

Southern Age Well Network

Northern Ireland · Charity number 102291

Details

Status	Received
Registered	2016-04-06
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	Ballybot House 28 Cornmarket Newry County Down BT35 8bg BT35 8BG
Phone	07752583788
Email	info@southernagewell.com
Website	www.southernagewell.org

Activities

Purposes: The Network is established to improve the quality of life of older people living in the Newry & Mourne Area by promoting social inclusion and preventing older people from becoming socially excluded.

What the charity does: The advancement of health or the saving of lives, The advancement of citizenship or community development, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works: Advice/advocacy/information, Community development, Education/training, Volunteer development

Who the charity helps: Men, Older people, Physical disabilities, Voluntary and community sector, Volunteers, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£73,856	£66,073	£0	2

Trustees

Name	Role	Appointed
Kathleen Mccaul		
Mary Mallon		
Ms Kathleen Murphy		
Ms Moira O'shea		
Terry Ruddy		
Theresa Dillon		

Accounts

SOUTHERN AGE WELL NETWORK

ACCOUNTS APRIL 2024 - MARCH 2025

01.04.24	INCOME	EXPENDITURE
Balance	<u>£2,945.67</u>	Salaries £38,997.02
		Pensions £5,030.42
Southern Health and Social Care	£57,440.86	Payroll £195.00
NMDDC	£2,845.00	Rent and Services £3,140.72
Clear	£2,954.00	HMRC £6,105.10
LGNI/Beth Johnston	£573.68	Staff Travel £2,310.25
Benevity	£568.01	Volunteer Travel £184.40
Dormant Accounts	£6,082.00	Digital Services £525.87
Starlet Club	£410.00	Room Hire £258.20
Green Spaces	£2,000.00	Affiliation fees £20.00
Mayobridge Mens Shed	£832.15	Refreshments £187.72
Greater Armagh Road Mens She	£150.00	Water £67.12
		Photocopying and printing £37.52
		Stationery/Ink £460.69
		Insurance £863.76
		Bank Fees £264.64
		Telephone/Broadband £72.00
		Positive Ageing £236.50
		Clear Programme costs £2,502.79
		Group facilitation £970.00
		Benevity Mayobridge Mens £568.01
		GARMS £150.00
		Green Spaces £2,000.00
		Equipment £832.15
		Transfer to No. 2 £92.81
Totals	£73,855.70	£66,072.69

Opening balance 01.04.2024	£2,945.67
Income	<u>£73,855.70</u>
	<u>£76,801.37</u>
Expenditure	£66,072.69
Closing balance 31.03.2025	£10,728.68

Unrestricted funds - No 2 Account		
Opening balance	01.04.2024	£57,907.19
Income		£2,924.96
Expenditure	Donation	£100.00
	Groups Bridging Loan	£3,000.00
	Vouchers	£80.00
	Christmas Dinner	<u>£294.50</u>
Closing balance	31.03.2025	£57,357.65

Treasurer
 Kathleen Murphy
 Southern Age Well Network

Kathleen Murphy

Accounts

SOUTHERN AGE WELL NETWORK

ACCOUNTS APRIL 2023 - MARCH 2024

01.04.23	INCOME	EXPENDITURE
Balance	<u>£5,477.49</u>	Salaries £36,880.28
		Pensions £4,837.20
Southern Health and Social Care	£52,986.31	Payroll £165.00
NMDDC	£615.00	Rent and Services £3,226.47
Neighbourly Community Fund	£700.00	HMRC £6,199.36
Warrenpoint Harbour Authority	£300.00	Staff Travel £1,461.74
Confederation of Community Gr	£450.00	Volunteer Travel £227.20
Lush	£195.81	IT £276.96
CLEAR	£1,800.00	Room Hire £294.40
LGNI	£340.00	Affiliation fees £50.00
Benevity	£728.83	Refreshments £424.10
Caring Coins	<u>£1,050.00</u>	Water £33.56
		Photocopying and printing £158.90
		Stationery £336.00
		Insurance £825.20
		Bank Fees £244.49
		Telephone/Broadband £66.00
		Positive Ageing £222.40
		Physical activity consultatior £85.00
		Group facilitation (Whitecro: £720.00
		Christmas Gift Vouchers £1,050.00
		LGNI project £654.13
		M&S Fund - Seeds of Hope £500.00
		Independent examiner fees £30.00
		NMDDC (Killeavey Mens She £350.00
		NMDDC (Newtown Mens Sh £250.00
		Clear Programme costs £950.55
		Benevity Mayobridge Mens : £728.83
		Hardship Fund <u>£450.00</u>
Totals	£5,477.49	£61,697.77

