

Antrim & Newtownabbey Seniors' Forum
Company limited by guarantee

Trustees report
Year ended 31st March 2024

Trustees' report for the year ended 31st March 2024

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 2024. 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 2023 to 31st March 2024. 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 8 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.

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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.

All classes were up and running as usual and included Men's Drop In, Tuesday Living Well Group, Knitting & Crocheting, Music, Men's Walking Group, Music, Indoor and Outdoor Bowling and the Women's and Men's monthly Drop in Group. The women meet in The Barron Hall and the Men in Ballyclare Town Hall on the first Friday of each month.

The Forum currently comprises 22 Groups and 200 Individual members.

As per our Service Level Agreement with Antrim & Newtownabbey Borough Council, 8 Committee Meetings took place monthly in The Barron Hall. An AGM was held on Friday 24th November 2023 in Carnmoney Presbyterian Church.

Eight Monthly Forum meetings will be held across the year as per the Service Level Agreement. Four of these will be in Glengormley (Lilian Bland Pavilion) and four in Antrim (Stiles Community Centre). They will alternate each month.

Events

On Tuesday 18th April 2023, Ciaran McLarnon from ACRE (A Community Rethinking its Environment) gave a presentation to the Tuesday Living Well Group in Mossley Pavilion, followed by a ukulele session, which was greatly enjoyed.

An inter-generational boccia morning was organised between ANSF Men's Drop In Group and Glengormley Integrated High School for Tuesday 25th April at 10 am in The Barron Hall. Much to the dismay of ANSF members, the teenagers won.

Members were invited to an Alternative Burns Evening in the Barron Hall on Friday 28th April 2023 at 7pm. This was hosted by the Community Relations Forum.

As part of the King's Coronation celebrations members of ANSF were invited to a Celebration Tea Party on the afternoon of Sunday 7th May 2023 in the Barron Hall. This included music, a sing-a-long, royal bingo and of course, food.

The Sam Hunter Boccia N.I. Tournament was held in Spectrum Centre, Shankill Road on Monday 15th May 2023 with 16 teams participating. The winners were first time entrants and ANSF affiliates "The Three Degrees".

Tuesday 23rd May 2023 saw the Ballyclare Men's Drop In Group go to Tildarg, Ballyclare to visit "Hawk Walk". They saw a demonstration of what hawks can do and interacted with them.

Friday 2nd June was the date for an outing to Coleman's Garden Centre for the Women's Drop In Group. A bus picked them up at The Barron Hall and upon arrival they were treated to tea/coffee and scones. They then had a 1.5 hour shopping experience before returning to the Barron Hall.

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On Tuesday 6th June the Men's Drop In Group visited Sentry Hill Allotments for a bar-b-que which was well attended and enjoyed by everyone.

Wednesday 14th June saw an inter-generational event whereby members of ANSF were invited to Glengormley Integrated Primary School to be audience for the children's end of year play (Peter Pan) dress rehearsal.

Tuesday 27th June saw both the Living Well Group and the Men's Drop In Group go on trips. The former went to Robert's home in Draperstown for a day of fun and eats. The latter went to Randalstown "World of Owls" and had a guided tour and information session on owls.

The Men's Drop In Groups from Glengormley and Ballyclare finished off prior to the summer break with a trip to McConnells in Doagh for a slap up breakfast on Wednesday 28th June 2023.

With July and August being holiday months, most classes finished for summer except the Men's Drop In Group which continued to be out and about each Tuesday. Prior to classes beginning in September, this group took a trip on Tuesday 29th August to Bushmills Whiskey Factory for a tour of the premises.

On Monday 11th September 2023 the Ballyclare Men's Drop In visited McConnell's in Doagh as a welcome back after the summer.

Tuesday 12th September 2023 saw the Men's Drop In Group visit Glengormley Library for instructions on using IT.

On Tuesday 19th September 2023 the Men's Drop In Group were invited to Carnmoney Presbyterian Church for food and good company.

On Tuesday 26th September 2023 the Men's Drop In Group attended Part 2 of IT Services in Glengormley Library.

Tracy Smyth from Praxis Care gave a presentation to the Tuesday Living Well Group in Mossley Pavilion on Tuesday 26th September on Dementia.

