

# IMPACT REPORT 2017

# BY YOUNG PEOPLE, FOR YOUNG PEOPLE.

## OUR VISION

An Ireland where young people are empowered with the information needed to lead active, happy, healthy lives.

## OUR MISSION

To empower young people throughout Ireland with information, tools, resources and opportunities to enable informed decision-making and facilitate positive change in our own lives and in our communities.

## OUR VALUES

Our values inform everything we do by ensuring our work reflects a shared purpose and core ethos:

- We are inclusive
- We are rights-based
- We are independent
- We are holistic

- We are authentic
- We are creative
- We are innovative
- We are dynamic

### Funded by



### Partners



## Introduction

From **Ian Power**, Executive Director, SpunOut.ie



Providing a reliable source of non-judgemental information for young people has never been more important, and SpunOut.ie is proud to have reached more readers than ever before in 2017. We know that information is power; the power to change your own life, someone else's, or an entire community.

In 2017, the organisation went through a period of significant change in order to ultimately serve our readers better. Our staff team, young people from our Action Panel, and our board worked together to finalise a new organisational strategy to set an ambitious forward path for how we do what we do. To enable this plan, we set about understanding what it is we believe we want to change (see page 5), and then we set about developing a framework to measure our success (see page 6).

We've always studied the vast amount of data we have on what young people are interested in, but in conducting our reader survey in 2016 and 2017, we started to establish an evidence baseline that is helping us to understand much more richly, what it is our readers want. We're making that information available in this Impact Report for 2017 by curating some of the most interesting data about our readers' behaviour and giving you an unvarnished account from our reader survey of what they said about how we're doing in a range of performance areas.

Information dates quickly, and as a result it can be a challenge to keep our 4000 information records fresh, especially with such a small team. Our readers are generally quite satisfied (95%) with the quality of our information, but we can always do better. That's why in 2017 we set about securing resources to expand our content team to five people, to do a full quality audit of all of our content, and to build a new content management system (CMS) to improve how we work. All of this work has now been completed and readers will benefit from these initiatives in the second half of 2018 and beyond.

Similarly, we know the relevance of SpunOut.ie content can be improved. Readers want us to recognise the issues they're struggling with quickly and respond with resources to empower them. We know our readers are satisfied (96%) with how we're doing right now, but we're not. We have appointed a new digital communications manager to keep on top of what young people are searching for online, to surface fresh insights from our own data in real time, and we have invested massively in expanding our Action Panel network to 160 young people to help us make sense of it all.

The tone of content can also always be improved. Back when SpunOut.ie was first founded there was a belief you needed to speak to young people in an 'edgy' way. Now, we just make sure all new content is written in accessible plain English and we are working to retrofit legacy content by simplifying the language used. We're supporting these efforts by making sure the team are all trained in plain English and by taking advantage of tools like readable.io, Lingofy and the Associated Press stylebook.

How we reach young people with information is also an area of focus for improvement, as reflected in what our readers had to say. We know that Facebook and Twitter have been hugely successful platforms for engaging readers up to now, but we're also preparing to invest in other channels too. Our new strategy instructs us to approach content 'video first, social first' and so you'll see us devoting much more time in engaging people in places like Instagram and Twitter going forward. We've just made our first single channel hire by appointing a multimedia producer who will be creating content solely for Instagram.