Opening balance 01.04.2023	£5,477.49
Income	<u>£59,165.95</u>
	<u>£64,643.44</u>
Expenditure	£61,697.77
Closing balance 31.03.2024	£2,945.67

Unrestricted funds - No 2 Account

Opening balance	01.04.2023	£61,262.19
Income		£0.00
Expenditure	Christmas Dinner	£325.00
	John Moores WWG	£3,000.00
	Flowers	<u>£30.00</u>
Closing balance	31.03.2024	£57,907.19

Treasurer
Kathleen Murphy
Southern Age Well Network

Kathleen Murphy

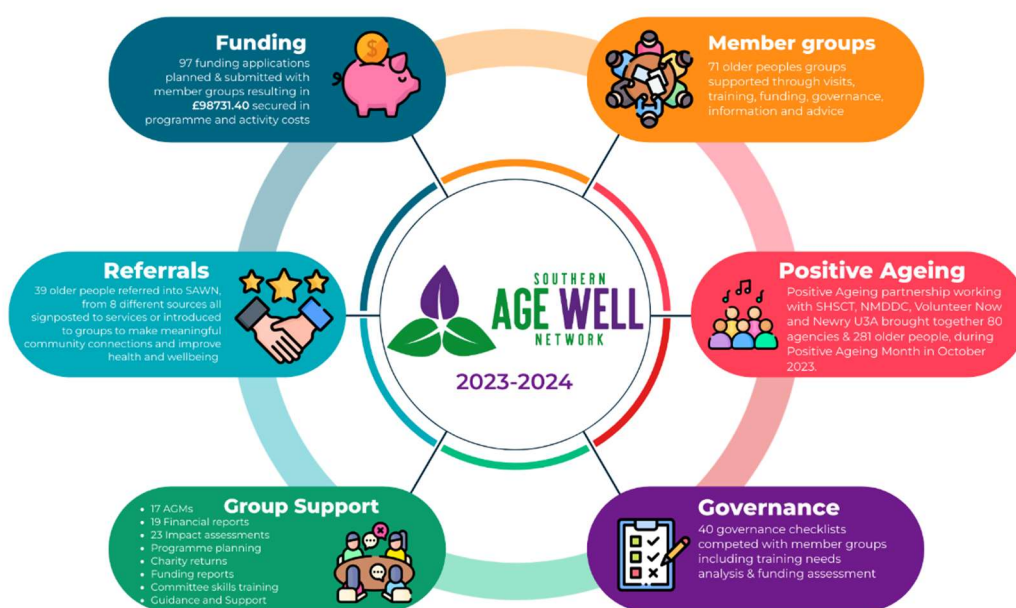
Southern Age Well Network

Northern Ireland - Charity number 102291

Annual report

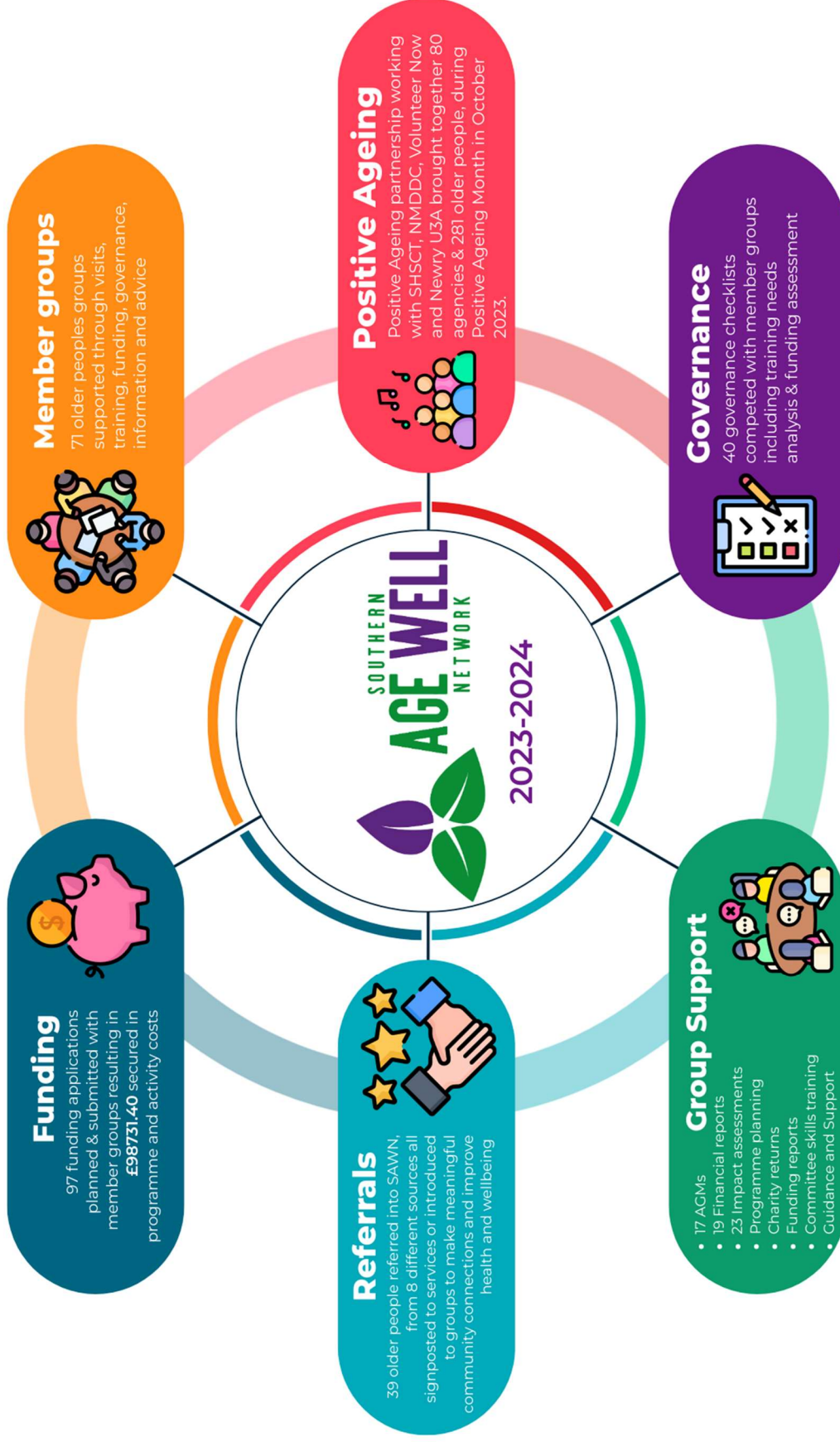


SOUTHERN AGE WELL NETWORK



ANNUAL REPORT

2023 - 2024





Chairperson's Report

Southern Age Well Network are currently supporting 71 older people's groups and it's heartwarming to see the impact of our movement on the lives of our local older people. The fact that groups are providing a vital lifeline to help them live longer independently at home is a testament to the importance of community support and the difference it can make in their lives. Groups also provide vital respite for carers who can enjoy some well-deserved time to themselves while their family member benefits from being part of the group.

During the year our focus has been on investing resources into building strong, healthy groups for existing members but also have capacity for taking on new members who had been referred into us. We have invested a great deal of time supporting lead volunteers in groups to ensure they have the resources and skills they need to deal with new members, whilst continuing to offer a programme of activities. As always applying for and securing funding is priority and much of staff's time is spent ensuring groups have sufficient funding to provide their service.

With the support of the Southern Health & Social Care Trust's Promoting Wellbeing Team, staff attended a number of mini roadshows where they presented on the work of SAWN to a range of teams within the Trust such as the Integrated Care Teams and the Multi-disciplinary Teams. These led to follow up presentations to both the Cardiac and Pulmonary Rehab Teams. These presentations and roadshows resulted in a surge of referrals into our organisation which required staff to follow up on and signpost to services and introduce to groups. Staff capture the importance of group involvement through the measuring impact survey which they carry out with groups. Findings from these clearly demonstrate the value in being involved in a group and the many health benefits that come along with it. Staff have reported on the feedback they have been receiving from some of those whom they have introduced into groups during the year and the difference it has made to their lives. They have talked about how they look forward to going out to the group each week and how it has given them a sense of purpose. They mentioned how meeting new people has led to finding greater social connections such as going along to local events in the library or joining an exercise class in the leisure centre, all of which have significantly improved their overall quality of life.

SAWN is immensely proud of the vibrant older people's network which we support in our daily work and which continues to thrive as a result of the investment by our organisation. Our group membership currently stands at 71 and is expected to grow given the increase in demand for group involvement.

