

Antrim & Newtownabbey Seniors' Forum
Company limited by guarantee

Trustees report
Year ended 31st March 2023

Trustees' report for the year ended 31st March 2023

The Trustees, who are also the Directors of the Company under the provisions of the Companies Act 2006, present their annual report and the audited financial statements for the year ended 31st March 2023. The Trustees have adopted the provisions of the Companies Act 2006 and the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" FRS 102 in preparing the annual report and audited financial statements of the Charity.

Reference and administrative details of the charity

Details of this information are included in the opening page. Structure, Governance and Management. Antrim & Newtownabbey Seniors' Forum is a charitable company limited by guarantee. These financial statements reflect its charitable activities for the 12 month period from 1st April 2022 to 31st March 2023. The Charity has also successfully registered with the Charity Commission for Northern Ireland number NIC101259. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up each member may be required to contribute an amount not exceeding £1.

The Charity is controlled by the Executive Committee. The executive committee meet on a monthly basis and make all decisions regarding the day to day management of the charity. New members of the Executive Committee meet with all members of the Executive Committee and are supplied with all key documentation.

Under the requirements of the Memorandum and the Articles of Association, the Trustees are elected to serve until the next Annual General Meeting at which they may, if willing to act, be reappointed. If not reappointed, they shall retain office until the meeting appoints someone in their place, or if it does not do so, until the end of the meeting. New trustees may be appointed if recommended by the trustees or proposed by a member qualifying to vote at the annual general meeting.

Currently the Forum is governed by 9 voluntary board/committee members (who are elected annually by the Forum members). The Forum has currently 2 full time workers (Project Coordinator and Project Support worker) who are both Line Managed by the ANSF Chairperson.

Objectives and Activities:

Objectives:

The Company is established to relieve poverty, to advance education and to promote the preservation and protection of health among people aged 50+ in the Antrim and Newtownabbey Borough Council area and its environs of Co. Antrim, without distinction of gender, sexual orientation, disability/ability, race, political, religious or other opinion, and in particular:

to provide facilities in the interests of social welfare for the education, recreation and leisure time occupation of senior citizens who by reason of social or economic circumstances have a need to such facilities.

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Although staff returned full time to the office to hold face to face classes, the shadow of Corona Virus continued with regard to finding venues to allow large numbers to meet. Face classes however were up and running and included Art, Men's Drop In, Tuesday Living Well Group, Knitting & Crocheting, Music, Indoor and Outdoor Bowling and the Women's Drop in Group.

The Forum currently comprises 20 Groups and 238 Individual members.

Committee Meetings took place monthly *by zoom* up until April 2022 when face-to-face meetings resumed monthly in the Barron Hall. An AGM was held on 17th June 2022 in Carnmoney Presbyterian Church in order to meet Government guidelines.

Monthly Forum meetings began again the last Friday in September and as agreed with Antrim & Newtownabbey Borough Council, eight in total will be held across the year. Four of these will be in Glengormley (Lilian Bland Pavilion) and four in Antrim (Stiles Community Centre). They will alternate each month.

Events

As part of the Queen's Jubilee celebrations, men from Newtownabbey Senior Citizens Forum were invited to a Tree Appreciation Day at Hazelbank on Monday 11th April 2022 with Mary Peter's, who then joined them back at the Barron Hall for tea.

26th April 2022- Eithne from Age NI gave a presentation to the Tuesday Living Well Group on Care for the Elderly.

Tuesday 3rd May 2022 saw representatives from Phoenix Gas give a presentation to NSCF ladies in Mossley Pavilion on fuel saving tips.

On Monday 16th May 2022 the Sam Hunter Trophy was hotly contested by teams across the Province, in the annual Boccia Tournament held at Spectrum Centre, Belfast. The winners were Newtownabbey Senior Citizens, who brought home the trophy.

Mossley Pavilion was the venue for another presentation to NSCF ladies by representatives from the Continence Clinic on Tuesday 17th May 2022.

NSCF held their AGM on Friday 17th June 2022 in Carnmoney Community Church Hall where their name was changed to **"Antrim & Newtownabbey Seniors Forum"**.

