

**Antrim & Newtownabbey Seniors' Forum**  
**Company limited by guarantee**

**Trustees report**  
**Year ended 31st March 2025**

**Trustees' report for the year ended 31st March 2025**

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 2025. 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 2024 to 31st March 2025. 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 11 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 29th November 2024 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**

Tuesday 9th April 2024 saw Tracy Brown continue with her therapy classes for the Tuesday Living Well Group who meet in Mossley Pavilion. These classes include head, back, shoulders and hand massages.

Tuesday 9th April 2024 The Men's Drop-in Group invited the Ballyclare Men's Drop In Group to Carnmoney Parish Church for a bowling competition.

Monday 15th April was the start of an inter-generational art project held in the Barron Hall with ANSF seniors and Glengormley Integrated Primary School children, to celebrate the 30th Anniversary of the Seniors Forum and the 20th anniversary of the Primary School. This ran until 13th May 2024.

On Tuesday 16th April 2024 the Men's Drop-in Group visited Sentry Hill House for a tour of the building, followed by lunch.

On Wednesday 17th April 2024 the Ballyclare Men's Drop-in Group met at McConnell's of Doagh for a morning of pool, darts, good food and social interaction.

Tuesday 23rd April 2024 was an outing for the Men's Drop-in Group by train to Dublin and Dun Laoghaire to visit a war museum.

Friday 26th April 2024 was the monthly Forum meeting held at Stiles Community Centre in Antrim where a presentation was given by Kelly Doyle from Antrim & Newtownabbey Borough Council on Positive Ageing and Healthy Eating. This began with a quiz and ice breaker.

Friday 3rd May 2024 being the first Friday of the month was a craft morning accommodated by Tracy Smith from Praxis Health Care for the Women's Drop-in Group in The Barron Hall. Tracy taught the women how to make "Forget Me Not" flowers for Dementia Action Week which starts on Monday 20th May.

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On Monday 13th May 2024 at the Spectrum Centre was the annual Boccia Competition. ANSF entered 2 teams from the Tuesday Living Well Group, one of which won the over-all shield after having competed for the first time.

Tuesday 21st May 2024 saw Kathy Wolff give a presentation to the Men's Drop-in Group in the Barron Hall on "Race Relations".

Tuesday 28th May 2024 was the last day before summer break that the "All Together Cafe" in Carnmoney Community Church was open so the Men's Drop-in Group went to support it.

Friday 31st May 2024 at Lilian Bland Pavilion was the monthly Forum meeting and Barry Macaulay, CEO from Arts Care gave a presentation on their work and finished with a musical journey.

On Tuesday 4th June 2024 the Men's Drop-in Group participated in a "litter pick" at Loughshore as part of "Volunteer Week".

Friday 7th June 2024 was the last Ladies Drop-in Group meeting prior to the summer break and Kathy Wolff gave a presentation on "Old Glengormley" to them.

The last meeting for the Tuesday Living Well Group before summer break was on Tuesday 25th June and to celebrate this, the ladies went on a river cruise which left from Toome Marina. They also had lunch on board the boat.

The last Forum meeting prior to summer break was held in Stiles Community Centre on Friday 28th June 2024. The invited speaker was Jackie Bingham from Libraries N.I. who stepped in last minute as Fiona Payne from the UK Parliament was unavailable, due to the election which had been called for 4th July 2024.

On Saturday 14th September the Great Glengormley Get Together took place in Lilian Bland Park where there was a myriad of stalls erected. These included food, community organisations and entertainment such as face painting, bands, tombola and other things.

Wednesday 18th September in The Barron Hall from 5pm – 7pm saw the CommuniTEA event take place where people enjoyed an afternoon of tea and treats and a chat.

Friday 20th September at 7pm in the Barron Hall "Come on, on in" music night was held. This included supper and entertainment.

October was Positive Ageing Month and Antrim & Newtownabbey Borough Council ran various events throughout the month. In each of the DEA's they held a "Tea & Treats" morning where seniors were invited to come along and enjoy some hospitality and company.

Thursday 3rd October at 7:30 pm Spanner in the Works – "The Butterfly Effect" play was held in the Barron Hall. Tickets were free.

