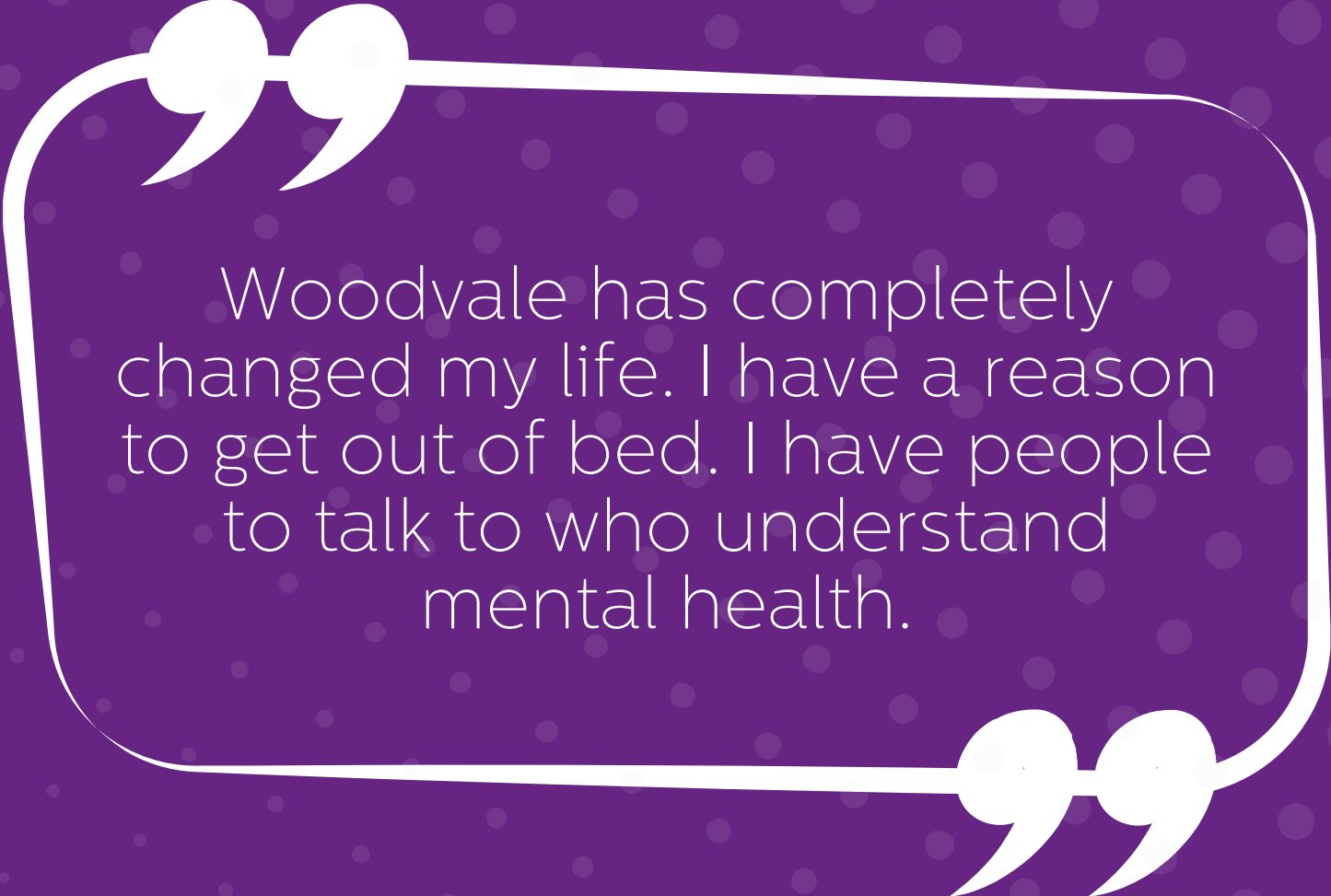


# FUND FOR THE FUTURE

ONLY THE BEST FOR BALLYMENA



**inspire**  
wellbeing, ability, recovery



Woodvale has completely changed my life. I have a reason to get out of bed. I have people to talk to who understand mental health.

# WHO WE ARE

## OUR VISION

Wellbeing for all.

## OUR MISSION

To work together with people living with mental ill health, intellectual disability, autism and addictions to ensure they live with dignity and realise their full potential. To create a society free from stigma and discrimination, with a culture of compassion, that focuses on people and their abilities.

## OUR VALUES

We are Inclusive: we put the people who use our services first

We are Passionate: we believe in what we do

We are Determined: we find a way

We are Kind: we care about each other

We are Honest: we act with integrity

We are Innovative: we nurture new ideas

**You can find out more on our website [www.inspirewellbeing.org](http://www.inspirewellbeing.org)**



# OUR VISION FOR THE FUTURE

Our Ballymena service, better known as Woodvale, is located in a two-storey end-of-terrace house in the town centre. However, it has deteriorated significantly over the past few years and is now in a poor state of repair. Because of serious health and safety concerns, the building is now at risk of closure.