On Tuesday 31st May 2022 a cinema day was held at Glengormley Movie House where 30 people attended as part of Volunteer Week. The movie was Top Gun – Maverick.

A group from ANSF attended the Healthy Ageing Showcase Event on Thursday 16th June 2022 in the Europa Hotel from 9:30 am to 4:00 pm. The event was to help test various Healthy Ageing solutions aimed at improving the health and wellbeing of older people.

On Wednesday 29th June attendees of classes were invited to a cinema day as a treat to the end of classes for the summer period. It took place in Glengormley Movie House and the movie shown was “Elvis”.

The Men’s Drop In took a day trip on 26th July 2022 to Dublin and had a wonderful day out.

A Well Being event was held at the Diamond, Rathcoole on 10th August 2022 where many Forum members attended. The Cancer bus was also on hand for anyone wanting a check up.

On 26th August, Clanmill Housing held a Funday event on 26th August. Part of the reason for the event was to introduce Senior Citizens to purpose-built housing for the elderly.

Antrim & Newtownabbey Borough Council held a Photo Shoot in Mossley Pavilion on Thursday 1st Sept. The Council recently purchased defibrillators (AEDs) for their Community buildings including Mossley Pavilion. The shoot was to promote use of the defibs and involved ANSF members who use the premises for their weekly class.

Volunteer Now organised a Men’s Challenge Day for Wednesday 21st September 2022 from 10:30 am to 2:00 pm in Fortwilliam, which saw ANSF Men’s Drop In Group participate in packing items. This was followed by lunch at Fortwilliam Golf Club.

ANSF together with the Community Relations Forum held a Quiz evening in the Barron Hall on Monday 3rd October 2022 to celebrate the start of Age Friendly Week.

As part of Positive Ageing Month, a Health Fair was held on Monday 3rd October 2022 in Theatre at the Mill. It began at 10:30 am and members of ANSF were in attendance, promoting the work of the Forum.

Randalstown Orange Hall was the venue for an ANSF inter-generational Boccia Competition on Wednesday 12th October 2022 from 10am – 12 noon. Fourteen teams participated and the winner was ANSF’s “Gordies Heroes”. Three of the teams were from local primary schools.

Members of ANSF attended the opening of Cancer Lifeline’s new building on Tuesday 18th October 2022. The building at 44 Alliance Belfast received an £890,000 investment by Belfast City Council and the Department of Communities. Since 1999 the centre has provided a haven for individuals and families facing a cancer diagnosis, supporting them emotionally and physically through their cancer journey and treatment regimes.

Spectrum Centre was the venue for the Andy & Nessie Ross Boccia Tournament on Monday 24th October 2022 organised by Boccia N.I. Sixteen teams from around the Province competed. The winners were “The Valley” team from Newtownabbey.

22nd November saw Deirdre Speer Whyte from the Ulster Scots Community Network give a presentation to the Tuesday Living Well Group in Mossley Pavilion.

A Men's Health Day was held at Girdwood Hub on Wednesday 23rd November from 10:30 am to 1:30 pm and was attended by many of ANSF's Men's Drop In Group.

The new Ballyclare Men's Drop In Group visited McConnell's at Doagh on Monday 28th November 2022 for a bacon bap and a game of pool. Their usual meeting day is the first Friday of every month.

On Wednesday 30th November Robert hosted an inter-generational quiz at Randalstown Orange Hall from 10 am to 12 noon.

Robert also hosted another inter-generational quiz for 108th Guides & Brownies in Glengormley Presbyterian Church from 6:30 pm – 8pm.

December kicked off with a Quiz Night in the Barron Hall on Monday 5th December from 7pm to 9pm. 27 people were in attendance.

Another quiz was held on Tuesday Living Well Group on Tuesday 6th December 2022 at Mossley Pavilion with Robert as Quizmaster.

The Barron Hall held its annual Christmas Dinner on Friday 9th December with many from ANSF in attendance. Dinner plus entertainment by Joe Laggan was £14.

On Tuesday 13th December ANSF held a cinema day for volunteers as a thank you for all their hard work. The film was "Violent Night" and was attended by 57 people.

All classes finished for the Christmas holidays on Friday 16th December 2022 and resumed on Tuesday 3rd January 2023.