ANSF organised and ran a "Hop on Board" day trip to Coleraine on Tuesday 15th October 2024 by Train to teach people how to use their Smart Passes. The points of departure were Yorkgate / Mossley West and Antrim. The group would spend around 2 plus hours exploring Coleraine before returning.

Thursday 17th October saw Antrim & Newtownabbey Borough Council facilitate "The Food Programme" in The Barron Hall from 10am to 2pm. This was to inform people, especially those who lived alone, how to cook for one and learn food budgeting.

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The Andy & Nessie Ross Boccia Tournament took place in Spectrum Centre on Monday 21st October 2024 and saw teams across the province participate. The winners were "Billy's Rangers" – from one of ANSF's groups.

On Friday 25th October ANSF's monthly meeting took place in Stiles Community Centre and invited Fiona Payne from the UK Parliament to be the guest speaker. With her was MP Mr. Robin Swann who facilitated a Question-and-Answer session for members. This was greatly enjoyed.

The last "Tea & Treats" Roadshow took place in Monkstown Village Centre on Monday 28th October and this rounded up a very successful "Positive Ageing Month" for another year.

The Women's Drop-in Group took a trip to Coleman's Garden Centre, Templepatrick on Friday 1st November 2024 for a morning of shopping. On the same day the Ballyclare Men's Drop In were given a presentation in Ballyclare Town Hall.

Thursday 14th November saw Ballyclare Men's Drop In Group go to McConnell's in Doagh for a morning of snooker and pool.

Friday 29th November was ANSF's Annual General Meeting held in Carnmoney Community Church Hall at 10:30 am where the Antrim & Newtownabbey Mayor, Mr. Neill Kelly was the main speaker.

Carmmoney Friendship Group held its annual Christmas Dinner in the Church Hall on Church Road on Wednesday 11th December. Registration was necessary.

On Wednesday 11th December 2024 in the Barron Hall – the Seniors' Forum held its Christmas Quiz and Box Lunch. Forty-two seniors were in attendance and enjoyed a morning of fun and entertainment.

Starting on Monday 20th January 2025 members were invited to a "Winter Wellbeing" morning in the Barron Hall. This was the start of a 5-week programme for seniors to enjoy activities, food and social interaction for 2 hours each Monday until 17th February.

Friday 31st January 2025 saw two Rangers from Antrim Castle Gardens give a presentation to the Forum in Stiles Community Centre in Antrim.

On Friday 7th February the monthly Women's Drop In Group had Elaine Williams take them for an armchair aerobics' session in the Barron Hall.

On Tuesday 11th February the Tuesday Living Well Group had an Armchair Yoga session held by Claire McKeown in Mossley Pavilion.

On Wednesday 19th February the Music Group went to Musgrave Hospital to visit one of their members and played a session for patients in the Horatio Garden. This was very much enjoyed by all attendees.

Spectrum Centre was the venue on Monday 24th February for a Boccia Dedication Tournament from 10:30 am. The winners were Jigsaw NI.

Friday 28th February saw Colin Patton from Supporting Communities give a presentation to the Forum in Lilian Bland Pavilion on the digital changeover of telephones.

St. George's Market was the venue for the Women's Drop In Group on Friday 7th March 2025. The ladies had a morning's outing to enjoy the market stalls.

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The 11th of March was the date of an Intergenerational Boccia Tournament between ANSF and Doagh Primary School.

On 18th March at Carnmoney Community Church Derek Robinson, an ANSF member performed musical items for the Community and many members attended in support of Derek.

ANSF were part of the organising group for a Loneliness Event held on 20th March in Mossley Mill from 6pm onwards.

Members attended Dunadry Hotel on Monday 24th March by invitation from Antrim & Newtownabbey Borough Council to attend their Be Safe Be Well morning. Tea/coffee/scones on arrival with presentations and visits to stalls to follow, ending with a hot lunch. Approximately 170 people attended this event.

On Monday 31st March the same event took place in Mossley Mill following the same programme. Barra Best was the guest for both these Be Safe Be Well events. Approximately 160 people attended this event. Both events were deemed very successful.

