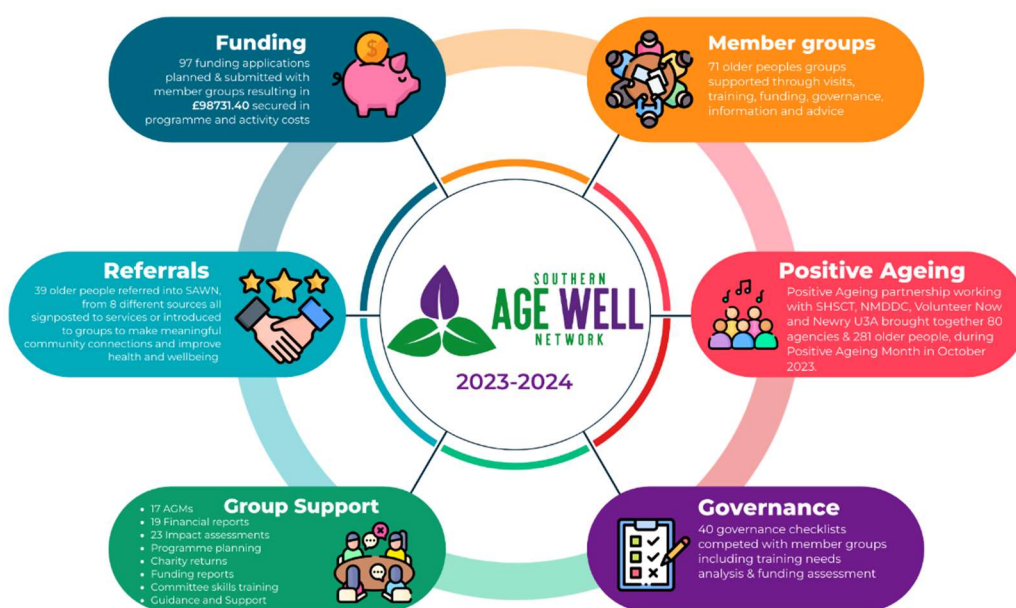
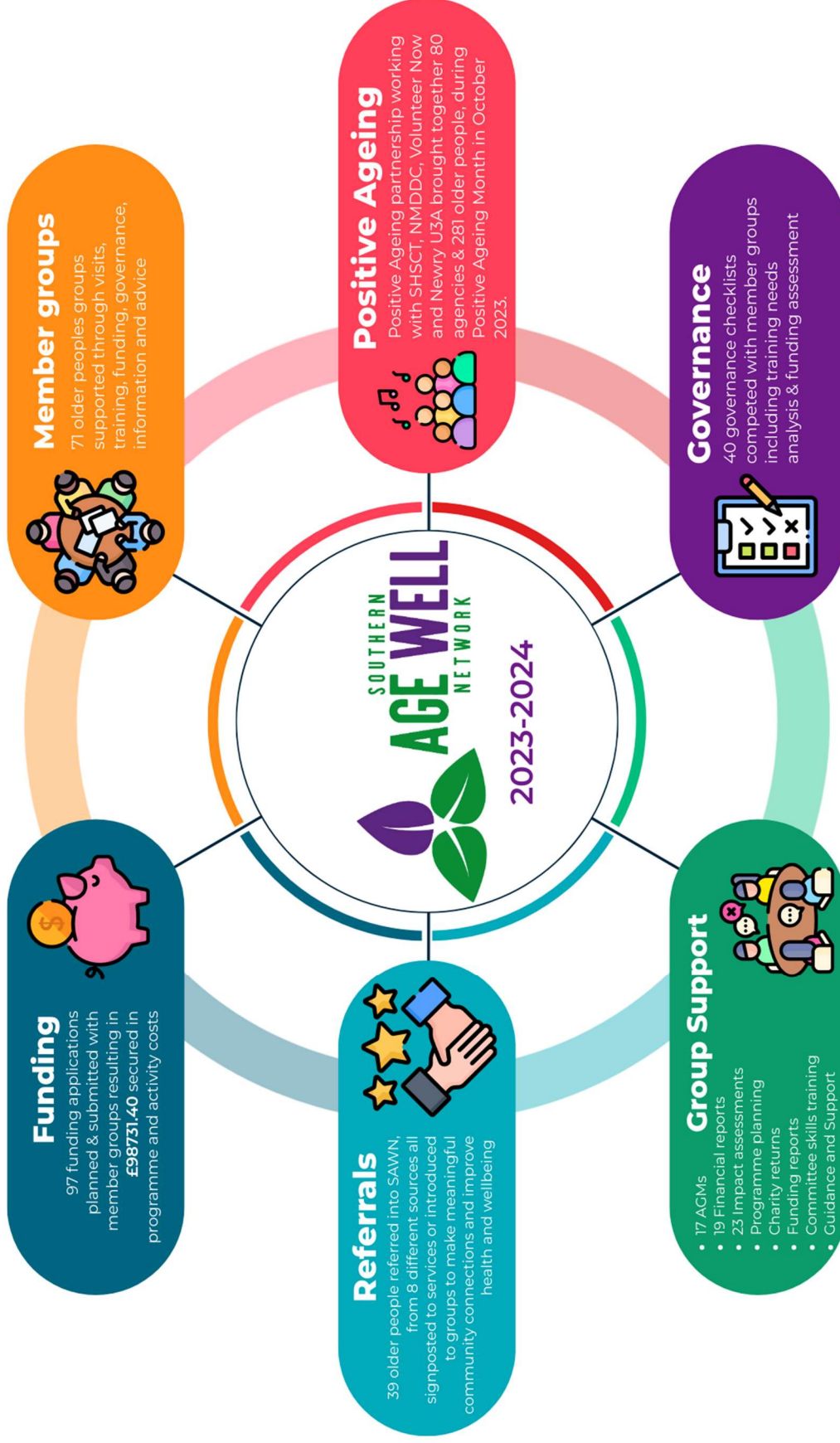




# SOUTHERN AGE WELL NETWORK



# 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
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 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
		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    £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*