of duties

1. Screening/assessment sessions completed to determine client suitability for counselling services, involvement with other services and therapeutic goals.
2. Support calls carried out with clients to offer support/advice, often carried out while client is waiting on services or between counselling sessions.
3. Clinical consultations completed with the sessional therapist team to discuss requests for extension to sessions, issues related to risk or other issues

Activity	No. completed
Assessments/Screenings	640
Support Calls	98
Clinical Consultations - Extended Session	169
Clinical Consultations - Risk/Other	35
TOTAL	942

Counselling & Psychotherapy - Case Studies

Case Study 1 - Adult

Client 57603 is a female in her early 30's who self-referred for counselling support as a result of experiencing increased anxiety and panic for which she had been prescribed medication.

The client had experienced a number of traumatic incidents including parental substance misuse and domestic violence.

The client received a number of types of support including counselling, complementary therapies and has also engaged in a number of social support programmes.

Over 24 counselling sessions (November 2025 - May 2026) the client was provided with a safe and support space to discuss and process issues as well as developing tools and techniques to support improved emotional health & wellbeing. This included exploring different childhood experiences and how these had impacted the client, including anger and effect on current relationships. In addition Cognitive Behavioural Therapy (CBT) techniques were used to increase the client's understanding of the links between her thoughts, feelings/emotions and behaviour and to challenge and reframe unhelpful thinking styles. Sessions also supported the client to adopt a healthier routine including taking up new hobbies and connecting with others.

The client also received 3 complementary therapy to help address the physical symptoms of anxiety and support wellbeing.

The client reports that she has found the support extremely beneficial leading to improved confidence, communication and maintaining boundaries.

The positive impact of support is further shown through CORE-10 evaluation tools which show a pre-treatment score of 23/40 compared with a post-treatment score of 7/40. This shows significant improvement from 'moderate to severe psychological distress' (scores 20-25) to the non-clinical range 'low level distress' (scores 6-10)

This improvement has been sustained with the client engaging in a number of social support programmes including Filling My Wellness Tool, Meditation and Women Together Support Group programmes.

Client Feedback *'Thank you so much for your help. It has helped me look at things from my past and I now feel more confident and able to say no to things when I need to. I have started new things and made new friends.'*

Counselling & Psychotherapy - Case Studies

Case Study 2 - Children & young People

Client 57525 was a 13 year old boy who was referred to the service by a parent.

The client was experiencing issues with his mood and behaviour, including increased anger. This followed recent parental separation. The client's parent also had a history of substance misuse/addiction.

The client was supported for 12 sessions between November 2025 and March 2026. These sessions provided a safe and supportive space for the client to discuss and process issues, including his relationship with his parents and develop strategies to support emotional regulation. The client was also supported to learn more about his emotions as well as explore his strengths, interests and goals, helping to increase confidence and self-esteem.

The positive impact of support is further shown through CORE-YP evaluation tools which show a pre-treatment score of 14/40 compared with a post-treatment score of 4/40. This shows significant improvement from 'mild psychological distress' (scores 10-15) to the 'healthy' range (scores 0-5)

Feedback

'The support has been amazing. It feels like I have got my son back. Thank you so much.' (Parent)

Social Support Programmes

This year we have delivered a range of social support programmes. These programmes aim to support clients to increase knowledge, understanding & skills around a range of emotional health & wellbeing issues. They have provided opportunities for participants to come together in supportive groups to increase connection leading to improved emotional health & wellbeing

The following programmes have been delivered:

Project	Programme
<i>Koram Wellbeing Project/ Empowering Change Project (National Lottery Community Fund)</i>	Understanding Anger Programme
	Rest & Restore Programme
	Self Compassion Programme (2 programmes)
	Women Together Support Group
	Understanding Anxiety Programme (2 programmes)
	Perfectly Imperfect Programme
<i>Neighbourhood Health Improvement Project (Department for Communities)</i>	Rest & Restore Programme
	Max Meditation Programme
	Understanding Grief & Loss Programme
	Filling My Wellness Toolbox Programme
	Nurturing Courage Programme
	Understanding Autism, Promoting Self Care Programme
	Arts & Crafts Programme
	Understanding Anxiety Programme
	Self-Compassion Programme
<i>CLEAR Project (Public Health Agency)</i>	Creative Mindfulness Programme

Social Support Programmes

<i>Consensual Grant Fund (DCSDC)</i>	Creative Mindfulness (Strabane Controled PS) Creative Mindfulness (Gaelscoil Úi Dhochartaigh) Creative Mindfulness (St. Catherines PS) Creative Mindfulness (Knocavoe Special Education) Creative Mindfulness (St. Mary's PS)
<i>Talk & Connect Project (Henry Smith Charity)</i>	Nurturing Courage Programme Mindfulness Programme Dance/Music Programme Chair Based Exercise Programme Understanding Grief & Loss Programme
<i>Rory Carlin Memorial Fund</i>	Parent/Child Creative Mindfulness Programme Emotional Health & Wellbeing/Substance Misuse (Holy Cross College) Emotional Health & Wellbeing/Substance Misuse (21 Training) Emotional Health & Wellbeing/Substance Misuse (Strabane Academy) Emotional Health & Wellbeing/Substance Misuse (Strabane Sigersons GAC) Open Minds outh Wellbeing Event Sion Swifts Football Club
<i>Bereaved by Suicide Support Group (Public Health Agency)</i>	Monthly Support Group
<i>Connecting with Others & Our Past Project (PEACEPLUS)</i>	Visit to Peace Makers Museum Visit to Peace Walls, Belfast Health & Wellbeing Programme (Meditation)
<i>Ending Violence Against Women & Girls</i>	Give & Gain Event Health Relationships Programme (Holy Cross College)