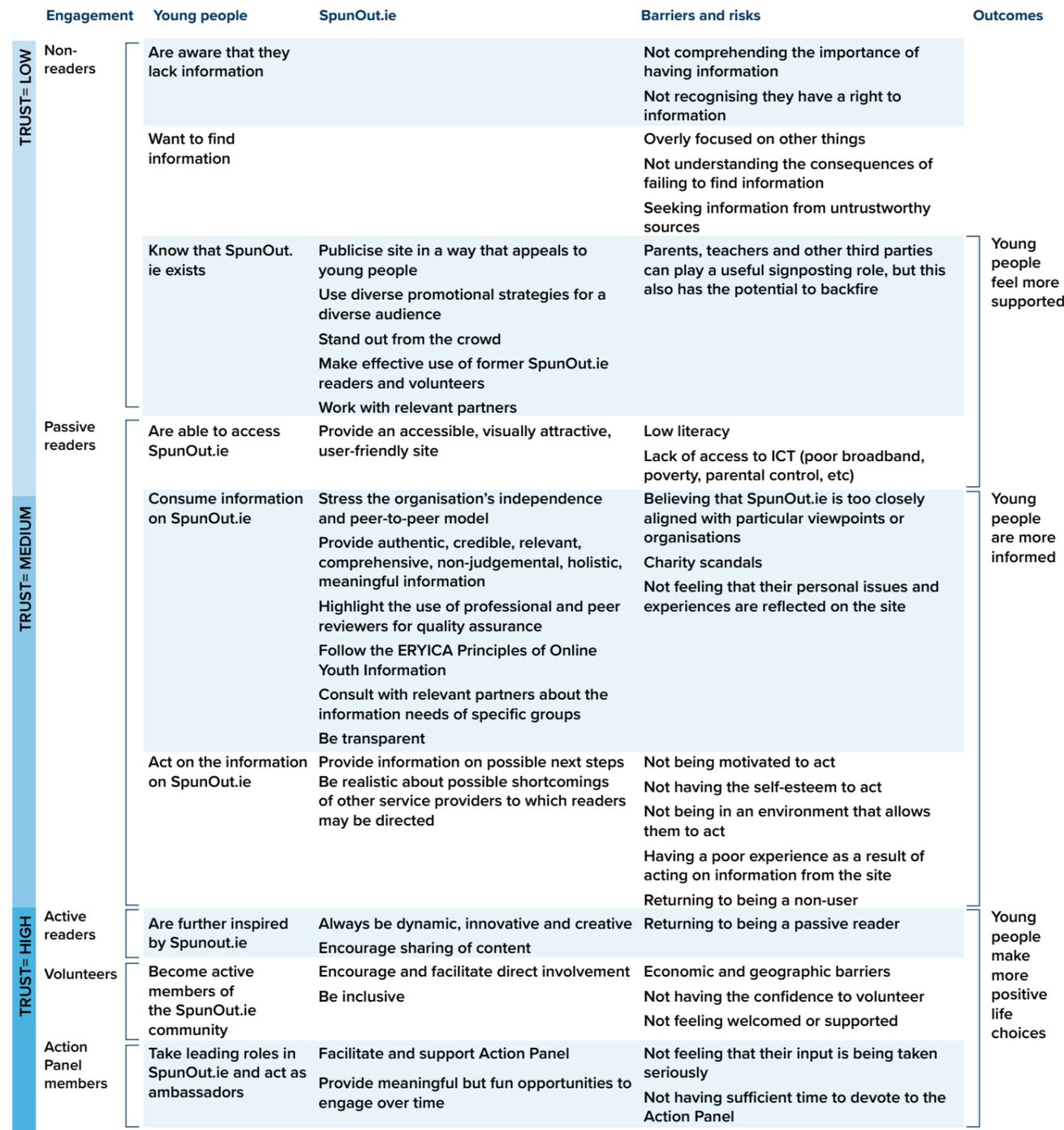
Our measurement framework sets out three outcome areas in which we feel our service can impact young people. The most important of these is that our readers feel informed by having read our content and we're really happy 94% of readers agree they do. We also want young people to feel like SpunOut.ie is a source of support, and they do (86%). Most important of all though, we want to support young people to make better decisions in life, and we're really happy that 64% of people said our information has encouraged behaviour change in a positive way. We know information is one of many factors in decision making, but we're proud to be making an impact.

Overall, this Impact Report shows us we're doing a good job, but we can do even better. We're really proud that in 2017 we both grew our readership while maintaining pretty stellar satisfaction rates. We're also encouraged to do better by all of the statements (dotted throughout the report) made by readers in our survey about how the service has been of benefit. That's why we do what we do, and it's what inspires us to work harder.

Thank you to all of the young people who contribute to, volunteer with or read SpunOut.ie. Thank you to the incredible team who have worked so hard to achieve the results in these pages. And thank you to the board and action panel members who volunteer their time so generously to lead the organisation.

# Our Theory Of Change

This how we believe we achieve our mission of empowering young people with information



Developed with the support of Sandra Velthuis of Whitebarn Consulting

# Our Measurement Framework

This is how we measure our performance against our mission of empowering young people with information. All of the data in this impact report is derived from Google Analytics (content statistics) and the annual survey of readers (demographics, satisfaction and outcomes), 1,000 respondents completed the reader survey in 2016, with 500 completing the survey in 2017.

Outcome	Type	Metrics
Young people feel more supported	Media monitoring	Date, media type, topic, channel/publication, show, audience reach, duration/page, sentiment, hyperlink, times, related campaign, international/national/regional/local/community media
	Monitoring of outreach activities	Number of events, footfall, number engaged, link to related campaign, workshop attendance, workshop feedback surveys
	How users are accessing site	Google AdWords clicks and spend data, % accessing from a mobile device, inbound social media traffic and spend data, social media traffic aggregated and expressed as a % of total traffic
	Headline website usage statistics	Total sessions and uniques, including % of new sessions, by age and gender
	Headline social media usage statistics	Number of Facebook new likes, Twitter new followers, YouTube subscribers (including new subscribers, by gender), Instagram new followers, Snapchat new followers
Young people are more informed	Annual reader survey questions	Location, gender, age (with a follow-on question for over-25s), relationship with SpunOut.ie, social media channels used, extent to which they feel supported
	Content listing	Type, category, section on site, related campaign, with title and hyperlink
	Content monitoring	Volume created, number of page views, pages per visit, scroll depth, avg. time on site
	Reader satisfaction	Reader survey questions (Satisfaction with quality, relevance, language/tone, social media presence) and 'Was this article helpful?' question on content
Young people make more positive life choices	Video	YouTube views, Facebook views, Instagram views, minutes watched, avg. view duration
	Annual reader survey questions	Extent to which readers feel informed
	Listing of active individuals	Action Panel members (retention, duration of term), contributors (volume of content generated, skills development events attended) and other volunteers
	Annual reader survey questions	Extent to which SpunOut.ie has led them to make better life choices, willingness for their individual story to be used as a case study, space for additional comments
	Individual stories	Case studies