Terry Ruddy

&

Móira O'Shea

Chairperson

Vice Chairperson



Development Worker's Report

As a result of the mini roadshows co-ordinated by Promoting Wellbeing staff within the Trust, SAWN along with other partner organisations also funded by the Trust, were able to present on our services to a range of teams within the Trust. These teams included the social workers within the multi-disciplinary teams, Integrated Care Team for Newry & South Armagh and also Integrated Care Services, including Physios, Ots, Cardiac Rehab and Pulmonary Rehab nurses. Raising the profile on our organisation has led to an increase in the number of referrals coming through. This year 54??? older people, who hadn't previously been connected to any service were referred through to us and subsequently contacted and introduced to one of our member groups or signposted to other services. The difference connecting people into services has made to them can't be underestimated. Meeting some of the most isolated people and linking them with groups, events or partner organisations has been life changing for them. Consequently, a priority of work this year has been to support our lead volunteers within our groups to ensure they have the capacity to support new members whilst continuing to provide a strong service to existing members.

The Positive Ageing event in October was the first face to face one since Covid and it was very clear local older people were delighted to be back out in person to enjoy the event. 80 agencies were in attendance, with 280 older people coming along to find out more on services available to them and to enjoy a fashion show and tea dance. The day had an intergenerational aspect with students from St Coleman's College helping to set up the hall the night before the event and on the day helping at the registration desk and serving tea, coffee and lunch. With the event being a success with the involvement of the students, plans are in place to build on this connection for the next event.

Southern Age Well Network's role in supporting older people's groups addresses each groups specific requirements, some involve more support than others depending on capacity and need.

It is imperative that we provide help to access funding and resources that will sustain strong well-equipped groups with teams of well supported older volunteers. During 2023/24 we completed 97 funding applications with groups securing £98731.40 in mostly programme and activity costs, with some capital grants. These grants range from £125 - £20,000 depending on needs and requirements of each applicant group. When grants are secured with groups we help manage that funding, measure impact of the activities and help with reporting on how money has been spent to benefit group and individuals.

SAWN support groups where older people can gather for social activities, workshops, and classes these groups are creating volunteer opportunities enabling older people to contribute experience to the community. These groups offer opportunities to improve health and well-being through tailored physical activity, gentle exercise, strength and balance sessions along with relaxation & mindfulness to members, such as yoga and tai chi.

This year we engaged with Linking Generations NI through activities & events that brought different age groups together from Mayobridge & Balbriggan to foster understanding and cooperation, cross-border and cross-generational.

Our work continues to support older people's groups to help ensure older people across Newry and Mourne remain active, engaged, and valued as members of the community.

Denise & Kathy

Development Workers

SOUTHERN AGE WELL NETWORK
ACCOUNTS APRIL 2023 - MARCH 2024

01.04.23	INCOME	EXPENDITURE
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		Pensions £4,837.20
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Warrenpoint Harbour Authority	£300.00	Staff Travel £1,461.74
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Lush	£195.81	IT £276.96
CLEAR	£1,800.00	Room Hire £294.40
LGNI	£340.00	Affiliation fees £50.00
Benevity	£728.83	Refreshments £424.10
Caring Coins	<u>£1,050.00</u>	Water £33.56
		Photocopying and printing £158.90
		Stationery £336.00
		Insurance £825.20
		Bank Fees £244.49
		Telephone/Broadband £66.00
		Positive Ageing £222.40
		Physical activity consultation £85.00
		Group facilitation (Whitecro: £720.00
		Christmas Gift Vouchers £1,050.00
		LGNI project £654.13
		M&S Fund - Seeds of Hope £500.00
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		Clear Programme costs £950.55
		Benevity Mayobridge Mens £728.83
		Hardship Fund <u>£450.00</u>
Totals	£5,477.49 £59,165.95	£61,697.77
Opening balance 01.04.2023	£5,477.49	
Income	<u>£59,165.95</u>	
	<u>£64,643.44</u>	
Expenditure	£61,697.77	
Closing balance 31.03.2024	£2,945.67	

Unrestricted funds - No 2 Account

Opening balance	01.04.2023	£61,262.19
Income		£0.00
Expenditure	Christmas Dinner	£325.00
	John Moores WWG	£3,000.00
	Flowers	<u>£30.00</u>
Closing balance	31.03.2024	£57,907.19

Treasurer
Kathleen Murphy
Southern Age Well Network

Kathleen Murphy

Southern Age Well Network

Northern Ireland - Charity number 102291

Annual return

I report on the accounts of Southern Age Well Network for the year ended 31st March, 2024.