Rory Carlin Memorial Fund Project - Open Minds Event

This event held in September 2025, engaged with a large audience of local children & young people to connect them with local services providing support around emotional health & wellbeing issues. This included students from Holy Cross College, Strabane Academy, Knockavoe Special Education School as well as other education and training providers.

Services present at the event included Strabane Family Support Hub, Include Youth, EA Youth Service, Lifeline, Start 360, Cedar Foundation, Strabane Ethnic Community Association, Strabane Martial Arts Academy and others.

Participants were also given the opportunity to take part in a range of activities to promote positive emotional health & wellbeing including games, physical activity and creative taster sessions. The event engaged with approximately 400 children & young people.



Rory Carlin Memorial Fund Project



Feedback from Event

I just wanted to pass on and record our thanks for allowing our Year 12's to attend the event today. We appreciate all the hard work and effort which went into the planning and running of it and wanted to pass on our sincere thanks to you all for providing this extremely worthwhile opportunity for our young people (Strabane Academy)

Our pupils definitely enjoyed it and it was lovely watching them get involved in activities and having some fun with each other. It has also given us as a school a solid platform to reach out to our pupils about mental health and how to look after it. (Holy Cross College)

Tulacorr Allotments & Community Gardens

This year we have continued to deliver services at the Tulacorr Allotments & Community Gardens Project. This project currently supports 35 members to undertake gardening and growing activities. In addition members have access to other programmes to support them to have improved emotional health & wellbeing.

Monthly members meetings are facilitated by the Centre Manager. These provide the opportunity for updates on the project and discuss future activities that members would like to see take place.

This year members have increased their knowledge and skills attending training on a variety of horticultural issues. In addition the annual Allotment Open day was held on 7th June 2025. This was well attended by the local community and provided the opportunity for flowers, fruit and veg produce to be sold with funds raised invested back into the Koram Centre.

In addition members have taken part in a number of projects including the Connecting with Others and Our Past Project, in partnership with Dennett Valley Health Network, as well as beginning a regular walking group in partnership with the Walking for All Group (PEACEPLUS project).



Financial Overview

All activities have been collectively funded by the following income streams:

Income Stream	Amount Received (2025/26) (£)
Victims & Survivors Service (VSS) NI	102,366
Department for Communities	84,275
Neighbourhood Health Improvement Programme (NHIP)	4,500
Derry Healthy Cities - Bereaved by Suicide Support Group (PHA)	2,200
National Lottery Community Fund	49,995
Children in Need	13,580
DCSDC - Ending Violence Against Women & Girls	14,230
CLEAR Project (PHA)	6,704
Donations	25,046
Rory Carlin Memorial Fund	10,071
LFT Charitable Trust	5,000
PEACEPLUS	8,688
St. John of God Foundation	22,000
Henry Smith Charity	70,790
Allotment Income	5,000
Consensual Grant - Schools Project DCSDC	3,500
Western Rural Health Care	6,418
Talking Therapies Hub	7,630
Management Fees	5,015
Room Hire	4,158
TOTAL INCOME	451,166

This represents a decrease of £23,298 from last year (2024/25: £474,464) a 5% decrease in income this year.

Income Analysis

Source	Amount	%of Total Income
Grants & Contacts	401,876	89%
Fundraising & Donations	35,117	8%
Other	14,173	3%
TOTAL INCOME	451,166	100%

Expenditure

This year the following expenditure has been incurred:

Expenses Stream	Amount Outgoing (2025/26) (£)
Wages & Salaries	169,880
Pension Costs	4,309
Heat & Light (Water)	5,637
Repairs & Maintenance	3,514
Insurance	4,541
Telephone/Broadband	3,348
Legal & Professional Fees	5,236
Depreciation	8,320
Postage, Stationary & Advertising	5,726
Accountancy Fees	2,115
Bank Fees	121
Sundries	360
Counselling & Comp Therapy Sessional Fees	181,860
Training	1,048
Programme Costs	51,277
General Organisational Costs	3,701
Management Fees	18,032
Supervision	720
Administration & Office Costs	273
Programme Underspends - VSS	4934
TOTAL EXPENDITURE	474,952