Developed with the support of Sandra Velthuis of Whitebarn Consulting

## The Year At A Glance...

SpunOut.ie increased its reach by over 130,000 readers in 2017 compared to the previous year and recorded an average of in excess of 100,000 monthly sessions.

### Reader Numbers

**1,389,102**

sessions on SpunOut.ie (up 10% on 2016)



**1,060,699**

readers (up 14% on 2016)



**1,996,279**

page views (up 4% on 2016)



**16,541**

Number of readers on our busiest day of the year: Thursday, 23rd March 2017



**30%** of readers came from within Dublin



**85%** of readers came from within Ireland



**6,168**

(net) new page likes on Facebook



**1,800**

(net) new followers on Twitter



**1000**

(net) new followers on Instagram



**416** pieces of new content were published in 2017



(with hundreds of others updated with new information)

## The Year At A Glance...

What our readers say about SpunOut.ie.

### Reader Satisfaction

**95%**



of readers are satisfied with the **quality** of content

**96%**



of readers are satisfied with the **language/tone** of content

**96%**



of readers are satisfied with the **relevance** of content

**91%**



of readers are satisfied with the **social media presence**

### Reader Outcomes

**86%**



of readers reported feeling SpunOut.ie is a **source of support**

**64%**



of readers reported SpunOut.ie had led them to making **better decisions**



**94%**

of readers reported feeling **informed** by SpunOut.ie

# The Year At A Glance...

## Reader Comments

“  
SpunOut.ie's articles are down to earth. To me, at least, it never feels like I'm been spoken down to, which makes the world of difference.  
(Male, age 16-18, Meath)

“  
SpunOut.ie's articles make me look at things from different people's perspectives.  
(Female, age 16-18, Dublin)

“  
I don't see other websites hit home quite as accurately as SpunOut.ie can.  
(Male, age 16-18, Cavan)

“  
Whatever problem you have, whatever information you're looking for, there's something for you on SpunOut.ie.  
(Female, age 16-18, Galway)

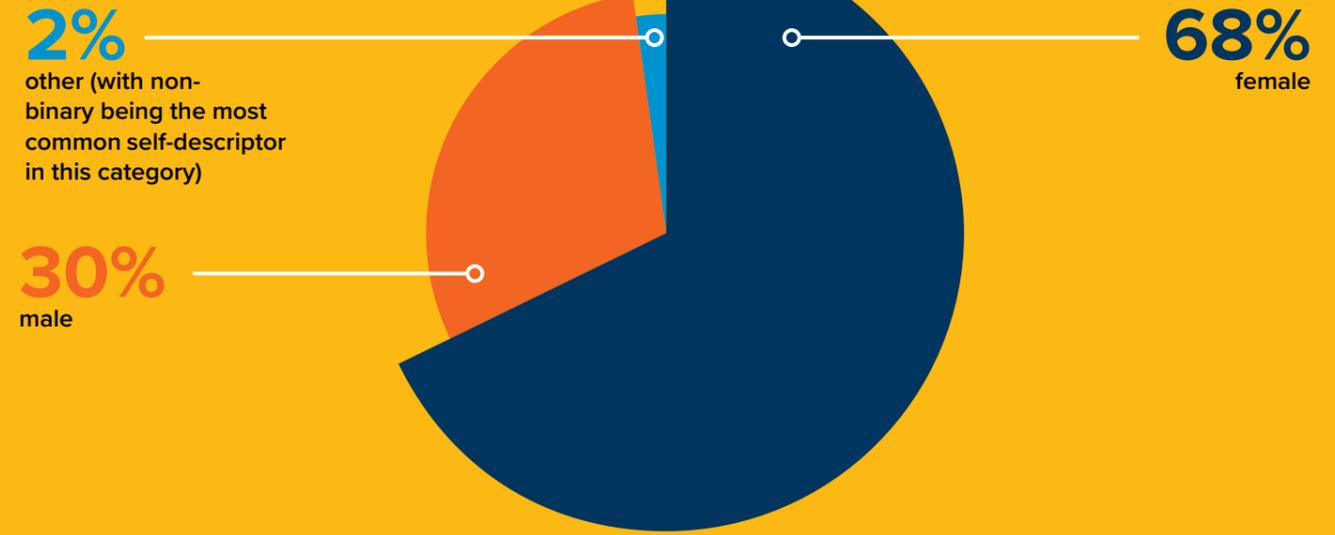
“  
SpunOut.ie tackles real issues for young people and doesn't shy away from controversial subjects. It recognises the reality of growing up in Ireland and gives helpful advice on how to safely approach sex, drugs, relationships and many other things.  
(Female, age 19-21, Wexford)