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**Presentations**

Friday 27<sup>th</sup> September saw a presentation to ANSF Forum in Lilian Bland Pavilion, Newtownabbey by Jonathan Simmance from the Ulster Orchestra.

On Friday 25<sup>th</sup> October 2024 Fiona Payne from the UK Parliament gave a presentation to ANSF Forum members in Stiles Community Centre Antrim accompanied by MP Robin Swann, former Health Minister, who took a question-and-answer session.

The ANSF AGM was held on Friday 29<sup>th</sup> November 2024 in Carnmoney Community Church on Carnmoney Road. The speaker at this was Antrim & Newtownabbey Mayor, Neill Kelly.

There was no Forum meeting held in December 2024.

January 31<sup>st</sup>, 2025, saw Christopher Bryant and Andrew Mulholland, wardens from Antrim Castle Gardens give a presentation to members in Stiles Community Centre, Antrim. They advised of the wildlife in the area and the various walks plus workshops available to members of the public.

The February 2024 monthly Forum was held in Lilian Bland Pavilion, Glengormley and Colin Patton from Supporting Communities gave a presentation on the "digital telephone changeover" which is currently underway.

March 28<sup>th</sup>, 2025, saw the Forum meet once again in Stiles Community Centre and the speaker for that meeting was Alan McCausland from Antrim & Newtownabbey Borough Council's Leisure Team. Alan gave a comprehensive list of all the activities provided across the Borough's five leisure centres.

There was no Forum meeting held in April 2025 due to the Easter Holidays.

Melanie Maxwell-McIlroy from Connect North was the speaker for the May Forum meeting Friday 30<sup>th</sup> in Lilian Bland Pavilion, Glengormley. Her role is as "Community Navigator" and she points people to the various services they need.

June 2025 saw a visit from Kelly Doyle, Age Friendly Officer from Antrim & Newtownabbey Borough Council with an update on programmes running over the summer by Council. This was then followed by an armchair yoga session.

Forum meetings will resume in September 2025.

**Communication**

22<sup>nd</sup> April 2024 – Notification for the April Forum meeting was sent out together with the minutes from the last Forum meeting.

26<sup>th</sup> April 2024 – Forwarded email to all Forum members from PRONI regarding their late April "Express" which gave the latest news, workshops and talks they were hosting.

9<sup>th</sup> May 2024 – Email from Walk Leaders Network forwarded to Men's Walking Group regarding a Network Event being held on 10<sup>th</sup> June 2024 in Tullyglass Hotel from 10am to 1pm for interested parties. Registration required.

10<sup>th</sup> May 2024 – Forwarded email from Centre for Independent Living N. Ireland regarding free information sessions for anyone interested. Also call Chris on 90 648546.

23<sup>rd</sup> May 2024 – Notification of month ANSF meeting to be held in Lilian Bland Pavilion on Friday 31<sup>st</sup> May and advising that Barry Macaulay from Arts Care would be the speaker.

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29<sup>th</sup> May 2024 – PRONI Express – latest news, workshops and talks available at PRONI disseminated to members.

30<sup>th</sup> May 2024 – Email forwarded from Community Relations Forum to members regarding a 5-week course beginning on Wednesday 5<sup>th</sup> June 2024 in the Barron Hall at 6:30 pm on "Is it time to talk about Patriarchy".

3<sup>rd</sup> June 2024 – "News for You" – Summer Edition of the Age Friendly Magazine from Antrim & Newtownabbey Borough Council forwarded on to Forum Members.

5<sup>th</sup> June 2024 – PSNI Text Alert Scheme Leaflets disseminated via email to Forum Members.

17<sup>th</sup> June 2024 – Email forwarded from Community Relations Forum regarding "The Big Lunch" being held on Sunday 30<sup>th</sup> June at 1pm at the Barron Hall. This event was planned in conjunction with Corrymela and those attending were asked to bring along their lunch and CRF would supply tea/coffee and treats.

19<sup>th</sup> June 2024 – ANSF Forum meeting email sent out advising of monthly Forum meeting to be held on Friday 28<sup>th</sup> June in Stiles Community Centre.