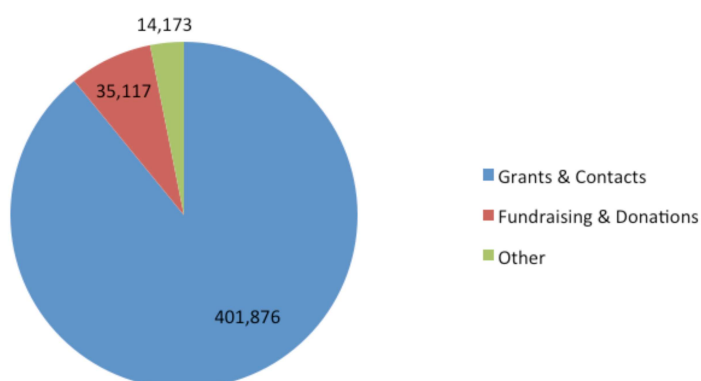
This represents a increase in expenditure from last year of £36,943 (2024/25: £438,009) an 8% increase in expenditure this year.

Expenditure Analysis

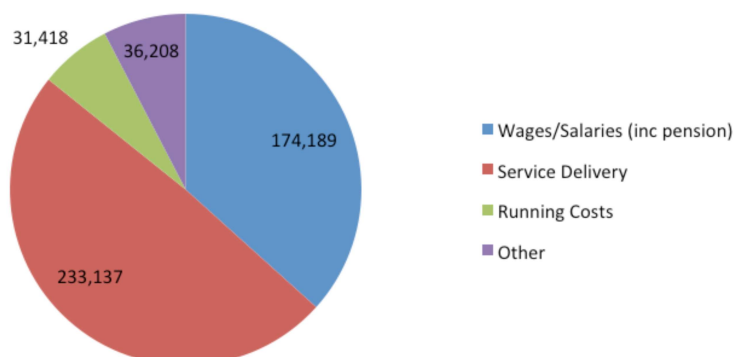
Source	Amount	% of Total Expenditure
Wages/Salaries (inc. pension)	174,189	37%
Service Delivery	233,137	49%
Running Costs	31,418	7%
Other Costs	36,208	7%
TOTAL	474,952	100%

This year the Koram Centre recorded a deficit of £23,768. This can be accounted for by a reduction in income related to the Rory Carlin Memorial Fund Project. Donation and fundraising income for this project has been recorded in the last number of years. This year we have also increased planned expenditure to deliver social support programmes.

Income Analysis - 2025/2026



Expenditure Analysis - 2025/2026



The Koram Centre continues to rely on fundraising and donations to meet some running, staffing and service delivery costs. This will continue to be monitored by the Board of Trustees with support for these costs being pursued through existing funders and new funding opportunities.

We would like to express our heartfelt appreciation to all who have supported the Koram Centre through fundraising and donations in the past year. The level of support for the Koram Centre has been inspirational. This year we have received support from the following sources:

Strabane Walk of Hope

Hol Cross College

North West ADHD Assessment Ltd.

Strabane Sigersons - Night at the Races

Strabane Brass Band

Castlederg Darkness Into Light

McColgans Qualit Food

Orchard Scents, Strabane

Brian Burke - Sponsored climb of Mt. Kilimanjaro



A Message from Centre Manager

There are many challenges associated with mental health needs and services as we look to the future, not least those posed by the continuing cost of living crisis and other social and economic factors. Of course this is in the already challenging context of a stretched mental health care system, dealing with ever increasing levels of complex needs. As such, we expect to continue to see an increased demand for our services in the future.

In order to meet this, we will continue to work with existing funders to sustain and grow services as well as seeking new funding opportunities. This will continue to include increased work on the delivery of social support programmes to promote positive mental health & wellbeing across all groups, with the aim of reducing the need for specialist support in the long term.

Heartfelt thanks are owed to our service users, staff, sessional therapists, volunteers, Board of Trustees, funders, partner organisations and supporters for their confidence and their loyalty. Because of you, the critical work of the Koram Centre continues to make a positive and significant difference to people who wish to maintain good mental health of all ages, to restore hope, develop resilience and facilitate positive change in people's lives.

The Koram Centre has immense support and the goodwill of the residents in the Strabane & District area. We understand that such a relationship cannot and must not be taken for granted, rather earned through partnership, hard work and respect for others.

Future Plans

This year we have seen support from a number of new funding partners including LFT Charitable Trust, PEACEPLUS, as well as under the Ending Violence against Women & Girls (EVAWG) strategy. In addition we have worked with the National Lottery Community Fund to secure a further 5 year funding, as part of the Empowering Change Project which began in November 2025. These funding streams will allow us to maintain provision both in terms of therapeutic and social support services

and will continue to work to expand service delivery to meet local needs.

This year has also seen the introduction of the EVIDE client management system. This cloud based system has improved the security and retention of the service user data we hold, reduced running costs, as well as allow us to evidence more clearly, the positive impact that our work has.

Mental ill health does not discriminate and neither does the Koram Centre .If you need support, please do not hesitate to get in touch with the Koram Centre by telephone, e-mail or just call in. I can assure you of a warm welcome, an non-judgemental and confidential service at a level and pace that meets your needs.

Adrian Loughrey

Manager

Koram Centre

Our Funders & Supporters





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12 Railway Street, Strabane BT82 8EF

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