“  
SpunOut.ie articles are written by people who know what they're talking about and any facts are backed up by professionals.  
(Female, age 16-18, Dublin)

“  
SpunOut.ie tells me things no-one else can.  
(Male, age 22-25, Dublin)

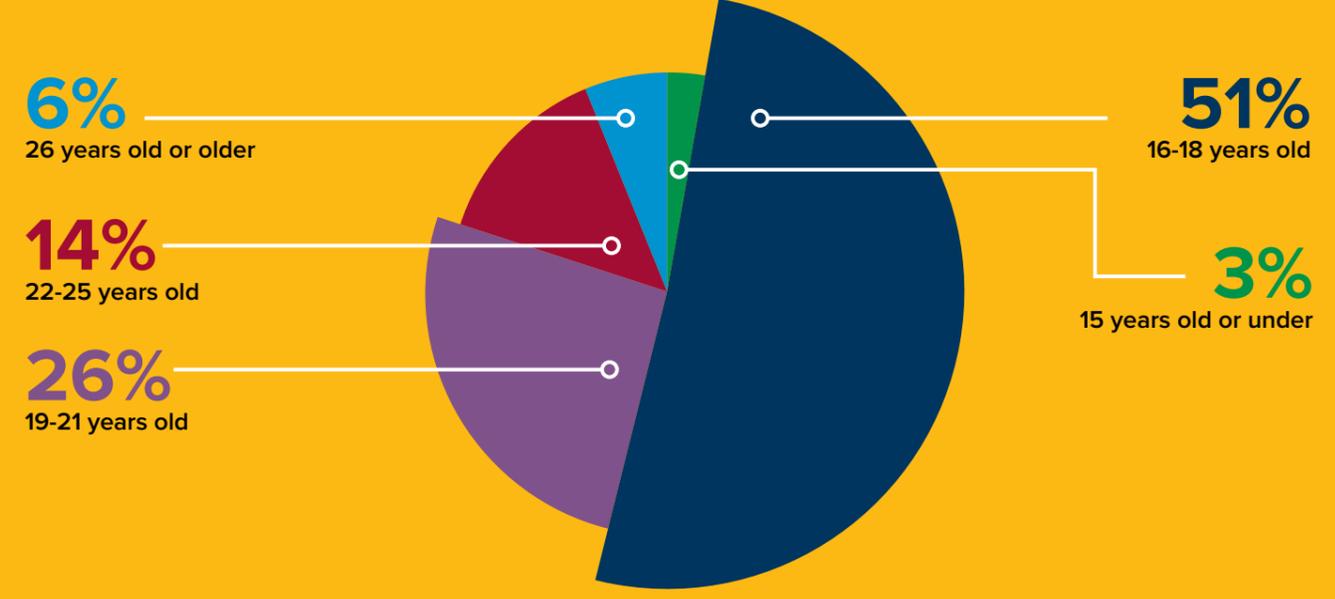
“  
SpunOut.ie is full of eye-opening, educational and helpful content in understandable language.  
(Female, age 15 or younger, Waterford)

## GENDER



The gender split was much more equal in 2016 (52% female to 47% male) than in 2017. The significant increase in video output published by SpunOut.ie on social channels may have meant young men are being engaged in platform as opposed to visiting the site. The 'other' category has doubled from 1% in 2016 to 2% in 2017.

## AGE



SpunOut.ie continues to appeal particularly to people in their mid-late teens. The majority of those in the 26 and older age group work with young people. The size of the 16-18 age group increased from 38% in 2016 to 51% in 2017. The proportional increase in the 16-18 age group was mainly due to a decrease in the number of over-25s using the service (and to a lesser extent, reduced use by people aged 19-25).

