November 2023



Ireland







Acknowledgements

Life in the UK has been a team effort from the beginning. Thank you to Emily Gray, Alice Diaz, Karl Ashworth and the Ipsos team for conducting the survey, capturing the data and conducting factor and regression analysis. Anita Aggarwal, Amy Baker, Jenny Peachey, Adam Milne and Adam Lang played critical roles in further analysis, discussion of data and emerging findings, and shaping this report. Stuart Mackinnon and Sarah Davidson also helped sharpen thinking and messaging. Thank you to Alison Manson for her role in designing the reports and many thanks also to Helen Holden for generating the logo and report design templates.

We were lucky to work with an expert Advisory Group whose views supported us from the outset of this initiative through to, and including, this report. We would like to extend our thanks to Paul Allin (Honorary Officer for National Statistics and member of the National Statistician's Expert User Advisory Committee), Jacob Ellis (Lead Change Maker, Future Generations Commissioner), Nancy Hey (Director, What Works Wellbeing), Richard Heys (Deputy Chief Economist), Ed Humpherson (Director General, Statistics Regulation Authority), Ally McAlpine (Chief Statistician, Scottish Government), Matthew McFarland (Northern Ireland Statistics and Research Agency) and Liz Zeidler (Chief Executive, Centre for Thriving Places). Colin Firth and Megan Mathias also provided helpful insights. Any mistakes or issues with this report are our own.

With thanks also to the people who took part in the survey and for sharing how their life is.

Please cite this publication as: Wallace, J and Paylor, H. (2023) *Life in the UK: Northern Ireland*. Dunfermline: Carnegie UK

ISBN number: 978-1-912908-93-6



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Wellbeing in Northern Ireland is full of paradoxes. Official statistics tell us that people in the region have the highest life satisfaction in the UK, while other statistics tell us that they also have the highest rate of prescriptions for anti-depressants.¹ It is a place of natural beauty, and a place where the remoteness of communities challenges those delivering services essential to wellbeing. It is also a place in democratic limbo, with no sitting Northern Ireland Assembly.

At the moment, Gross Domestic Product (GDP) remains the only single comparable number used as a barometer of progress in the UK today, driving policy making and shaping public debate. GDP sits at the top of a pyramid of statistics about units of production and was developed in the 1930s to fill gaps in available information about the state of the economy, it was never intended to be a measure of wellbeing or progress.²

However, there is something about the (deceptive) simplicity of a single number and in the absence of an alternative, GDP is often used to measure 'how life is'. But what if there were a single number that motivated governments to set collective wellbeing as the goal? Could we bring together data from different aspects of our lives to give a richer picture of how we are really doing? If so, could we track that over time to show whether things are getting better or worse? And in so doing, could we help to build the case for a broader approach to measuring and acting on what matters?

Those are the questions which inspired us to undertake this work.

This briefing presents the findings of the first year of our new Life in the UK index. It focuses on the findings from a representative survey of 728 people in Northern Ireland, part of the larger Life in the UK survey of 6,941 people across the UK, carried out between 18 and 24 May 2023.

Key findings

Democratic wellbeing is exceptionally low indicating a crisis in trust in institutions.

Disabled people, those who live in social housing or are poorer have lower wellbeing scores.



The collective wellbeing score for Northern Ireland in 2023 is 61 out of 100.

- ¹ According to the Northern Ireland Department of Health, 19% (one in five) of the adult population in Northern Ireland received anti-depressant medication in 2020/21. The number of items dispensed was 50% higher in the most deprived areas.
- 2 Gaukroger, 2023. A critical assessment of GDP as a measure of economic performance and social progress. Available at: <u>https://carnegieuktrust.org.uk/publications/a-critical-assessment-of-gdp-as-a-measure-of-economic-performance-and-social-progress/.</u>

Why collective wellbeing?

