

Helium Arts

CREATIVITY CHANGES LIVES



Mid West Hub

West Hub

South Hub

Dublin Hub

Online Hub

IMPACT REPORT 2024

Distance Creates Online Programme

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.

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 ONLINE PROGRAMME in 2024

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

234 children and young people engaged in our programme from 24 counties across the country, which means that participation has more than doubled from 2023!



Our online programme is essential to ensuring access for all children, no matter where they are and what barriers they face.

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

78% of children reported feeling happier and being in a better mood after engaging with the online programme, and 94% of children said they were doing more art and creative projects in their spare time.



"My daughter really enjoyed knowing that she was doing the project along with two other girls who have Cystic Fibrosis. Seeing pictures of the other girls her age with the same illness doing the same activity was the most connected she has ever been to kids like her"

Parent Feedback

"I had bought a birthday card for a friend's party and my child decided she could do better and spent a good hour creating the most beautiful card for her friend. My child got such satisfaction from the activity, and I could tell she was so proud of herself."

Parent Feedback

"My daughter was ecstatic to receive her art pack in the post. And every weekend she was eager to see what the next email brought so she could start working on it with her brother. She really had great fun, we experimented with arts and crafts that I would not have done with them at home, so it was great learning and fun for all the family to do together."

Parent, Community Programme



Our survey shows that...

Children in our online programme experience great impacts:

- 78% said their children were happier
- 78% had improved mood
- 78% had improved self-esteem
- 62% had improved coping skills
- 78% 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



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