# Reader Relationship With SpunOut.ie

**15%**  
I know about SpunOut.ie but rarely, if ever, use the site

**50%**  
I go onto the site from time to time & may read some articles

**25%**  
I read articles on a regular basis

**8%**  
I read articles on a regular basis & often share content with others

**1%**  
I contribute to SpunOut.ie by writing articles

**1%**  
I used to use SpunOut.ie in the past

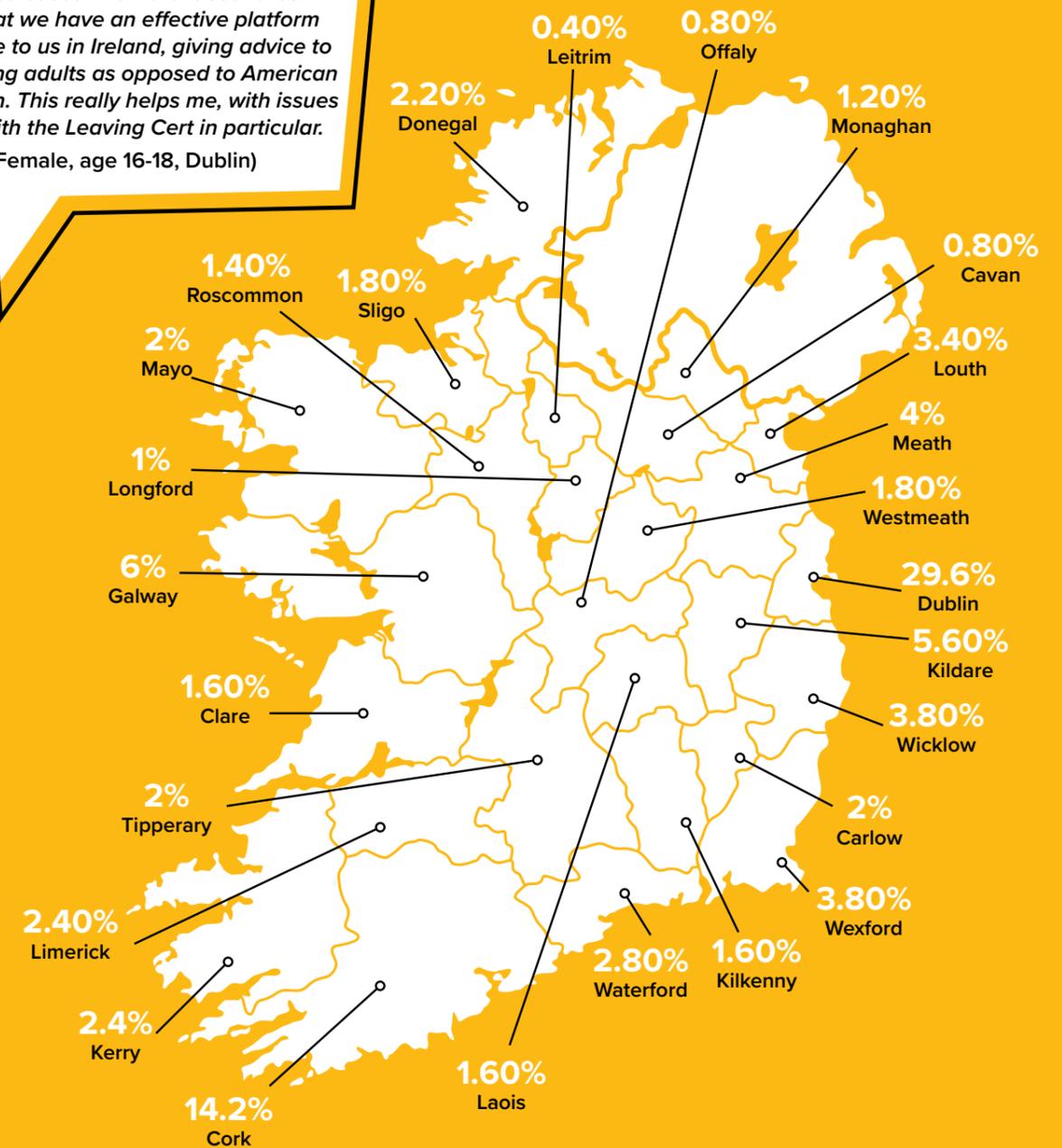
By far the largest group of people represents occasional users of the site. The responses are very similar to 2016.

# Geography

SpunOut.ie has readers in all counties in Ireland. The geographic profile remains largely unchanged since 2016.

“Normally, online sources of advice are websites based in different countries. I love that we have an effective platform available to us in Ireland, giving advice to Irish young adults as opposed to American or English. This really helps me, with issues to do with the Leaving Cert in particular.  
(Female, age 16-18, Dublin)

“SpunOut.ie is a great site for those living in Ireland, as other support websites I use are mainly geared towards those in the UK/US, so it's helped support me from an Irish context.  
(Female, age 16-18, Limerick)