## **WHO WE SUPPORT**

Woodvale has been operating as a day centre for over 50 years, providing support to over 120 adults with severe and enduring mental health needs, referred by statutory mental health services.

## **OUR VISION**

This project will secure the long-term future and sustainability of our community wellbeing services in Ballymena and beyond. The creation of an open, accessible and newly refurbished facility will benefit many groups and individuals across the community.



I don't think there is anything  
like this in Ballymena!

# THE BEATING HEART OF BALLYMENA

**Inspire's Woodvale Community Wellbeing Service is based in the centre of Ballymena and we are proud to announce plans to redevelop our premises.**

This is the first step on a journey that will transform the building into a vital new community wellbeing hub for future generations.

We were recently successful in our application to the Community Ownership Fund. A condition of the award, however, is that we must also secure community funding to match the grant. This clearly requires a significant effort throughout County Antrim. These redevelopment plans have already received fantastic support from many businesses and individuals in Ballymena, and beyond, and we are more than confident that we can achieve our goal.

# THAT'S WHERE YOU COME IN

No matter how big or small the contribution, every penny will help us reach our funding goal for the future of the Ballymena service. We are committed to raising these funds. [Will you join us?](#)

People that know me, my family, say that there has been a positive change in me since I started coming to Woodvale.



**100%**  
of people who use  
our services say  
Woodvale is very  
good/excellent



# HOW CAN YOU HELP?

**However you want to get involved, Team Inspire is here to help.**

We have a number of fun and creative fundraising activities.

Our fundraising campaign kicks off in November with the Mo Your Own Way campaign but you can get a head start by spreading the word.

You can be a part of some, or all, of our initiatives. On the other hand, if you have a great idea for an event, get in touch with the team and we can provide support.

We have set up a campaign page which you can use to set up your fundraising page or make a donation to the project:

[www.inspirewellbeing.enthuse.com/cf/woodvaleballymena](http://www.inspirewellbeing.enthuse.com/cf/woodvaleballymena)





# MO YOUR OWN WAY FOR WOODVALE

**This Movember, we are asking the Ballymena community to come together in the name of mental health and support Woodvale. Do what you do best and get creative.**

This campaign is inspired by famously moustachioed radio broadcaster and former football manager Liam Beckett, who is kindly backing our efforts to renovate Woodvale.

We are asking businesses to Mo Your Own Way this November and host a fundraiser for Woodvale.

Get behind the campaign by adding our moustache to your logo. You could host a coffee morning to give your employees and customers the chance to show their support for Woodvale.



# MO YOUR OWN WAY FOR W DVALE

**So, how can you get involved this Movember?**

## **TAKE THE MOVE CHALLENGE**

Take action and set yourself and your team a MOve challenge.

Move whatever way you want. Rack up some MO miles with a static bike ride, sponsored walk or outdoor swimming challenge. Why not host a zumba-thon and get lots of people involved?

## **BUY A BIG MOUSTACHE FOR YOUR BUSINESS**

For the 30 days of Movember get creative by placing your BIG moustache at the front of your business. Or add a tash to your logo and display support for Inspire.

## **GROW A MO**

It all began with a moustache so why not grow your own mo (or shave yours off if you already sport one).



# MO YOUR OWN WAY FOR W DVALE

So, how can you get involved this Movember?

## HOST YOUR OWN EVENT

Events can come in all shapes and sizes - much like moustaches. No matter what you get up to, we want you to have fun! Here's some ideas to inspire you:

### QUIZ NIGHT

Test your IQ with your very own quiz night. Who knows their famous moustaches?

### COFFEE MORNING

Host a coffee morning in your workplace and ask for donations. Get colleagues to bake – the best Tash Treat wins!

### OPEN MIC NIGHT

Know anyone who thinks they are funny or have a great voice? Host an open mic night and guarantee a fab evening for all.

HA HA  
HA!



HA HA  
HA!



