

## ANNUAL REPORT SEPTEMBER 2024

In September 2023 LRG implemented a **Health & Wellbeing Programme**, developed in partnership with Josephine Treanor (FODC), which set a number of targets. These were all met over the next 6 months with a number of different Trainers & Funders. This included....

### Health & Wellbeing Programme (FODC/SWAP/Supporting Communities, Housing Executive/Omagh Healthy Living

Actions/Funder	Delivery Partners	Status
Luncheons for Seniors (SWAP)	Lisanelly Regeneration Group (Jacqueline)) & SWAP	COMPLETE
Fundamental Activities for Secondary School Age Group (FODC)	Lisanelly Regeneration Group (Nadine) & FODC	COMPLETE
Delivery of Personal Development Talks to Youth Club members (FODC)	Lisanelly Regeneration Group (Nadine) and J Treanor	COMPLETE
Slow Cooker/Airfryer Programme (HE & FODC)	Lisanelly Regeneration Group (Siobhan) & NIHE	COMPLETE
AWARE Workshops (APEX)	Lisanelly Regeneration Group (Siobhan)& AWARE	COMPLETE
Yoga for Seniors (Positive Ageing)	Lisanelly Regeneration Group (Siobhan) & Supporting Communities	COMPLETE
Community Health & Wellbeing Morning (Health Checks, stands etc.) LRG	Lisanelly Regeneration Group (Lynda Wood) & All Delivery Partners	COMPLETE

### Teen Fridays

Nadine, Zoe & Louise ran a Pilot last year for a Friday evening Club 'Teen Fridays' that was aimed at P7+ This pilot was well received, so it became a regular Programme in the new year.

Over the past 10 months or so, the Teen Club has been well established and they have been using Strathroy Community Centre for sporting activities, some seeding with guidance from the FODC Biodiversity Officer and built a flowerbed for GK House front garden and helped younger members plant wildflowers. They finished last term with a trip to Splash in Belfast alongside other young people in the area and facilitated by Niall & the Boys & Girls Club NI. This Project has also been successful in sourcing Funding from **FODC Health & Wellbeing** for MasterChef Workshops & also an Award from **Housing Executive's Community Safety Fund** for a Programme of events over the next 5/6 months including visiting the NIFRS building and taking part in training, getting information on how fireworks are dangerous in the wrong hands, First Aid Courses for the young people, Resources, games, Trips. All the very relevant issues are being discussed and plans to address them and I'm sure the numbers will grow as word gets around. We wish this new Project the very best and commend Nadine for her leadership/management & the other volunteers involved.

### GK House Youth Project 23/24

This has been another busy year with Arts & Crafts/Games weekly, a Christmas Party, cooking pancakes for Pancake Tuesday, Shortbread/Cookie gift bags for Valentine's Day & Mother's Day/Seasonal activities, planting, seeding along with the Teen Club and an Easter Trip to Duff Land.

The Club finished up in May to allow time to Plan for our **Summer Scheme**, funded by **Children In Need & FODC**, which included those registered with Teen Fridays, and again, in demand with 2/3 days per week having Centre activities like Twister, Karaoke, Crafts, Pool, Garden games Sports, Crafts, making keyrings, Nail Bar, these Centre days included a snack and the children helped prepare a few of them with sweetcorn & sausage rolls. They had trips Snow Tubing in Craigavon, Gortin Glens with a picnic, Brunswick bowling, Banana land & Duff Land. The last week finished up with a Fun day & our fantastic trip to Emerald Park. This is a very long day for everyone, but it is the highlight of the Summer for a good few of our young people who have no other holidays and with all hands on deck it is well worth it.

Youth Club will be reopening in a few weeks with Plans in place for a Halloween Trip.

We thank Jacqueline for the hard work managing this Project over the past year and her coordination of volunteers & activities. Job well Done.

### **Good Relations Mural**

We were also lucky enough to get our Wall Mural Project funded by **Arbour Housing (through Housing for All)** in time to incorporate the workshops into the SS schedule and get it completed in time to launch it on Good Relations Week. This meant a few extended Centre days but there was pizza to compensate for this. You can see from our Displays and the garden that it was a huge success and something we are very proud of.

