



SOUTH HUB

IMPACT REPORT 2024

Cork County & Cork City



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 CORK HUB in 2024

We're delighted that this past year even more children attending our South 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!

1723 children and young people engaged in our programmes in Cork City and County from outpatient clinics, community and online programmes.

This means participation in our programmes in the region have increased by **73%** from 2023!



These children and young people participated across 96 hospital clinics and 9 community-based camps and meetups, while 42 children from the region who couldn't join us in-person got to have a fulfilling creative experience online.

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



"These are excellent workshops guided by professional, talented, thoughtful, respectful artists who apply good methods creatively."

Parent, Community Programme

"My daughter really enjoyed the camp and it's something she was able to do without us staying so she felt very independent."

- Parent, Community Programme

"It's a great way for the kids to meet other kids, especially with needs like their own so they don't feel so isolated."

Parent, Community Programme



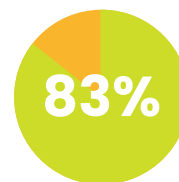
We are so thankful to all those who help make our programmes happen, particularly **the 4 artists** in our Cork Hub, **16 volunteers** and the paramedics who provided **32 days of medical support** which is key to enabling children to participate in our community programmes.

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

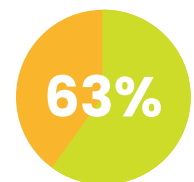
Our national survey also shows that...

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

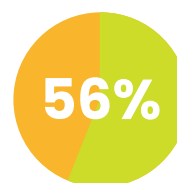
- 83%** said their children were happier
- 79%** had improved mood
- 77%** had improved self-esteem
- 50%** had improved coping skills
- 64%** had improved connectedness



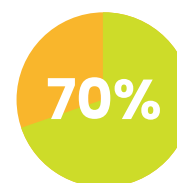
Greater Imagination



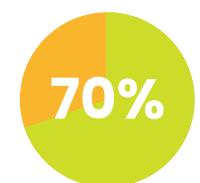
Greater Collaboration



Greater Persistence



Greater Inquisitiveness



Greater Discipline



To learn more about our impact and read the full report on all our programmes, visit 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 Cork Creative Health Hub also received funding from the Health Services Staffs Credit Union in 2024.

The Cork Hub is taking place in partnership with Cork University Hospital's Arts, Health and Wellbeing Programme and community venue partners.



An Roinn Leanaí, Michumais agus Comhionannais
Department of Children, Disability and Equality



Health Services Staffs Credit Union