Carnegie UK has been involved in understanding and measuring wellbeing for over a decade. Over this time, we have supported governments to take a broader view of social progress and to balance social, economic, environmental and democratic (SEED) outcomes in decision making, resource allocation and long-term planning.³

There is a growing body of research and evidence which demonstrates that putting collective wellbeing at the heart of decision making really is an effective route to a good and sustainable quality of life.⁴ Measurement is critical to this process: if collective wellbeing became a key measure of progress, it would inform public debate and government decision making, which would in turn determine where resources go, and what gets done.

In 2019, we began to experiment with a wellbeing index. Inspired by the Canadian Index of Wellbeing and the Oxfam Humankind Index, we wanted to see if it was possible to create a single number that answered the question of 'how life is'.



Social wellbeing

We all have the support and services we need to thrive.

Economic wellbeing

We all have a decent minimum living standard.

Environmental wellbeing

We all live within the planet's natural resources.

Democratic wellbeing

We all have a voice in decisions made that affect us.

³ For example, Carnegie UK has supported the development of a Wellbeing Framework in the North of Tyne and the embedding of a Wellbeing Framework in Northern Ireland. Carnegie UK, 2021. Embedding a Wellbeing Framework in Northern Ireland. Reports available at: <u>https://www.carnegieuktrust.org.uk/</u>

For example, see Impact of the Act – The Future Generations Commissioner for Wales and New Zealand's wellbeing:
Is it sustainable and what are the risks? - Background paper to Te Tai Waiora: Wellbeing in Aotearoa New Zealand 2022 - 24 November 2022 (treasury.govt.nz).



The Life in the UK index is the output of a process of experimentation and refinement. It is our contribution to a broad movement that seeks to put wellbeing at the heart of how governments think and what they do.⁵

Our goal was to create an index that is:

- timely issued within six months of data collection
- comprehensive covering all domains of wellbeing

robust – both for individual indicators and index methodology

- relevant people across the UK see it as relevant to their lives
- useful for all of those interested in improving lives in the UK

Life in the UK provides:

a single score for collective wellbeing that will show if we are living better or worse over time.

a score for each of the four domains of wellbeing: social, economic, environmental, and democratic.

> collective wellbeing and domain scores for the UK as a whole, Northern Ireland, Scotland, Wales, and each of the English regions.

collective wellbeing and domain scores for different demographic groups.

⁵ See for example: OECD Better Life Index, UN "Beyond GDP", Wellbeing Economy Governments partnership. Co-op Community Wellbeing Index, Office for National Statistics (ONS), Scottish Government, Welsh Government and Northern Ireland Assembly. Read more at: Wellbeing Economy Governments (WEGO) : Wellbeing Economy Alliance (weall.org)

How to read the wellbeing scores

The Life in the UK index has been designed to provide an overall assessment of 'how life is'. The overall index score is an average of the scores for each of the four wellbeing domains: social, economic, environmental and democratic. Higher scores indicate we found a higher level of wellbeing.

- The index is based upon a 26-question survey of more than 6,900 people across the UK. The questions relate to the different domains of wellbeing and were tested with focus groups and an Advisory Group. The survey was administered through the Ipsos Knowledge Panel, a random probability survey panel based on a random sample of UK households.
- The overall collective wellbeing index score and the wellbeing domain scores have a value of between 0 and 100. Note that although the scores are a scale of 0 to 100, they are not percentages.
- The collective wellbeing scores, domain scores and individual questions were analysed to compare aspects of life for different types of people and different parts of the UK. A summary table of the domain scores is contained in **Appendix 1**. We have only commented on statistically significant relationships.
- We used factor analysis to construct the index scores and regression analysis to help us understand which demographic characteristics (including gender, age, income, disability, area deprivation and tenure) are most associated both with collective wellbeing overall and with social, economic, environmental and democratic wellbeing specifically. This analysis has been used to structure our discussion of the demographic characteristics impacting on wellbeing throughout this report.