On Monday 2nd October 2023 the first ANBC Roadshow took place to celebrate Positive Ageing Month in Stiles Community Centre where ANSF had a presence, and will do for the following 6 Roadshows across the Borough.

On Tuesday 3rd October the Men's Drop In Group travelled to Ballyronan Marina for a boat trip on Lough Neagh with River Bann Tours. A brilliant time was had by all who attended.

On Wednesday 4th October the Knitting & Crocheting Group visited Coleman's in Templepatrick for some refreshments and shopping. South Antrim Community Transport provided the transportation.

The second Roadshow for positive ageing month took place on Friday 6th October 2023 in Lilian Bland Pavilion, Glengormley and was extremely well attended. The third roadshow then took place in Ballyclare Town Hall on Wednesday 11th October and the fourth roadshow was held in Neillsbrook Community Centre, Randalstown on Friday 13th October.

On Thursday 12th October ANSF started up a new bowling group in Ballylinney Church Hall from 10:00 am to 12 noon to complement the Glengormley bowling group which takes place on Thursdays at the same time.

On Monday 16th October Spectrum Centre was the venue for the annual Andy & Nessie Ross Boccia Tournament. Teams from ANSF entered.

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Tuesday 17th October was the date of the fifth ANBC Roadshow which took place in Mossley Pavilion and the sixth one following on Thursday 19th October in Crumlin Leisure Centre. ANSF have had a presence at all these roadshows to date to promote the Seniors Forum.

Wednesday 18th October saw members of ANSF attend a "Getting to Know You" morning in Glengormley Library with pupils from Glengormley Integrated Primary School. This is one of the many intergenerational events which are planned over the year.

On Tuesday 24th October the Men's Drop In Group visited Rathcoole Library for a reminiscence workshop on the History of World War II.

On Tuesday 24th October the Tuesday Living Well Group boarded a boat at Lockkeepers Cottage Toome for a River Cruise by River Bann Tours.

On Wednesday 25th October an intergenerational Quiz day was held in Randalstown by Quiz Master Robert McQuiston.

On Wednesday 25th October an inter-generational quiz was held in Randalstown Orange Hall.

On Friday 3rd November the Women's Drop In Monthly Group travelled to St. George's Market Belfast to enjoy a morning of shopping.

Glengormley Integrated Primary School was the venue for an inter-generational Boccia Tournament on Tuesday 14th November involving ANSF's Men's Drop In Group.

ANSF held their Annual General Meeting in Carnmoney Community Church Hall on Friday 24th November 2023 where the organisation's accounts were presented and a new Committee agreed.

Tuesday 28th November saw the Men's Drop In Group visit the Linenhall Library for a guided tour of the premises.

On Friday 1st December the Women's Drop In Monthly Group paid a visit to Belfast's Continental Market in Belfast City Hall grounds for some pre-Christmas shopping.

The Barron Hall was the venue on Friday 8th December 2023 for a Seniors Box Lunch and movie day.

Friday 8th December was also the date for the Community Relations Forum annual Christmas dinner held in the Barron Hall and to which ANSF members were invited. Cost of tickets for dinner and entertainment was £14.

On Monday 11th December an inter-generational boccia tournament took place in Randalstown Orange Hall. Participants included Maine Fold and Neillsbrook Fold Randalstown, Antrim & Newtownabbey Seniors, Randalstown Seniors and Groggan Primary School. The winners were Randalstown Ladies.

Belfast Intercontinental Market was the destination for the Men's Drop In Group on Tuesday 12th December, where they enjoyed browsing around the various stalls.

Glengormley Integrated Primary School was the venue for an inter-generational talent show featuring Antrim & Newtownabbey Seniors and the children. The date this was held was Tuesday 19th December 2023 and was thoroughly enjoyed by all attendees. Luckily, the Men's Drop In Group won.

Claire McKeown from Age NI gave a presentation to the Women's Drop In Group on Friday 5th January regarding health and wellbeing. This was held in the Barron Hall from 10:30 am to noon. On the same day in

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Ballyclare, the Men's Drop In Group had Wesley Bonar give a presentation on Sentry Hill House and local history.

Thursday 15th February 2024 saw a visit to the Ulster rifles Museum by the Ballyclare Men's Drop In Group.