On Monday 15th January Newtownabbey Men's Drop In and Ballyclare Men's Drop In held a pool and darts competition in McConnell's in Doagh. Ballyclare won and so Newtownabbey challenged them to a return indoor bowls match at Glengormley Sports Bowl on Tuesday 24th January. Newtownabbey won making it one all. A bowling decider match was then called for on Monday 20th February at Carnmoney Parish Church. Newtownabbey won.

Wednesday 22nd February saw an intergenerational boccia competition take place at Glengormley Integrated Primary School.

The yearly Boccia NI Dedication Tournament took place on Monday 27th February 2023 at Spectrum Centre. Headway Leaders from Belfast were the winners but Newtownabbey's Gordie's Heroes were Runners Up.

Presentations

Presentations to ANSF only began again in September 2022 due to covid and venue restrictions across the Borough prior to that. Because of the name change half of Antrim & Newtownabbey Seniors Forum monthly meetings are now being held in the Antrim area.

The first Forum meeting since February 2020 took place in the Lilian Bland Pavilion, Glengormley in September 2022 and saw Matthew Warwick from the Ulster Scots Community Network give a rousing presentation with music, poetry and history involved.

October 2022 saw the Forum meeting held for the first time in the Antrim area. The venue was Stiles Community Centre, 11 Fountain Hill, Antrim. The speaker was Jason from N.I. Fire & Rescue Service.

Lilian Bland Pavilion was the venue for the November 2022 Forum meeting with Jim Maguire from the Department of Finance giving a presentation and useful information on how to get rate reductions. Eddie Lynch, Commission for Older People in N. Ireland was also a guest speaker at this meeting.

January 2023 saw the Forum meet at Stiles Community Centre with Libby Higham from “Good Morning Antrim” introducing herself and her service and Barry McCauley the CEO of Arts Care followed with a presentation on art and a musical extravaganza which took us from Scotland to Ireland and then to the USA and back.

The February 2023 monthly Forum was held in Lilian Bland Pavilion and Nikki Terlick, Senior Manager from Libraries NI gave a presentation on what services the Libraries provide to the community.

The March Forum saw Kathy Wolff from Community Relations Forum facilitate a Workshop on “Leaders and Individuals and their Needs” as part of the Elevate Project. This was held in Stiles Community Centre, Antrim.

There was no Forum meeting held during the month of April but in May the Forum met back in the Lilian Bland Pavilion, where Anna Killen from N.I. Water gave a wonderful presentation followed by a question and answer session, and some useful free items were distributed to help save water, such as a 4 minute timer for the shower.

The last Forum meeting before breaking for summer was held in Stiles Community Centre where Tom Durant from Antrim & Newtownabbey Borough Council gave a presentation on Home Safety.

Communication

Monthly email sent out re Carnmoney Friendship Club which meets the second Wednesday of every month for refreshments, games, quizzes, talks etc. All welcome.

Invite sent from Community Relations Forum & the Junction Peace Building Programme on 25th April 2022 re a six week free course starting Thursday 19th May from 6:30 pm – 8:00pm in the Barron Hall. Subject is “Living with Imperial Legacies”.

Email from Volunteer Now advising of Queen's Platinum Jubilee Programme of Events across Belfast. 26th April 2022.

Antrim & Newtownabbey Borough Council email advising of "Relaxation of Social Distancing Rules". 11th May 2022

Invite sent on 17th May 2022 from AGE NI re online Public Lecture on "Life After Retirement", Thursday 19th May from 3pm to 4:30 pm.

General Medical Council email invite to virtual engagement session on "Standards of Patient Care & Professional Behaviours". 20th May 2022

AGE NI Invite to Healthy Ageing Showcase Event on Thursday 16th June 2022 in the Europa Hotel from 9:30 am to 4:00 pm.

Invite to join Women's Aid ABCLN and Spark Opera on Thursday 30th June*, from 10.30am – 12.30pm for the launch of 'It's Never Too Late' a curated exhibition exploring the voices and lived experiences of older women affected by domestic abuse through a range of art forms including dance, visual arts and writing to mark **World Elder Abuse Awareness Day 2022**. Venue was The Junction Retail and Leisure Park, Antrim.