As the Charity Trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under Section 65 of the Charities Act
- follow the procedures laid down in the general directions given by the Commission under Section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

I have examined your Charity Accounts as required under Section 65 of the Charities act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Charity Trustees concerning any such matters.

I have completed my examination and have no concerns in respect of the matters and in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Aaron Ruddy

Aaron Ruddy

Independent

Examiner

06th December 2024

41 Derrybeg Drive

Newry

BT35 6ES

Accounts

SOUTHERN AGE WELL NETWORK
ACCOUNTS APRIL 2022 - MARCH 2023

01.04.22	INCOME		EXPENDITURE	
Balance	<u>£13,270.83</u>			
Southern Health and Social Care	£51,036.61		Salaries and Pensions	£45,175.04
NMDDC	£1,030.00		Salary administration fee	£232.50
M&S Community Fund	£1,000.00		Rent and Services	£3,000.00
Warrenpoint Harbour Authority	£300.00		Insurance	£784.60
Confederation of Community Gr	<u>£285.00</u>		Staff Travel	£2,380.16
			Telephone & Broadband	£560.84
			IT	£251.76
			Room Hire	£435.00
			Affiliation fees	£40.00
			Refreshments	£315.76
			Water	£65.68
			Photocopying and printing	£119.12
			Stationery	£321.20
			Volunteer Travel	£146.90
			Bank Fees	£143.66
			M&S & B&Q equipment	£5,802.53
			Finance	£350.00
			Facilitators	£520.00
			Heaters	£570.00
			Miscellaneous	<u>£230.20</u>
Totals	£13,270.83	£53,651.61		£61,444.95

Opening balance 01.04.2022	£13,270.83
Income	<u>£53,651.61</u>
	<u>£66,922.44</u>
Expenditure	£61,444.95
Closing balance 31.03.2023	£5,477.49

Unrestricted funds - No 2 Account	
Opening b 01.04.2022	£58,641.19
Income John Moores - WWG	£3,000.00
Expenditu Christmas Dinner	<u>£379.00</u>
Closing ba 31.03.2023	£61,262.19

Treasurer
Signature

Kathleen Murphy

Kathleen Murphy
Southern Age Well Network

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Aaron Ruddy

Aaron Ruddy
Independent Examiner
10th November 2023

41 Derrybeg Drive
Newry
BT35 6ES

Southern Age Well Network

Northern Ireland - Charity number 102291

Annual report

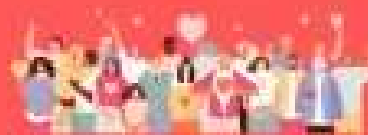
ANNUAL REPORT 2022 - 2023

66 MEMBER GROUPS



Over 2000 older people engaged in group activities every week

VOLUNTEERING



- 26 new volunteers introduced to 12 groups this year
- 18.5% of groups were supported to recruit new volunteers

GROUP SUPPORT

- 92 visits to member groups took place this year
- 100% of member groups have been contacted and supported

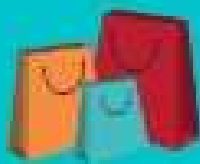


POSITIVE AGEING



Event in October engaged 200 older people with children from 8 post-primary schools across Newry and Mourne

OLDER PEOPLES PACKS



200 Positive Ageing information packs, Healthy Ageing Calendars, Magnetic tools, Sensor lights, Aqueous cream, Sim cards, Keep warm packs, Coal, Gift cards, Energy efficient Heaters

FUNDING APPLICATIONS



56 funding applications submitted with 34 groups securing small grants of £235,959.90

REFERRALS

39 socially isolated older people referred into our organisation and connected to community support services.

Referrals come from

- Sensory Impairment Team
- MDTs and ICTs
- Families and self referrals
- Mental health teams
- other community organisations



GOVERNANCE



- 30 Annual governance checklists completed
- 63 funding strategies developed with member groups
- 32 returns to funders - 15 financial reports
- 13 needs assessments - 10 AGMs - 4 Insurance policies
- 3 Constitutional reviews - 3 Charity returns submitted
- 2 Independent examiners reports
- 1 Constitution developed - 1 Charity registration

Chairperson's Report

Southern Age Well Network's main priority in 2022-23 was to respond to the 'cost of living crisis', to ensure our local older people had their basic needs met, such as having enough to buy food and to heat their homes. SAWN did this by highlighting and distributing resources available like Age NI's 'More money in your pocket' and NIE's 'Energy Efficient' booklets, securing funds for energy efficient heaters and distributing keep warm packs. But primarily, staff worked with groups to secure funds to ensure they were strong, equipped, and able to consistently provide a warm, welcoming, safe space for older people to meet each week.