Tuesday 20th February 2024 saw the Men's Drop In Group visit Rathcoole Library for a morning of Storytelling.

The Knitting & Crocheting Club visited Cafe Cosh on Wednesday 21st February 2024 for breakfast as a special treat.

On Wednesday 21st February ANSF hosted a group from COAST for a Best Practice morning in the Barron Hall. This was organised by Age NI.

Monday 26th February was the date of the annual Boccia Tournament held at Spectrum Centre, Shankill Road. ANSF entered 4 teams.

The Men's Drop In Group visited the Ulster Rifles Museum on Tuesday 27th February 2024.
On that same day the Tuesday Living Well Group had a presentation from Stewart Gibson on Community Safety.

Members of ANSF attended the "Alternative Burns Night" held in the Barron Hall on Friday 8th March at 7pm.

On Monday 11th March children from Glengormley Integrated Primary School visited the Art Class in the Barron Hall to begin a 6 week Art Project under the Linking Generations Programme. This project will culminate with a Celebration Event on Monday 20th May 2024.

Tuesday 26th March saw Claire McNeill, personal trainer take the Tuesday Living Well Group for a morning of armchair yoga in Mossley Pavilion.

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Presentations

No Forum held during the month of April.

Friday 26th May saw a presentation by Anne Killen of N.I. Water at Lilian Bland Pavilion.

Tom Durant, Home Safety Officer gave a presentation to the Forum on Friday 30th June in Stiles Community Centre and gave out some freebees such as non-slip mats to attendees.

Following the summer break a presentation was given by Matthew Warwick from the Ulster Scots Community Network at the September Forum Meeting held in Lilian Bland Pavilion. It was a fun filled, information and musical journey.

The October Forum was held in Stiles Community Centre, Antrim where Torie Tennant along with "Vizzy" the dog from Guide Dogs N. Ireland gave a wonderful presentation on the workings of that organisation.

No November Forum meeting was held as the AGM took place on Friday 24th November 2023 in Carnmoney Community Church on Carnmoney Road. The speaker at this was Eddie Lynch, COPNI.

There was no Forum meeting held in December.

January 2024 saw Iain Irvine from the Royal National Institute for Deaf People give a presentation to the Forum at Stiles Community Centre, Antrim on that organisation.

The February 2024 monthly Forum was held in Lilian Bland Pavilion and Ronan Convery from the Consumer Council gave a presentation on what services the Consumer Council provide to the community.

There was no Forum meeting held in March due to the Easter Holidays.

The April monthly Forum meeting was taken by Kelly Doyle from Antrim & Newtownabbey Borough Council.

May 2024 saw a return visit to the Forum from Barry McAuley, CEO of Arts Care. Barry not only gave a presentation on all Arts Care has to offer but also regaled Forum members with a musical journey which was heartily enjoyed.

June 2024 saw a visit from Jackie Bingham, Libraries N.I. who gave a presentation on all activities the library had to offer. This was the last Forum meeting and presentation before the Summer break. Forum resumes in September.

Communication

24th April 2023 email from the Northern Health and Social Care Trust re Survey on their work in rural areas. They wanted to find out people's views on rural health and wellbeing issues and asked them to participate in the survey attached.

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 to an Alternative Burns Night on Friday 28th April at 7pm in The Barron Hall. Programme of events included music, song, dance, poems and of course, haggis!

Email from Community Relations Forum inviting members to a Celebration Tea Party for the Coronation of King Charles III and Queen Camilla. This was held on Sunday 7th May 2023 at 3pm in the Barron Hall. Attire – dress to impress!

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Volunteer Day being held to "Celebrate & Inspire" on Monday 8th May 2023 in Glengormley. Invite for all to join.

Northern Health Social Care Trust invite for Forum members to attend a free online "Painting for Pleasure Course over zoom for 4 weeks each Wednesday, beginning 7th June 2023.

ANBC Walking for Health leaflet detailing various walks across the Borough, giving venues and contact names. All year round.

Community Relations Forum invite for all to attend a "Hustings Evening" in the Barron Hall on Thursday 11th May, 2023 where the community could ask questions of their local representatives prior to election.

Information regarding the Ballyclare May Fare which would take place from 20th May to 27th May with various events organised for the week.