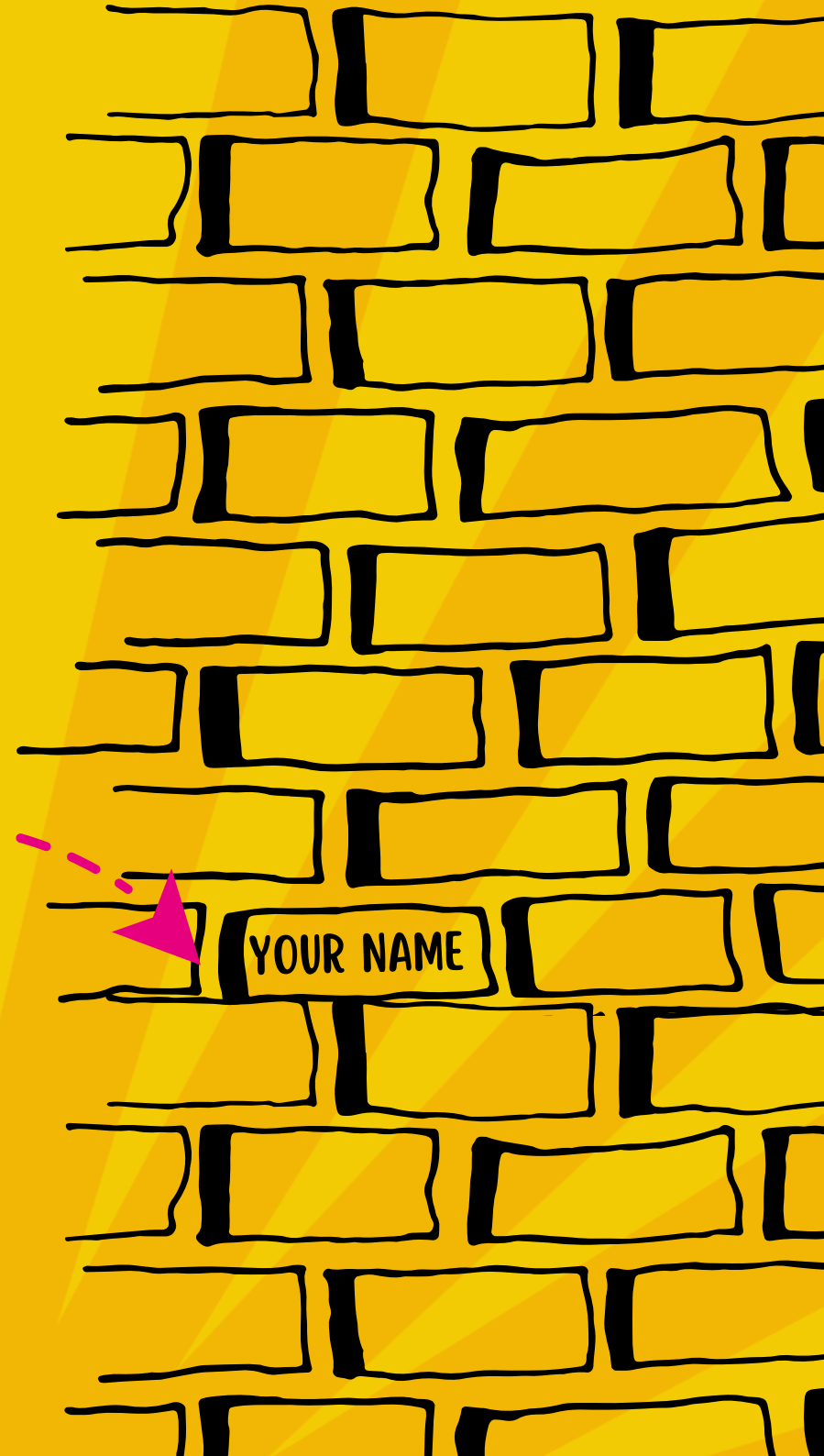
# BUY A BRICK

**You can directly support the renovation of Woodvale by buying a virtual brick.**

For a minimum £100 donation your family or business name could appear on a virtual wall in Woodvale and be a part of the building's future.

If you would like to talk to us about this opportunity get in touch with our team today.

**YOUR NAME  
GOES HERE**



# ART COMPETITION

**We are inviting all schools in the area to be a part of the future and help inspire the people of Woodvale with their visions for the centre.**

Every secondary-level student will be asked to draw a picture of something that think represents happiness. The winner will have their artwork on display in the newly refurbished Woodvale.

All primary school students will be asked to colour in an image representing hope for the future and, similarly, the winning picture will be on show for all to see.

Entry is £1 per student, which will bring us closer to our target!



# GOLF DAY

**We will host a golf day at Galgorm Golf Club on a Friday in May 2024!**

More details will follow soon but if you are interested in taking part, please contact our fundraising team:

[fundraising@inspirewellbeing.org](mailto:fundraising@inspirewellbeing.org)



YOU'LL TEE SURE  
TO HAVE A GREAT  
TIME

ITS ALL FOOOORE  
A GOOD CAUSE

ENOUGH  
OF THE  
GOLF  
PUNS





It gives me a purpose for the day. Glad to be here and I have made friends.

# FUND FOR THE FUTURE

ONLY THE BEST FOR BALLYMENA

## CONTACT DETAILS

Danielle Sheridan

Fundraising Manager

d.sheridan@inspirewellbeing.org

Find us on social media:

@InspireWBGroup @Inspire\_Wellbeing

For more information on Inspire visit [www.inspirewellbeing.org](http://www.inspirewellbeing.org)



Funded by  
UK Government



**inspire**

wellbeing, ability, recovery