Email sent to members on 1st August 2022 advising a Funeral plan company called "Safe Plan" recently went into administration. They had 46,000 live plans. Anyone who had purchased with them were advised to contact ANSF office or local Councillor Mark Cosgrove.

On August 3rd 2022 an email was disseminated advising of a Rathcoole Health & Wellness Day on Wednesday 10th August. An "Action Cancer" bus would be on site also. Bookings could be made online at www.actioncancer.org/appointments or by calling the Dunanney Centre on 90 861941. Other sessions available during the day were craft, hand massage, social dance, yoga, aerobics and plant potting.

Email re "End of Summer" Funday for Friday 26th August from 2-4pm in Rathcoole. Some members from ANSF attended to find out information regarding Mayfly Mews Green Space and new over 55's housing planned for the area.

Email from Libraries NI requesting an opportunity to present to the Forum regarding the range of services they provide for the community. Agreed date of Friday 24th February 2023 for presentation to the Forum.

Nov 7th email circulated to members advising plan to distribute first E- News Letter following deadline of 24th November. If members wished to send an article for inclusion they should submit by Thursday 17th Nov at 4pm.

Email sent inviting members to play (free of charge) in the Barron Hall on Thursday 8th December. Spanner in Works Theatre Company would be presenting "What If"? Written and directed by Patricia Downey about a mother losing her child in the Shankill Bombing.

First edition of ANSF e-newsletter disseminated to members on Monday 5th December advising (and showing pictures) of events which had taken place and others which are in the pipeline. Our Facebook is already up and running.

Email invite sent to Forum members from Spanner in the Works re Yellow Pack Play at Theatre at the Mill on Monday 6th February from 7pm. Tickets free.

15 February 2023 email re Intergenerational Boccia Competition in Glengormley Primary School. All Forum members welcome to join a team and play. The schoolchildren won.

ANBC email forwarded March 1 regarding a St. Patrick's Day show (on Thursday 16th February) at Theatre in the Mill. Entitled "Our Shared Saint" the show will have Irish and Ulster Scots acts. Tickets originally £19.50 but £10 to community Groups with code.

Public Benefit Statement

The public benefits that flow from NSCF's purpose are:-

1. an enhanced quality of life and sense of well-being through engagement with and participation in activities and events that bring people aged 50+ together, leading to improvements in physical and emotional well-being, quality of life and a more stable and cohesive community.
2. an intervention to prevent socially isolated senior citizens.
3. increased opportunities to engage in new activities regardless of :-

gender, sexual orientation, disability/ability, race, political, religious or other opinion; provision and use of local facilities for the social welfare, education, recreation and leisure time of senior citizens.
4. partnership working with community/voluntary groups and organisations that also use the facilities, resulting in a more efficient and quality service delivery, an improved quality of life and raised awareness of the needs of senior citizens across the Borough.
5. the beneficiaries are the general public aged 50+ and locally-based community and voluntary organisations. No private benefit arises from these purposes.

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Plans for future periods

To secure future funding in order to continue resourcing the NSCF operational structure. Ultimately this is to provide a dedicated Project Officer and Administrator to work alongside NSCF volunteers to deliver the strategy to develop over 50s (seniors groups) and third age infrastructure in the Antrim & Newtownabbey Borough Council area.

Financial Review

The financial statements are presented in standard format required by Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" FRS 102 and covers the activities of Newtownabbey Senior Citizens' Forum. The Statements of financial Activities (SOFA) shows the gross income for all sources and is disclosed on **page 14**.

Principal funding sources

The company's principal source of funding is grants along with voluntary donations.

Risk management

The trustees have assessed the major risks to which the charity is exposed, and in operation and finances of the Fund are satisfied that systems are in place to mitigate any exposure to those risks. Risks are considered on an annual basis.

Reserves policy

The company's policy is to maintain a level of unrestricted funds excluding fixed assets (the free reserves) at approximately a level sufficient to meet the average charitable expenditure and running costs for a period **equivalent to six months expenditure**.

Funds held as custodian trustee on behalf of others

There are no funds held as custodian trustee on behalf of others.