The Barron Hall was the Venue for the "Repair Cafe" on Saturday 10th June and anyone wishing to have an item repaired was asked to contact Kathy at the Barron Hall and book it

Email invite from Carnmoney Parish Church to members wishing to attend an Aviation Trip outing taking place on Wednesday 14th June 2023.

Invite from Glengormley Integrated Primary School to ANSF Forum members to attend their "end of year" dress rehearsal for the play Peter Pan on Wednesday 14th June 2023 at 10:30 am.

Email Invite from Kathy Wolff for anyone interested in attending a 6 week course on "Who Lies Beneath" Course regarding genealogy, beginning Monday 19th June 2023.

Email request from Robert McQuiston to Forum members asking for good news stories/photos from any trips, special activities etc they had attended and would be keen to share in the Seniors' quarterly newsletter.

ANBC email invite to attend the play "How to Bury a Dead Mule" taking place in Theatre at the Mill" on Wednesday 21st June 2023. Tickets available online.

August 21st 2023 email to members from COPNI regarding Tackling Ageism.

August 22nd saw the Age Friendly Newsletter Summer Edition disseminated to members from ANBC in partnership with ANSF.

Health Alliance N.I. Newsletter from Northern Trust was sent out to Forum members on 21st August 2023.

Email invite to Forum members regarding Good Relations Week 2023 from Kathy Wolff on 6th September 2023.

Monthly email invite from Carnmoney Parish Church to Friendship Group on Wednesday 13th September disseminated to members on Monday 11th September 2023.

First Response in Mental Health email from the Northern Trust sent out to members on 11th September 2023.

Creating Hope Through Action email from Northern Trust sent out to members on 11th September 2023.

Versus Arthritis email invite to members re "Walking for Health". Short weekly walks beginning 22nd September and every Friday thereafter from Main Car Park, Antrim Castle Gardens at 11am.

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Email invitation sent to members on 22nd September regarding an Exhibition featuring silent video portraits of 14 political figures that negotiated the Belfast Good Friday Agreement. Open to the public at the Barron Hall, Glengormley from Thursday 5th October 12 noon to 9pm and Friday 6th October 10am to 2pm. All welcome.

Antrim & Newtownabbey Borough Council email re Positive Ageing Month (October 2023) Leaflet which was distributed to the Forum on Friday 22nd September 2023. This advises of all activities across the Borough in October for Seniors.

Invite email sent out to ANSF database on Tuesday 10th October reminding of Carnmoney Parish Church Friendship Group get together on Wednesday 11th October in Carnmoney Parish Church Hall, Church Road, Newtownabbey from 2pm to 4pm for an afternoon of games, a talk (question and answer session) from Alzheimer's Society and some refreshments.

Email invitation on Monday 31st October from Connect North re Winter Wellbeing Event being held in Ballyclare Day Centre on Friday 17th November from 10am to 1pm. Reservation required. Sessions include advice from PSN on Home and Personal Safety; Advice from ANBC Age Friendly Officer re health and wellbeing, home safety and energy efficiency; Take 5 Health & Wellbeing Session; advice from Consumer Council on cost of living and energy efficiency and an introduction from the Connect North Service and Service Directory. Refreshments provided.

Annual General Meeting notification sent out Monday 6th November 2023 for Friday 24th Nov at 10:30 am in Carnmoney Community Church, 258 Carnmoney Road, Newtownabbey.

Email from the Minister of Carnmoney Church of the Holy Evangelists on Monday 14th November with information on their upcoming events which included:-

1. Their annual Sports Quiz on Friday evening 17th November at 7:30pm. To be led by staff from Christians in Sport, entrance free with food and drinks provided.
2. Craft Fair on Saturday 25th November at 7:30 pm. Includes Santa's Grotto for kids. Free entrance and a great place to buy Christmas presents.
3. Annual SANDS service for anyone who has lost a baby or child before or after birth will be on Sunday 3rd December at 6:30pm in church.

Antrim & Newtownabbey Borough Council sent an email on Friday 17th November 2023 regarding Electric Blanket Exchange which was disseminated to members. Residents could exchange their old blanket for a rechargeable electric hot water bottle and thermal fleece bedsheet. Booking essential. Exchanges taking place Mossley Mill on Thursday 30th November from 9am to 5pm and Antrim Civic Centre on Friday 1st December from 9am to 5pm.