# Top Content

## Top 20 Most Read\* SpunOut.ie Pages of 2017

1	Healthy Eating: Recipe Generator	68,862	readers
2	Your Rights and the Gardaí	48,445	readers
3	List of Free STI Clinics in Ireland	47,921	readers
4	Finding a Job	43,430	readers
5	Sample Cover Letter	28,602	readers
6	How to Write a CV	20,591	readers
7	How to Find Student Accommodation	20,479	readers
8	11 Common Myths About Sex	18,240	readers
9	Am I in a Toxic Relationship?	18,066	readers
10	Are You Ready for Festival Season?	17,810	readers
11	Irish Minimum Ages Quiz	15,283	readers
12	Work Rights for Under 18s	15,040	readers
13	Everything You Need to Know About CAO Offers	14,618	readers
14	What Are the Effects of Social Smoking?	14,158	readers
15	Don't Let Your Leaving Cert Results Define You	13,311	readers
16	Psychosis: What You Need to Know	12,121	readers
17	How to Answer Interview Questions	10,954	readers
18	Snapchat	10,227	readers
19	Healthy Eating: Get Your Soup On	10,108	readers
20	Hurricane Ophelia: What You Need to Know	9,937	readers

“  
SpunOut.ie has posted many articles on alcohol habits that have influenced my alcohol intake  
(Female, age 16-18, Cork)

# Top Content

## Top 10 Most Read Health Pages in 2017

1	Healthy Eating: Recipe Generator	68,862	readers
2	List of Free STI Clinics in Ireland	47,921	readers
3	Common Sex Myths	18,240	readers
4	What Are the Effects of Social Smoking?	14,158	readers
5	Healthy Eating: Get Your Soup On	10,108	readers
6	Feeling Tired	8,669	readers
7	Deciding When To Have Sex	8,383	readers
8	Drugs & the Law	6,275	readers
9	Drink & Drug Driving	6,175	readers
10	Where Can I Get Free Condoms	5,101	readers

“  
I find SpunOut.ie's exercise and healthy eating articles helpful as they allow me to fit them into my busy sixth year schedule  
(Female, age 16-18, Meath)

“  
SpunOut.ie has great articles, like how to help friends going through hard times and problems involving alcohol that really helped me in social situations  
(Male, age 16-18, Dublin)

“  
SpunOut.ie helped me to deal with my social anxiety without alcohol, which was a major problem for me  
(Female, age 16-18, Dublin)

\* Source: Google Analytics

# Top Content

## Top 10 Most Read Mental Health Pages of 2017

1	Psychosis: What You Need to Know	12,121	readers
2	Dealing With Depression	7,479	readers
3	Dealing with Anxiety	5,542	readers
4	9 Simple Ways to Manage Anxiety	4,419	readers
5	Panic Attacks	3,813	readers
6	Positive Mental Health	3,318	readers
7	I'm Feeling Suicidal. What Should I Do?	3,285	readers
8	Cognitive Behavioural Therapy (CBT)	3,002	readers
9	Things To Avoid Saying Someone With a Mental Health Difficulty	2,381	readers
10	Understanding and Recognising Eating Disorders	2,254	readers

“  
I have anxiety and SpunOut.ie is a place I can go for information, or even just to see that I'm not alone  
(Female, age 16-18, Kildare)

“  
Loads of information regarding mental health is available on SpunOut.ie. It really helped me and my family during our own struggles and was also a very reliable source of information for a mental health project I led. Thanks a lot!  
(Male, age 16-18, Monaghan)

“  
I suffer from anxiety and perfectionism and feel that SpunOut.ie's information is empowering to help me overcome these  
(Female, age 16-18, Dublin)

“  
SpunOut.ie completely helped me feel loved when I was down with my mental health  
(Male, age 16-18, Monaghan)

“  
SpunOut.ie has helped me understand that there are other people with anxiety and it's not something to be ashamed of. It's also helped me with advice you can give to friends going through a tough time  
(Female, age 16-18, Kildare)

“  
I've suffered from depression for many years, and SpunOut.ie's articles often help me with finding different types of information which help me feel grounded  
(Female, age 26-34, Donegal)

“  
SpunOut.ie has educated me about how to talk to people who may have mental health problems, which has really helped me because sometimes we don't know what the right thing to say to people who are struggling. SpunOut.ie gives you the tools to help other people as well as help yourself  
(Female, age 16-18, Dublin)

“  
SpunOut.ie has helped me understand that there are other people with anxiety and it's not something to be ashamed of. It's also helped me with advice you can give to friends going through a tough time  
(Female, age 16-18, Kildare)

“  
I used to have really bad anxiety and depression and would suffer from panic attacks on the daily. I also came to notice I have body dysmorphia which really knocked every bit of confidence out of me. SpunOut.ie has helped me a lot to understand that you're not alone when it comes to mental health, and you can overcome it  
(Female, age 15 or younger, Dublin)

“  
My Mam dealt with mental health issues until her suicide. The articles on SpunOut.ie are really helpful, and helped to clear things up for me  
(Female, age 19-21, Dublin)

