



WEST HUB IMPACT REPORT 2024

Galway and Mayo

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 WEST HUB in 2024

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

1008 children and young people engaged in our programmes in Galway and Mayo from outpatient clinics, community and online programmes.

This means participation in our programmes in the region have increased by **38%** from 2023!



These children and young people participated across 72 hospital clinics and 8 community-based camps and meetups, while 26 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



"Our son has had tough year in terms of health challenges and some difficulties in school. He needed to experience fun, creativity and some independence - these needs were met by Helium Arts"

Parent, Community Programme

"Having the medic on site is such peace of mind. The artists and volunteers were so welcoming and aware of health needs without making an issue of it."

- Parent, Community Programme



"As we were driving home [from the camp] I heard from the back of the car a contented sigh of happiness followed by 'Mum it just makes me feel so happy.'"

Parent, Community Programme



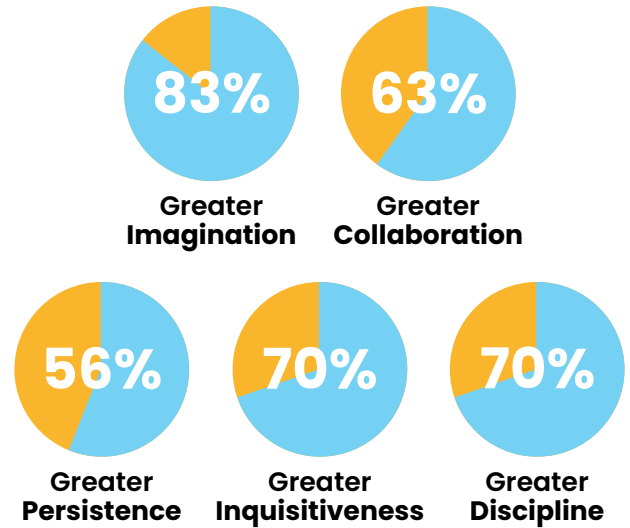
We are so thankful to all those who help make our programmes happen, particularly **the 5 artists** in our West Hub, **5 volunteers** and the paramedics who provided **19 days of medical support** which is key to enabling children to participate in our community programmes.

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

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. In 2024 the West Creative Health Hub West also received funding from the Health Services Staffs Credit Union, and HSE National Lottery Grant Scheme, Galway County Council, Galway City Council Creative Communities, Mayo County Council Creative Communities.

The West Hub (Galway, Mayo) is taking place in partnership with Saolta Arts, Galway University Hospitals and community venue partners Westside Library (Galway City).