In taking this approach, the Life in the UK index is unique. In the coming years we will be able to use this measure to track whether lives are improving. This year, our focus is on what the data has revealed about the extent of inequality in the UK.

Carnegie UK and Ipsos designed, developed and analysed the index in partnership. The recommendations outlined in this report are Carnegie UK's alone. More information on the methodology is available <u>here</u>.

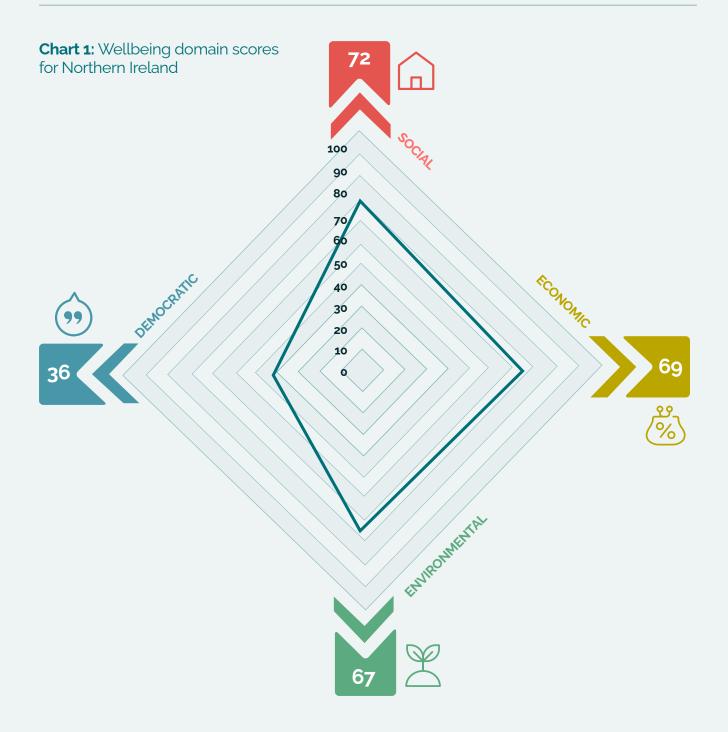


Northern Ireland's collective wellbeing

61

100

Overall Northern Ireland's collective wellbeing score is in line with the UK at 61 out of a possible 100. The collective wellbeing score is the average of the scores for social, economic, environmental and democratic wellbeing and measures whether we are 'living well together'.



On further analysis we found that:



Disabled people have lower collective wellbeing scores compared to non-disabled people (54 compared to 64) (Chart 2).



People living in the most **deprived areas** have a lower collective wellbeing score compared to those living in the least deprived areas⁶ (52 in the lowest quintile compared to 66 in the top quintile) (Chart 3).

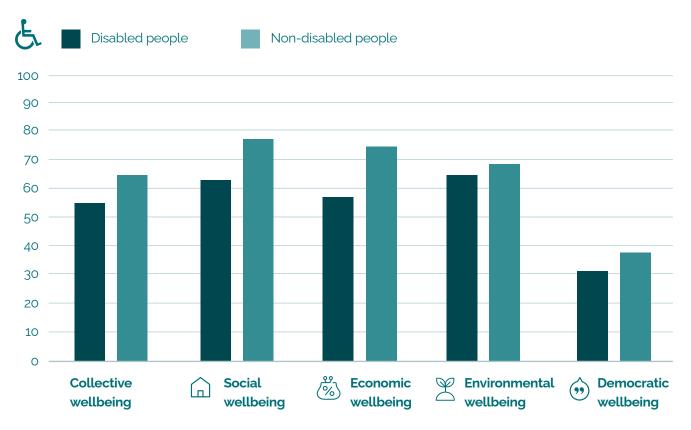


Social housing **tenants** and private tenants have lower collective wellbeing scores than homeowners (45 and 55 respectively compared with 64) (Chart 4).