27<sup>th</sup> June 2024 – Forwarded email to Forum members from PRONI – Public Records Office of N.I. with their Prony Express Newsletter featuring the latest news, workshops and talks being held in July.

21<sup>st</sup> August – forwarded email from Community Relations Forum to ANSF members advising of the upcoming "Great Glengormley Get Together" taking place in Lilian Bland Park, Glengormley on Saturday 14<sup>th</sup> September from 11am to 3pm. Showcasing petting farm, inflatables, face painting, Repair Cafe, try out rugby and bowling, music by Tartan Riot plus lots more. Everyone welcome.

3<sup>rd</sup> September – reminder to Forum of Great Glengormley Get together on Saturday 14<sup>th</sup> September and for the following events organised by Kathy Wolff from Community Relations Forum: -

Wednesday 18<sup>th</sup> September in The Barron Hall from 5pm – 7pm – CommuniTEA. Come and enjoy an afternoon of tea and treats and a chat. Registration with Kathy Wolff.

Friday 20<sup>th</sup> September at 7pm in the Barron Hall held a "Come on, on in" music night. Registration with Kathy Wolff from Community Relations Forum.

Email forwarded Tuesday 1<sup>st</sup> October 2024 regarding a call for a "Community Cast" from Yellow Jumper Productions. They are the producing company behind Cinderella pantomime being performed this Christmas period in Newtownabbey. They are putting out an open call for our community performers and would like to connect with performers from varying age groups 16 to 65 years plus. Older people, younger people coming together to form an inter-generational supporting cast. If interested, please send an email with your details to [yellowjumperproductions@gmail.com](mailto:yellowjumperproductions@gmail.com) by Friday 4<sup>th</sup> October at 7pm.

Thursday 3<sup>rd</sup> October at 7:30 pm from Spanner in the Works – "The Butterfly Effect" play being held in the Barron Hall. Call Kathy for a place.

Thursday 17<sup>th</sup> October will see ANBC promote "The Food Programme" in The Barron Hall from 10am to 2pm. Come and find out how to cook for one and learn food budgeting. Call Council on 02890 340160 to register. 9<sup>th</sup> October 2024 notification was sent by email to Forum members regarding booking an appointment in Glengormley for Dementia UK. The service is there to be used.

On Thursday 17<sup>th</sup> October emails were sent to Forum members inviting them to the October Forum meeting in Stiles Community Centre on Friday 25<sup>th</sup> October 2024 where Fiona Payne would speak on the workings of the UK Parliament.

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Forum members were invited by email on 4<sup>th</sup> November to a Christmas Concert by the University of Ulster and the Ulster Orchestra. This is a free concert and will take place on Tuesday 10<sup>th</sup> December in their Belfast Campus. Pre-concert reception at 3:15 pm – 3:50 pm followed by the concert performance from 4pm – 5pm.

Monthly email disseminated on 6<sup>th</sup> November to members inviting them to Carnmoney Church Friendship Club on 13<sup>th</sup> November to participate in games, armchair aerobics and some refreshments.

On Tuesday 12<sup>th</sup> November notification of ANSF's Annual General Meeting was emailed out. This will take place on Friday 29<sup>th</sup> November in Carnmoney Community Church Hall at 10:30 am.

An email from the Ulster Orchestra was disseminated on 4<sup>th</sup> December inviting Forum members to an Art Collaboration Event. In its seventh year, Art Unwrapped will present '**Saint Francis in Prayer**' by **Cristofano Allori** (1577-1621), a painting of place and peace that inspires quiet contemplation. A free event, guests can book tours of the painting delivered by Ulster University's fine art students. The event runs from **13 December to 9 January** in Ulster University, Belfast campus, Block BC, 2-24 York Street, Belfast, BT15 1AP. Free tickets are available from <https://www.eventbrite.co.uk/e/art-unwrapped-2024-tickets-1088523977519> but can also be reserved by contacting **Dalcz, Nuala** <n.dalcz@ulster.ac.uk> On Thursday 12<sup>th</sup> December an email was sent to members inviting them to Glengormley Integrated Primary School's Dress Rehearsal at 10:15 am on Monday 16<sup>th</sup> December. This Christmas Variety Show was to be followed by Tea/Coffee/Scones.