# Top Content

## Top 10 Most Read Education Pages of 2017

1	Everything You Need to Know about CAO Offers	14,618	readers
2	How to Handle Exam Results Stress and Anxiety	3,406	readers
3	Could a PLC Course Be Right for You?	2,746	readers
4	How to Support a Friend Doing Exams	2,460	readers
5	How to Appeal a Leaving Cert Result	1,922	readers
6	Thinking About Leaving School?	1,688	readers
7	How to Prepare for Leaving Cert Results Day	1,650	readers
8	Exam Checklist: 10 Things to Prepare the Night Before an Exam	1,617	readers
9	5 Ways to Make Studying Easier	1,500	readers
10	Applying for a Student Grant from SUSI	1,296	readers

“  
When I read SpunOut.ie articles on school work I feel particularly motivated to study  
(Female, age 16-18, Dublin)

# Top Content

## Top 10 Most Read Employment Pages of 2017

1	Where Can I Find a Job?	43,430	readers
2	Sample Cover Letter	28,602	readers
3	How to Write a CV	20,591	readers
4	How to Answer Interview Questions	10,954	readers
5	Jobseeker's Allowance and Jobseeker's Benefit	9,088	readers
6	Should I get a Freelance Job?	8,675	readers
7	Is an Apprenticeship for You?	7,066	readers
8	Applying for Jobs	6,155	readers
9	Sample CV	5,174	readers
10	How to Write a Cover Letter	4,094	readers

“  
SpunOut.ie lets me know my rights as a young person  
(Female, age 15 or younger, Cork)

# Top Content

## Top 10 Most Read Life Pages of 2017

1	Your Rights and the Gardaí	38,763	readers
2	How to Find Student Accommodation	20,479	readers
3	Am I in a Toxic Relationship?	20,479	readers
4	Irish Minimum Ages Quiz	15,283	readers
5	Work Rights for Under 18s	15,040	readers
6	Snapchat	10,227	readers
7	Social Welfare Guide for Lone Parents	9,258	readers
8	What is Sexting?	5,312	readers
9	Am I in a Healthy Relationship?	4,919	readers
10	Bullying	4,492	readers

“  
As an LGBTI+ person, the article that was written on coming out helped me immensely  
(Female, age 15 or younger, Cork)

# Top Content

## Top 10 Most Read Opinion Pages of 2017

1	Are You Ready for Festival Season?	17,810	readers
2	Don't Let Your Leaving Cert Results Define You	13,311	readers
3	Spending Christmas Away From Your Family	7,586	readers
4	Romanticising Alcoholism	7,081	readers
5	The Debs	6,712	readers
6	A Letter to Anxious Students	4,427	readers
7	How to Make the Most of Your Work Experience	4,354	readers
8	My Battle with Obsessive Compulsive Disorder	3,770	readers
9	Finding That Summer Job	3,504	readers
10	Will You Shift My Friend?	3,157	readers

“  
I'm in a secret relationship at the moment because I'm not out, but SpunOut.ie is helping me in making decisions. It's comforting knowing that other people share the same problems, and finding ways to cope with them. Thank you  
(Male, 16-18, Limerick)

# Top Content

Top 10 Most Viewed Services Directory Pages of 2017

1	Youth Health Service Cork	2,995	readers
2	Jigsaw	944	readers
3	STI Clinic Waterford	735	readers
4	Samaritans	340	readers
5	Citizens' Information	329	readers
6	HIV and Sexual Health Helpline	293	readers
7	Turn The Tide of Suicide - 3Ts	270	readers
8	Drugs and Alcohol Helpline	241	readers
9	Pieta House	229	readers
10	Teen Between	216	readers

“  
SpunOut.ie has directed me to places where I can receive support, and it has advised me on how to help others when I wasn't sure what actions to take  
(Female, age 22-25, Louth)

“  
SpunOut.ie's articles often make references to other NGOs, charities and state agencies that help people my age with their problems. As a result I am more aware of where else I can turn if I need help  
(Male, age 19-21, Cork)

# Satisfaction with the Quality of Content on SpunOut.ie



The vast majority (95%) is satisfied with content quality.

Reasons for dissatisfaction include, in order of priority:

1. Overly general/safe/light information
2. Articles not updated frequently enough
3. Search functionality not powerful enough
4. Response rate to email from site is too slow

The balance of responses closely matches that of 2016

# Satisfaction with the Relevance of Content on SpunOut.ie



The vast majority (96%) is satisfied with content relevance.

Reasons for dissatisfaction include, in order of priority:

1. Not enough varied and constantly updated content on all possible topics
2. Lack of interactive options (1:1 or public)
3. Not enough personal stories
4. Not as suitable for those below 15 and over 26
5. Not enough counter opinions

The balance of responses closely matches that of 2016

## Satisfaction with the Language/Tone of Content on SpunOut.ie



The vast majority (96%) is satisfied with language/tone.

Reasons for dissatisfaction include, in order of priority:

1. Not enough minority voices
2. Preachy/written from perspective of adults
3. Overly basic
4. Not genuine

Although overall satisfaction rates remain very high, the proportion of those stating that they were very satisfied with language/tone dropped from 54% to 47% since 2016

## Satisfaction with the Social Media presence on SpunOut.ie



The vast majority (91%) is satisfied with SpunOut.ie's social media presence.