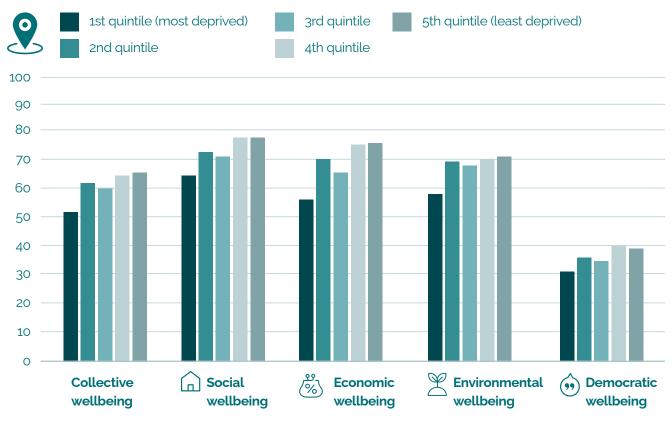
People from a Catholic **community background** have lower collective wellbeing scores than those from Protestant community backgrounds (58 compared to 64).

Chart 2: Wellbeing domain scores by disability (see Appendix 1 for full scores)



⁶ Indices of multiple deprivation (IMD) is a measure of relative deprivation for small, fixed geographic areas of the UK. IMD classifies these areas into five quintiles based on relative disadvantage, with quintile 1 being the most deprived and quintile 5 being the least deprived.

Chart 3: Wellbeing domain scores by areas of multiple deprivation (see Appendix 1 for full scores)



Social wellbeing

Social wellbeing includes aspects from health and mental health to neighbourhood safety and relying on each other. A higher score means that we found higher levels of wellbeing for those people or places.



We found:

- **Disabled people**⁷ experience lower levels of social wellbeing than non-disabled people (62 compared to 77) (Chart 2).
- Those living in social rented and private rented housing have lower social wellbeing than homeowners⁸ (57 and 65 compared to 75 respectively) (Chart 4).
- People from a Catholic **community background** have lower social wellbeing scores than those from Protestant community backgrounds (71 compared to 75).

³ 'Homeowner' refers to those who own their home outright or are buying on a mortgage.

⁷ Disability is asked about in two questions: 1) Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more? (scale: Yes/No/Don't know/Prefer not to say). All who answer Yes at 1) are then asked 2): Does your condition or illness, or any of your conditions or illnesses reduce your ability to carry out day-to-day activities? (scale: Yes, a lot; Yes, a little; Not at all; Prefer not to say).

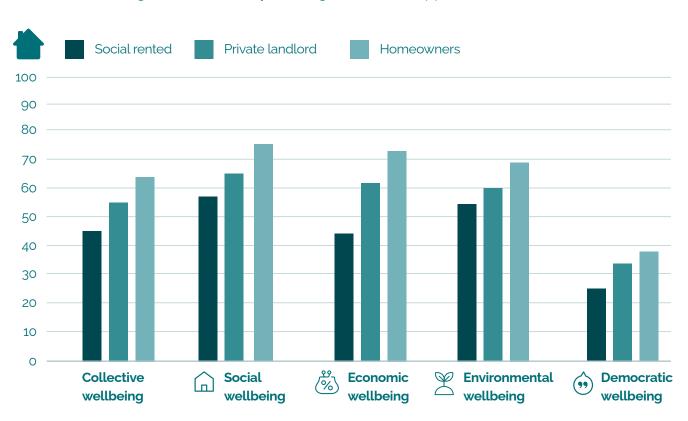


Chart 4: Wellbeing domain score by housing tenure (see Appendix 1 for full scores)

Health and mental health

One in ten (10%) report poor general health and 13% have poor mental health – with 5% reporting both poor general and mental health. The levels of poor general and mental health are comparable with the UK as a whole.

Disability correlates with general health but also with mental health with 25% of disabled people reporting poor mental health compared to 8% of non-disabled people.