This year we secured £235,959.90 making sure our affiliated groups continue to provide a high quality of service to our local older people. This funding has enabled us to engage and cater for over 2000 older people every week.

The impact of the cost-of-living crisis has been felt by all, staff have been working to reduce the running costs of the organisation by sourcing cheaper providers for telephone and broadband. We would like to thank SHSCT for their ongoing commitment to our organisation, in these times of efficiency savings SHSCT were able to award just under a 4% uplift in this financial period. I want to take this opportunity to thank the two staff Denise and Kathy and our life-long volunteer Mary, for their hard work and dedication throughout the year. I would also like to acknowledge the retirement in October, of our colleague Kathy Dorgan and thank her for 11 years of service to the organisation.

Our active committee continue to represent our organisation on several forums, Moira our vice-chairperson sits on the local community transport partnership and is extremely active in the Daisy Hill SOS campaign. The withdrawal of these services would have a catastrophic impact our older people and wider community. Moira along with Irene and Jennifer sit on our local Older People's Forum campaigning on issues affecting our older people.

As ever the work of SAWN is to improve the Health and Wellbeing of older people across Newry and Mourne. This work is varied but each element results in a better connection with communities, by continuing to receive referrals from agencies supporting older people. Group activity is still making the biggest difference to local older people, and has been a vital lifeline to many, with responses from our members questionnaires highlighting this.

One said 'I just hope my group can continue for many years to come, as it is great to get myself out of the house for at least one day a week'.

Group participation has increased social contact, prevented social isolation and feelings of loneliness and consistently improved health and wellbeing. Ultimately group participation is keeping older people independent, active, stimulated, informed, connected and most importantly at home, out of hospital and care settings for as long as possible.

Terry Ruddy

&

Moira O'Shea

Chairperson

Vice Chairperson

Development Worker's Report

As always keeping our older people connected to and informed about services has been priority throughout the year. SAWN continues to receive referrals from various organisations including Southern Health & Social Care Trust, Confederation of Community Groups, Belfast Central Mission, Volunteer Now, as well as from families and older people themselves. As the multidisciplinary teams have now appointed most of their staff in all the local GP practices, we have received a record number of enquiries by their staff about our services and how we can support those they refer into us. We have seen a vast increase in the number of self-referrals with individuals wanting to engage and participate more in their community. SAWN met with all those referred into our service and connected them to services such as member groups, Good Morning Scheme, Ability Net, Age NI, Volunteer Now and Older People's Forum. Local older people have been kept connected through information events in South Armagh and an annual positive ageing event. Throughout the year SAWN in partnership with NMDDC, SHSCT and Volunteer Now compiled and distributed 200 information packs and resources, ensuring older people are updated on services available to them. SAWN has had continued involvement in the local Age Friendly Initiative through both the Strategic Alliance and the Older People's Forum. SAWN members who sit on the Older People's Forum have been very active in progressing the 4 goal outcomes of the Age Friendly action plan and are striving to improve services for our local older people.

Securing funding for community services and activities is one of the most important aspects of the work of the organisation. This year has been exceptional, staff obtained the most funds with groups ever. Groups worked through funding strategies to secure £235,959.90 in grants ranging from £100 to over £50,000 for group activities. It was important to get activities up and running again, new groups started, get people out on trips, participating in different activities and recruiting new members. 56 funding applications & proposals were planned and submitted with 34 different groups securing a range of grants, most from UK Trusts and Foundations and the National Lottery. Unsuccessful grant applications were reworked and submitted to different funders to ensure groups get the monies they need to operate. Each group has been supported throughout the funding process with monitoring, evaluation and measuring the impact of the funds on every beneficiary, helping volunteers to assess impact, compile reports and effectively manage these funds is imperative to sustainability of each group.

Staff have continued to develop business plans with men's groups, securing leases for underused land, converting temporary buildings into workshops and social spaces, and developing business plans. This work is time intensive, but the tangible results are transforming communities locally. These essential funds reach around 2000 older people across Newry and Mourne each week, ensuring a high level of participation and engagement. For every pound SAWN is funded by SHSCT we make it £4.62 for our member groups.

Denise & Kathy

Development Workers

Southern Age Well Network

Northern Ireland - Charity number 102291

Annual return

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Aaron Ruddy

Aaron Ruddy
Independent Examiner
10th November 2023

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