



# MID WEST IMPACT REPORT 2024

Clare, Limerick, & Tipperary

Helium Arts is a children's charity committed to improving the wellbeing of children and young people living with lifelong physical health conditions. Through our free creative workshops offered in communities, hospitals, and online, we provide safe spaces where children navigating health conditions can come together, forge friendships, have fun, and discover new skills.



Mid West Hub

West Hub

South Hub

Dublin Hub

Online Hub

In 2024, we've grown and deepened our impact nationally with participation in our hospital-based programmes increasing by 92%, increasing the number of teenagers taking part three-fold, expanding our online programme, witnessing greater improvements in creativity for children in our community programme, and deepening social inclusion through increasing our outreach!

## The difference we've seen in our MID WEST HUB in 2024

We're delighted that this past year even more children attending our Mid West Hub programmes have improved outcomes **in health, wellbeing, social connection and creative expression**, with our research showing fantastic feedback on **the quality** of our programmes!

**1747** children and young people engaged in our programmes in Clare, Limerick, and Tipperary from outpatient clinics, community and online programmes.

This means participation in our programmes in the region have increased by **75%** from 2023!



These children and young people participated across 157 hospital clinics and 11 community-based camps and meetups, while 35 children from the region who couldn't join us in-person got to have a fulfilling creative experience online.

This included 8 inclusion health clinics, benefiting 59 children in the Mid West who experience barriers to accessing healthcare due to social determinants of health.

We asked parents, children and health professionals questions before and after they took part in our Creative Health programmes, here's what they had to say!

100% of parents said that their child's mood was positively impacted by our hospital-based programmes



"It's such a lovely environment, he learns so much and has gotten some great hobbies and interests. He enjoys socialising with kids his age, and it helps so much with his communication too. There are so many benefits, and he just absolutely loves it!"

Parent of 10-year-old participating in our Limerick Community Art Camp

"My 2 girls went to bed last night with their artwork beside them. You can never underestimate the impact these programmes have, the experience that lasts from week to week by attending the class is phenomenal."

Parent of children attending our Spring Saturdays programme



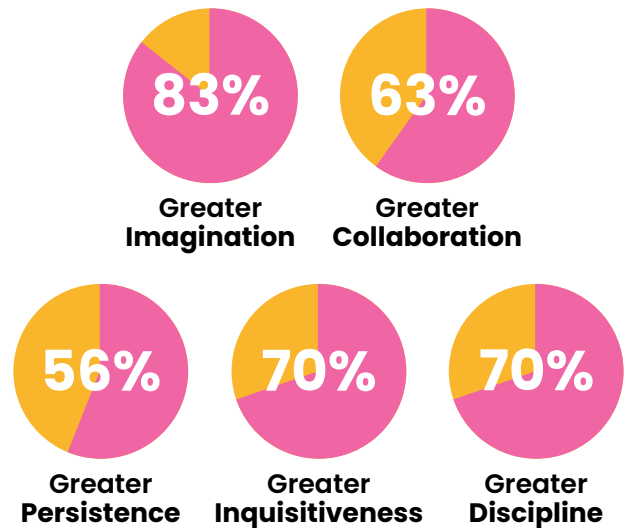
We are so thankful to all those who help make our programmes happen, particularly **the 5 artists** in our Mid West Hub, **12 volunteers** and the paramedics who provided **24 days of medical support** which is key to enabling children to participate in our community programmes.

**Our national survey also shows that...**

Through our community-based programmes, parents saw big changes in their children:

- 83%** said their children were happier
- 79%** had improved mood
- 77%** had improved self-esteem
- 50%** had improved coping skills
- 64%** had improved connectedness

Our programmes also lead to **greater artistic and creative engagement**, with children reflecting that they grew in terms of:



To learn more about our impact and read the full report on all our programmes, visit [www.helium.ie](http://www.helium.ie)

Helium Arts' national Creative Health Hub Programme is supported by Rethink Ireland, Community Foundation Ireland, the Arts Council and the Lakeside Fund. The Hub Programme is also funded by the Communities Integration Fund. The Mid West Creative Health Hub also receives funding from Creative Ireland's Creative Health & Wellbeing programme in conjunction with Tipperary County Council, Clare County Council and Limerick City & County Council as well as the JP McManus Charitable Foundation. Helium Arts has also been awarded a RTÉ Toy Show Appeal grant by Community Foundation Ireland to deliver a programme in Paediatric Inclusion Health Clinics in the Mid West.