People living in private rented accommodation and social rented accommodation are more likely to report poor mental health than homeowners (23% and 44% respectively compared to 8% of homeowners).

Safety and community

24% feel unsafe out in their neighbourhood after dark. This is lower than the figure for the UK as a whole, which is 28%. There is a pronounced gender effect - with 36% of women reporting that they feel unsafe compared to 10% of men. Those living in the areas of least deprivation are most likely to report feeling safe: 90% in the least deprived quintile compared to 61% in the most deprived quintile.

75% report that they have someone to rely on in their neighbourhood if they need support. This is higher than the figure for the UK as a whole (66%). Housing tenure had a marked effect: 11% of homeowners report that they do not have someone to rely on, compared to 30% of those in private rented housing, and 29% of those in social rented housing.

7% report being unable to access a local grocery store or supermarket. This is on par with the UK as a whole (5%).

Discrimination

42% reported that they have been discriminated against in the last 12 months. This figure is on a par with the UK as a whole. 59% of those aged 16 to 34 and 42% of those aged 35 to 54 years old reported experiencing discrimination over the past year compared to 26% of those aged 55 and over.⁹

🖏 Economic wellbeing

Economic wellbeing includes access to a decent income, affordability, financial resilience, job opportunities and skills. A higher score means that we found higher levels of wellbeing for those people or places.



We found: 💙

- A 16-point gap between **disabled people** (58) and non-disabled people (74) (Chart 2).
- A linear relationship between **annual household income** and economic wellbeing. As income increases, so too do economic wellbeing scores. The economic wellbeing score for the lowest income group is 55 compared to 83 in the top quintile (a 28-point gap) (Chart 5).
- A 29-point gap between the economic wellbeing score of social housing **tenants** (44) and homeowners (73) (Chart 4).
- An inverse linear relationship between **area deprivation** and economic wellbeing. As area deprivation decreases, economic wellbeing scores increase. The economic wellbeing score for those living in the most deprived areas is 56 compared to 76 in the least deprived areas (a 20-point gap) (Chart 3).

Affordability

We included two measures that relate to absolute poverty – the ability to keep one's home adequately warm and the ability to feed everyone in the household.

- One in eight identify difficulties in heating their homes (16%) in line with the UK figure of 17%.
- One in 12 report that they could not feed everyone in the household (8%) in line with the UK figure of 6%.

⁹ We have presented the analysis according to three age groups: 16 to 34 years old, 35 to 54 years old and 55 and over. In making this decision, we reviewed a number of different categories. In particular we reviewed the scores for 55 to 64 years old, 65 to 74 years old and 75 and over. We did not find significant differences in the wellbeing scores for those aged 55 and over and therefore have used one category to represent older life.

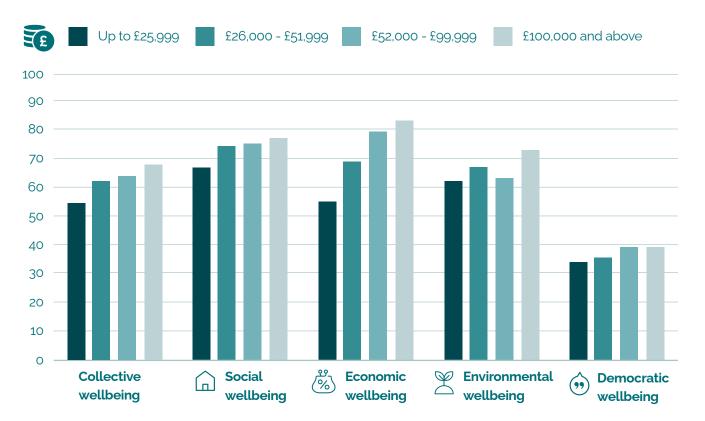


Chart 5: Wellbeing domain by household income (see Appendix 1 for full scores)

We included two measures that relate to relative poverty – the ability to afford a week's annual holiday away from home (not staying with relatives) and the ability to socialise with friends or family outside of the home once a month if desired.