**We have facilitated a few different Courses/workshops in GK House that have been for all members of our Community regardless of age, family dynamic or make up.**

### **Living Life to The Full**

The Living Life to the Full programme, funded by **APEX Housing Association** also through **Housing for All**, was a six-session programme using Cognitive Behavioural Therapy (CBT) concepts. The programme focused on how we can challenge and change our thinking and behaviour in order to turn the circle into a 'virtuous circle'. There was a few life changing outcomes from this and I think it's safe to say that every one of us (I attended this) had a couple of realisations that we were able to use ourselves and/or pass on. I've been a strong advocate for this and highly recommend it for anyone.

### **Looking After the Pennies**

This was a Programme funded through **FODC & Housing Executive** and facilitated by Michael Mullin from RE-fresh Nutrition and alternated between Airfryer & Slow Cooker Recipes and the benefits of using low energy ways to cook with good ingredients. Michael also gave Information on diet, sugars, glucose etc. and they set up a WhatsApp Group where all Recipes & Information was posted and where questions could be asked or support given between the Classes. The participants were also able to avail of some key equipment for their kitchens to encourage longer term changes.

### **Winter Warmer Lunches**

GK House worked in partnership with **SWAP & The Community Foundation Bank of Ireland Cost of Living Fund**, to put on lunches for the Over 60s. These dinners & desserts were provided hot from Mickey Meenagh's and Allison had some speakers in and a bit of music near Christmas.

We got some Funding for Gentle Yoga from **Positive Ageing** and after the popularity of the class, we have been able to host these Yoga sessions for **SWAP** for the best part of the past year, in 6 week sessions.

**TOTAL Funding sourced 23/24                      £16,400**

Which is both a staggering amount of money and also a lot of hard work managing budgets & reports.

The only difficulty in all of this is that the large majority of Awards are for Programme Costs, Resources etc. and income for Core Costs remains the pressure so we are doing our best to address this.

### **Future Programmes that have funding secured are:**

#### **HE Cohesion Funding**

##### **Batch not Brand & Forward Planning**

Includes Batch Cooking, Tutor, Ingredients & Storage Containers

Bus for Halloween £500                      Bus for Christmas £500

Small celebration

#### **Making Life Better through Short Term Funding Programme 2024-2025 (Clear Project)**

***\*\*Awarded on the conditions of sending more details***

Bit of Crafting, Yoga (Younger), Wreath Making

Sewing classes                      Socials/Tea Dances or similar.

#### **JM Foundation**

Overheads/Running Costs

**(£5k x 3 years) shortlisted**

Grant Conditions form & other documents to send

**We have quite a list of Funders to thank:**

**Fermanagh & Omagh DC, Housing Executive (Cohesion & Community Safety), Arbour Housing, Apex Housing Association, Housing for All, The Community Foundation Bank of Ireland Cost of Living Fund, Positive Ageing and Making Life Better through Short Term Funding Programme 2024-2025 (Clear Project)**

**We appreciate the confidence that these funders put in us and are very grateful for their support!**

We will continue to work hard in partnership with local Voluntary and Statutory agencies as well as continue to build on the connections made over the years.

Our Administration & Governance adherence throughout all Programmes, rolled out over the past number of years, means that we are considered favourably for Grants in any stream that's relevant to us from all the usual sources of funding.

Governance is monitored by Supporting Communities in order to meet all obligations with the Charity Commission.

We will build on the positive work to date in terms of developing and enhancing the level of service to the local and wider community.

The Trustees of Lisanelly Regeneration Group have awareness and understanding of the Public Benefit for any Organisation recognised as a Charity in Northern Ireland as defined in the Charities Act (NI) 2008

*Lisanelly Regeneration Groups' financial position at the end of year 31st March 2024 had all projected and current spends on target. No disguising the gap in resources for overheads but we are managing it and continue to look for opportunities.*

There is clear evidence within the local & wider local Community that GK House increases involvement and enhances civic pride, which means we will always be ready to respond as a Community, because there are still some very hard times ahead in this 'cost of living crisis' which will hit the poorest hardest.

It hasn't eased at all on the most in need and we need to stand ready to signpost or provide assistance if at all possible. Pensioners may be one of the most vulnerable demographics in the coming months and we will be active, alongside SWAP, to meet these needs.

I will end this section with a short Quote that became relevant during the Mural Project

**"Kindness, when given is free but priceless when received"**

**Siobhan Mc Dermott**

**Secretary**

**25/09/24**