Following the Christmas holidays and on Monday 6<sup>th</sup> January 2025 an email was sent out inviting members to attend Carnmoney Friendship Group's monthly get-together on Wednesday 8<sup>th</sup> January at 2pm for a quiz, a game involving Newspapers and then a talk from **Karen Merrick from Community Advice Antrim and Newtownabbey**.

Forum members were emailed Antrim & Newtownabbey Borough Council's Age Friendly Winter Newsletter on Thursday 9<sup>th</sup> January 2025, giving details of community initiatives and activities taking place across the Borough.

January 13<sup>th</sup>, 2025, saw an email disseminated regarding Queens Park Women's Group in partnership with The Barron Hall and Impact NI hosting a Winter Wellbeing drop in morning starting on Monday 20<sup>th</sup> January 11 am to 1 pm. Come along, meet new people, keep warm and join us in a bit of crack for 5 weeks. All welcome. Please register your attendance.

Following red weather warning Storm Eowyn, an email was sent out to ANSF members on Monday 27<sup>th</sup> January 2025 asking them to report back to the office if they were without power or amenities. The office would then report back to Antrim & Newtownabbey Council for appropriate action to be taken.

Also, on Monday 27<sup>th</sup> January an email was forwarded regarding free TV licences for the over 75's, depending on whether members met the criteria.

Forwarded email on Thursday 30<sup>th</sup> January from Northern Trust regarding Free "Walk Leaders Training Courses" available on Monday 10<sup>th</sup> March 2025 from 9:30 am to 1:00 pm in Antrim Castle Gardens or alternatively Friday 21<sup>st</sup> March 2025 from 9:30 am to 1:00 pm in Antrim Castle Gardens. For further information or to register contact [Nicola.arbuckle@northerntrustscni.net](mailto:Nicola.arbuckle@northerntrustscni.net)

Especially for knitters, email sent out on Thursday 30<sup>th</sup> January from Age NI Funding Team. "We're delighted to announce the Big Knit is back for 2025". **Little hats, big difference!**

Grab your needles and crochet hooks and get knitting little hats for the tops of innocent smoothie bottles. Every hat raises 30p to help Age NI provide advice, care, and support to older people who need us most. For more information and sample knitting patterns visit [www.ageni.org/bigknit](http://www.ageni.org/bigknit), and email [bigknit@ageni.org](mailto:bigknit@ageni.org) to let us know you are knitting.



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On Monday 10<sup>th</sup> February 2025 an email was disseminated to members giving details of upcoming events being held in the Barron Hall to which everyone was invited. These were: -

Friday 14<sup>th</sup> Feb at 7pm - Ceilidh with our own caller. Donation of £3 but bring your own supper for a fun night.

Friday 21<sup>st</sup> of March Alternative Burns night. All the trappings of Burns night but held in March. Donation of £5

An email from ANBC was forwarded to members on Friday 21<sup>st</sup> February 2025 regarding their Corporate Performance & Improvement Plan 2025/26 (draft for consultation). Members, stakeholders or visitors to the Borough, were asked to participate by giving their views on this plan.

On the same date another email from ANBC was disseminated to members regarding "Next Chapter Cafe – Caring for Carers". Antrim and Newtownabbey Area libraries would be holding a morning in Rathcoole Library with a variety of activities available and refreshments. The date for this was Tuesday 25<sup>th</sup> February 2025 from 10:30 am to 12:30 pm.

Monday 3<sup>rd</sup> March 2025 saw ANSF forward an email from St. Mary University of London's Centre for Cancer Screening, Prevention and Early Diagnosis asking for help in their research.

On 4<sup>th</sup> March members were informed by email concerning Carnmoney Parish Church's monthly Friendship Group which will meet on Wednesday 12<sup>th</sup> in the Church Hall for a quiz, beetle drive and Jim Waddell sharing stories, poems and songs. All welcome.

ANSF Forum Minutes were disseminated to members on 20<sup>th</sup> March email, advising date of the next monthly meeting.

**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**

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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.

**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: 28 November 2025