- 27% cannot afford a holiday, which is higher than the UK wide figure of 22%.
- 15% cannot afford to socialise, higher than the UK wide figure of 11%.

We asked whether people could afford an unexpected but necessary expense of £850 to understand whether people had financial security or degree of wealth. We found that one in three cannot afford an unexpected expense of £850 (33%).

There are clear correlations for all of the affordability questions and household income, with the highest level of absolute and relative poverty reported by those living in households with an income of under £25,999.

Education, skills and job opportunities

11% are dissatisfied with their education and skills, higher than for the UK, where 7% report dissatisfaction. Job opportunities are a cause for concern for 30% of the population, higher than for the UK, where 23% report dissatisfaction.

😤 Environmental wellbeing 🔰

Environmental wellbeing includes access to green and blue spaces, quality of the local environment and collectively living within the planet's natural **resources.** A higher score means that we found higher levels of wellbeing for those people or places.

We found that people from a Catholic **community background** have lower environmental wellbeing scores than those from Protestant community backgrounds (64 compared to 70).

Problems with noise, air and litter

Litter was a particular challenge, with three-quarters of people reporting that there are problems with litter in their area (74%). Litter is less of a problem in Northern Ireland than in elsewhere in the UK, however, with 26% of those in Northern Ireland reporting no problems compared to 19% in the UK as a whole.

Half of the population experience problems with noise pollution (51%), and we found that younger people are more likely to report noise problems. For example, while 59% of those aged 55 and over report no problems with noise pollution, this fell to 34% of those aged 16 to 34. Noise pollution is far less of a problem in Northern Ireland than elsewhere however, with 49% of those in Northern Ireland reporting no problems compared to 39% in the UK as a whole.

Problems with air quality are experienced by just under two in five people in Northern Ireland (38%). Again, air pollution is far less of a problem in Northern Ireland than elsewhere, with 60% reporting no problems, compared to 45% in the UK as a whole.

Local green and open space

Satisfaction with the quality of the local green or open space is generally high in Northern Ireland with 72% reporting being satisfied and 15% reporting being dissatisfied. There is a relationship here between satisfaction with local green/open space and local area deprivation, with people living in the areas of least deprivation most likely to report feeling satisfied: 87% in the least deprived quintile compared to 54% in the most deprived quintile.

Efforts to preserve the environment

Our survey is focused heavily on local environmental quality but we asked one particular question about efforts to preserve the environment. We found that over two in five people in Northern Ireland are dissatisfied with efforts to preserve the environment (44%) and that this was consistent across demographic groups (age, gender, income and area deprivation). This is in line with the UK as a whole.



😤 Democratic wellbeing 🔰

Democratic wellbeing includes trust in key institutions and the ability to influence decisions at a national and local level. A higher score means that we found higher levels of wellbeing for those people or places. It requires local and national leaders that support participation, foster trust and encourage diversity. When developing our SEED framework, it was our experience in Northern Ireland that led us to include democracy as a separate domain.¹⁰



Democratic wellbeing is a particular challenge in Northern Ireland and we found the lowest score in this category of just 36 out of a possible 100. This is lower than democratic wellbeing for UK as a whole (41 out of 100).

We found that people from a Catholic **community background** have lower democratic wellbeing scores than those from Protestant community backgrounds (32 compared to 40).

Influence

People in Northern Ireland are the most likely from across the UK to report that they cannot influence decisions affecting the UK as a whole (84% compared to 72% in England, 75% in Wales and 79% in Scotland).

The majority of people in Northern Ireland also feel that they cannot influence the Northern Ireland Executive or local level decision makers (74% and 59% respectively).