Reasons for dissatisfaction include, in order of priority:

1. Lack of social media presence
2. Overly focused on Facebook at expense of other channels
3. Not supplemented with enough in-person events
4. Somewhat impersonal posts

There has been a slight improvement of 3% in satisfaction rates

## Reader Outcomes: "I feel SpunOut.ie is a source of support to me"



“  
It can be hard to find your feet in dealing with new things like going to college, getting a job, driving, etc. SpunOut.ie's articles really help with this type of thing  
(Male, age 19-21, Dublin)

“  
SpunOut.ie's relatable and helpful articles have given me answers to questions I was too afraid to ask  
(Female, age 19-21, Cork)

“  
I had been really struggling with the death of my grandmother and some of the articles I read on SpunOut.ie really helped me make the right decision to talk to someone  
(Male, age 16-18, Donegal)

“  
If I ever want to feel like I'm not alone, if I ever want advice, support or options available to me, SpunOut.ie helps every time  
(Female, age 16-18, Roscommon)

The majority (56%) 'somewhat agreed' that they feel supported by SpunOut.ie.

Many respondents provided examples of feeling supported (for example:

“Knowing you're not alone with your thoughts and that other people feel the same as you”).

Some respondents questioned the extent to which a website could act as a support.

There has been a decrease of 5% in those strongly agreeing that SpunOut.ie acts a source of support this statement and a 4% increase in those disagreeing.

The previously used phrase in 2016 had been “I feel supported by SpunOut.ie”, which was changed in 2017 for greater clarity – this appears to have been achieved.

## Reader Outcomes: “I feel informed by SpunOut.ie”



*SpunOut.ie* articles are written by people who know what they're talking about and any facts are backed up by professionals  
(Female, age 16-18, Dublin)

*I like that the content on SpunOut.ie deals with subjects that other professionals working with young people can shy away from, like sex education*  
(Female, age 26-34, Dublin)

*SpunOut.ie have informative articles on just about everything*  
(Male, age 16-18, Cavan)

*SpunOut.ie have informative articles on just about everything*  
(Female, age 26-34, Sligo)

*SpunOut.ie is full of eye-opening, educational and helpful content in understandable language*  
(Female, age 15 or younger, Waterford)

The majority (54%) 'strongly agreed' that they feel informed by SpunOut.ie.

Illustrative feedback: *"Pretty much all articles I've read have been very comprehensive and if they cannot provide certain information themselves, they provide a means to seek out that info."*

However, the comments reflect the range of views provided: some readers are greatly informed by SpunOut.ie, others far less so. A not insignificant proportion of readers mentioned the value of articles explaining the law and their rights around certain topics. The fact that SpunOut.ie is an Irish, not overseas, site was welcomed by a number of readers.

The responses were very similar to 2016, with a slight (3%) increase in those agreeing they feel informed.

## Reader Outcomes: “SpunOut.ie has led me to make better decisions in my life”



*SpunOut.ie* has definitely helped me to make better life choices and it motivates me to be a better person  
(Female, age 15 or younger, Dublin)

*Thanks to SpunOut.ie, I've learned to try and cut hate out and only allow positive energy into my life*  
(Male, age 16-18, Kerry)

*SpunOut.ie prepared me for future obstacles and has inspired me to seize more opportunities*  
(Female, age 16-18, Roscommon)

The majority (43%) 'somewhat agreed' that SpunOut.ie has led them to make better life decisions.

Benefits included, in approximate order of priority:

1. Adopting a healthier lifestyle (with an emphasis on improved sexual health and minimising the harmful effects of alcohol, tobacco and other drugs)
2. Having eyes opened to different points of view/ways of thinking/options
3. Developing coping strategies and seeking help as necessary
4. Assisting with educational matters (including managing exam stress, choosing not to drop out, selecting courses and colleges)
5. Assisting with matters of work/career development
6. Registering to vote, voting and other political activism

Nearly one-quarter of respondents did not feel this statement was applicable to them, with a further 11% stating that they disagreed with it. A fairly representative sample comment from those disagreeing with the statement: *"The information I have learned from SpunOut has likely informed some of my life decisions but it wouldn't consciously be one of the major influences in my life"*.

The responses were very similar to 2016. The previously used phrase in 2016 had been *"SpunOut.ie has led me to make better life choices"*, which was changed in 2017 for greater clarity – this appears to have been achieved.



**Sean MacBride House**  
**48 Fleet Street, Dublin 2, D02 T883**  
**01 675 3554**  
**hello@spunout.ie**

'SpunOut.ie' is a trading name of  
Community Creations Company Limited by Guarantee

Registered Charity Number: 20057923