Email Invite on Monday 20th November from Ulster Orchestra and Ulster University to a Christmas Concert Celebration on Friday 15th December 2023 being held in the Biden Atrium, Level 3, Block BC, Ulster University, York Street, Belfast. Concert performance from 4:30 pm to 5:20 pm. Places limited and first come, first served.

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Email forwarded to members from ANBC with attachment of Autumn/Winter edition of News for You – your Age Friendly newsletter on 22nd November 2023.

Email to members from Northern Trust Recovery College re their timetable/courses for January & February 2024 together with Registration Form – forwarded 8th December 2023.

N.I. Libraries sent an email on Tuesday 19th December 2023 for dissemination to members regarding all the services they will be providing in the coming year. ANSF has enjoyed a very successful collaboration with N.I. Libraries over the past year.

Email sent to members on 12th January 2024 regarding Holocaust Memorial Day 2024. which is remembered annually on 27th January globally. The theme for this year is 'Fragility of Freedom', and highlights the delicacy of freedom and its meaning to different people. As part of Antrim and Newtownabbey Borough Council's Holocaust Memorial Programme for 2024 there will be a remembrance service at Monkstown Jubilee Centre, where there is a permanent memorial for the Holocaust, on Sunday 21st January from 2 pm to 5 pm. Also on 12th January an email regarding a six week drop in at the Barron Hall would begin from Monday 22nd January from 4:15pm to 6:15 pm. This "Warm Well Welcome" programme would include a bit of music, speakers, hot food and lots of fun. All welcome.

On 31st January BBC1 Religion emailed ANSF regarding filming some senior citizens who would be interested in being filmed being picked up on the bus and getting a haircut and also do a quick chat with them on camera. Sent out to members on the same day.

Email from Praxis Care was disseminated on 12th February 2024 re Open House at The Croft, Newtownabbey taking place on Saturday 24th February between 10 am- 3 pm for interested parties. Attendees will see what the Dementia Supported-Living service has to offer and ask any questions they may have.

Carnmoney Parish Church email sent out to members on 12th February 2024 re Friendship Group meeting on Wednesday 14th February 2024 from 2-4 pm in the Parish Hall. This will consist of a Bettle Drive and Film "Those were the Days".

The Church is also hosting a gospel concert on Saturday 9th March 2024 at 7:30 pm featuring "Live Issue" - a Country Gospel group. Tickets are £10 and include refreshments. Available from the Rev Andy Heber. Everyone most welcome.

ANBC sent an email on 13th February 2024 advising that their Grant Manager software system is being debunked and as part of their service modernisation, they would be transitioning to a new software system with effect from 31st March 2024. If customers wished for copies of their grant applications, they must download them prior to this date.

Email from PRONI on 16th February 2024 attaching their PRONI Express newsletter advising of the latest news, workshops and talks they provide.

ANBC email which was disseminated on Monday 26th February titled Glengormley Placemaking Pilot. This was to invite Forum members and their friends to participate in a consultation regarding shaping the future of their city. Seven of these consultations would be held across the Borough from the end of March and throughout April.

Forwarded email on Wed 28th February 2024 from Kathy Wolff re Events during March taking place in the Barron Hall. All welcome. These included:-

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Wednesday 6th March 7 pm

Want to find out what the area you live in's name comes from? Join us for an evening looking at what the names of places in our area come from

Friday 8th March 7 pm Alternative Burns Night

Join us for a night of music, toasting the haggis, crack and a traditional haggis supper £5
Please contact Kathy 07801989917 to book a place

Monday 11th March 6 pm

Our annual litter pick in the Glengormley area

Email forwarded on 15th March from Antrim & Newtownabbey Borough Council regarding their Corporate Performance & Improvement Plan 2024/25 for members to peruse and comment upon.

Thursday 21st March forwarded an email from Connect North (Community Navigator) listing all the services provided by them to the Community.

Support the Air Cadets email 23rd March forwarded to ANSF members regarding their fundraiser line-dancing afternoon including buffet at Mossley Orange Hall.

Public Benefit Statement

The public benefits that flow from ANSF'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.

Plans for future periods

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

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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 Antrim & Newtownabbey Seniors' 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.



S McCleave – Trustee

Date 29th November 2024