Trust

We found that:

- 61% have low levels of trust in the UK Government
- 38% have low levels of trust in news media
- 34% have low levels of trust in local councils
- 27% have low levels of trust in banks
- 21% have low levels of trust in the police
- 21% have low levels of trust in the courts and legal system

The proportion of those in Northern Ireland who do not trust the UK Government is higher than in the UK overall (61% compared to 52% for the UK - and 51% for England). Trust in local councils is also lower than it is in across the UK overall. (34% not trusting them compared to 26% for the UK - and 25% for England and 28% for Scotland.)

Perhaps surprisingly, trust in the police and in new media is not significantly different in Northern Ireland from other parts of the UK. Distrust in banks, however, is more common than in the UK overall (27% in Northern Ireland report low levels of trust in banks, compared to 17% for the UK - and 16% for England and 18% for Wales). Distrust in the courts and legal system is also more common in Northern Ireland at 21% compared to a UK wide figure of 16%.

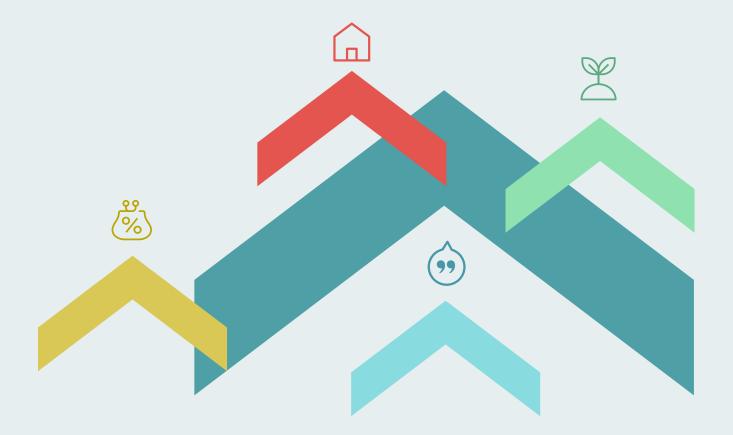
¹⁰ Carnegie UK, 2014. Measuring wellbeing in Northern Ireland: a new conversation for new times. Available at: <u>https://carnegieuktrust.org.uk/publications/measuring-wellbeing-in-northern-ireland/.</u>

Discussion and recommendations

We started Life in the UK to help understand how different aspects of wellbeing are experienced by the population as a whole and by different communities.

In this first year, we have found comparative strengths in Northern Ireland: neighbourhood support networks, safety and local environmental quality are all rated better than the UK as a whole. Social wellbeing is broadly positive but the proportion of people experiencing poor mental health is a continuing issue.

We are concerned about the level of financial insecurity that we found. The scale and extent of the impact of the cost-of-living crisis on household finances raises fundamental questions about the degree of financial security that we want for people. There is no single solution to this challenge. A multifaceted approach is required, which addresses issues such as low pay, the level of social security payments, the poverty premium in access to a range of markets and services, and the cost of living in areas such as housing, transport and childcare.



Recommendation 1

The Northern Ireland Executive (when reconvened) and local councils must act to reduce the wellbeing gaps between socio-economic groups.

One of the challenges to reducing wellbeing inequalities is the model of governance applied in Northern Ireland which limits the opportunity to make decisions that are focused on the long-term or which require joining up decision making between different tiers and agencies of government. Over the past decade Carnegie UK has carried out a significant amount of research and policy development in Northern Ireland to encourage improvements to decision making.¹¹ We reiterate here our call for public sector reform to support a wellbeing approach.

Recommendation 2

The Northern Ireland Executive (when reconvened) should introduce legislation to protect the wellbeing of future and current generations requiring wellbeing outcomes and indicators to be meaningfully incorporated into priority setting and budgets.

While many challenges are experienced equally across the UK, Northern Ireland has a particularly difficult period ahead. As we have noted in our previous work on wellbeing in Northern Ireland, democratic wellbeing is both a means to greater social, economic and environmental wellbeing AND an end in itself, impacting directly on personal wellbeing.¹² The very poor levels of democratic wellbeing in Northern Ireland impact not just on this domain but also on government's ability to deliver social, economic and environmental outcomes. Low levels of trust can place compliance with decisions made by governments at risk.¹³

As the OECD states, trust is the foundation of a functioning democratic system, and is crucial for maintaining political participation.¹⁴ Apathy can be attributed to a lack of trust in the political system, as citizens may not get involved if they think their opinion will not influence decision-makers.¹⁵

- ¹⁴ <u>https://www.oecd.org/gov/trust-in-government.htm</u>
- ¹⁵ Yunsoo Lee & Hindy Lauer Schachter (2019) Exploring the Relationship between Trust in Government and Citizen Participation International Journal of Public Administration, 42:5, 405-416, DOI: 10.1080/01900692.2018.1465956

¹¹ Coutts et all 2021 Working Together for Wellbeing: The report of the Northern Ireland Embedding Wellbeing in Local Government Programme (Summary Report) Carnegie UK Trust <u>https://carnegieuktrust.org.uk/publications/working-together-for-wellbeing-</u> <u>summary/</u>

¹² Woods, J., Doran, P. and Wallace, J., 2015. Towards a Wellbeing Framework: Background Report Available at: <u>https:// www.</u> <u>carnegieuktrust.org.uk</u>

¹³ Clery, E., Curtice, J., Frankenburg, S., Morgan, H., and Reid, S. 2021. British Social Attitudes: The 38th Report. London: The National Centre for Social Research.

Trust in the UK government and in the Northern Ireland Executive is perilously low.¹⁶ We know that local councils and others have engaged positively in emerging methods of public participation and citizen engagement, such as citizens' assemblies and participatory budgeting.¹⁷ Such methods seek to increase individual and collective voice and choice.¹⁸ However, while welcome, these initiatives are not sufficient to address the scale of the problem.

The first priority of the Northern Ireland Executive, when it is re-established, must be building trust with people by proving that it hears what their priorities are and acts on them to improve wellbeing.

Recommendation 3

Political parties and local councils must invest in fresh and sustained efforts to reverse the sense of alienation from local and national decision-making and increase opportunities for meaningful participation.

¹⁶ Carnegie UK, 2022. GDWe: a spotlight on Democratic Wellbeing. Available at: <u>https://carnegieuktrust.org.uk/publications/gdwe-a-spotlight-on-democratic-wellbeing/</u>.

¹⁷ See, for example Involve UK's full report on the Citizen Assembly for Northern Ireland, available at: <u>https://www.involve.org.uk/</u> resources/blog/project-update/full-report-citizens-assembly-northern-ireland.

¹⁸ Carnegie UK, 2021. Embedding a Wellbeing Framework in Northern Ireland. Available at: <u>https://www.carnegieuktrust.org.uk/</u>

Appendix 1: Summary table of domain scores by key demographics

		Collective wellbeing	Social wellbeing	Economic wellbeing	Environmental wellbeing	Democratic wellbeing
	Total	61	72	69	67	36
Disability	Disabled people	54	62	58	64	31
	Non-disabled people	64	77	74	68	38
Age	16-34	59	70	72	60	35
	35-54	58	70	62	68	33
	55 and over	65	77	73	71	40
Household Income	£25,999 and under	54	67	55	62	34
	£26,000 to £51,999	62	74	69	68	36
	£52,000 to £99,999	64	75	79	63	39
	£100,000 and above	68	77	83	73	39
Area deprivation	1st quintile (highest deprivation)	52	65	56	57	31
	2nd quintile	62	73	70	69	36
	3rd quintile	60	71	67	67	35
	4th quintile	65	77	75	70	40
	5th quintile (lowest deprivation)	66	77	76	71	39
Housing	Social rented	45	57	44	54	25
	Private rented	55	65	61	60	33
	Homeowners	64	75	73	69	38
Community	Protestant	64	75	72	70	40
background	Catholic	58	71	67	64	32





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