

East Belfast Sure Start

Northern Ireland · Charity number 102304

Details

Known as East Belfast Sure Start Co Ltd

Status Received

Registered 2015-07-15

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address East Belfast Sure Start
55 Templemore Avenue
Belfast
BT5 4fp
BT5 4FP

Phone 02890735686

Email finance@surestarteast.org.uk

Website www.eastbelfastsurestart.co.uk

Activities

Purposes: To promote the benefit of the inhabitants of East Belfast (the "area of benefit"), and in particular but not exclusively children under four years of age and their families, without distinction of sex, age, special needs, race, or political, religious or other opinions by associating together the said inhabitants, local authorities, public agencies and voluntary and other organisations in a common effort to relieve poverty, sickness and disablement, preserve and protect health, advance education and provide facilities in the interest of social welfare for recreation and leisure time occupation with the object of improving the conditions of life for the said inhabitants.

What the charity does: The prevention or relief of poverty, The advancement of education, The advancement of health or the saving of lives, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage, Other charitable purposes

How the charity works: Disability, Education/training, Playgroup/after schools, Relief of poverty

Who the charity helps: Adult training, Carers, Ethnic minorities, General public, Interface communities, Learning disabilities, Men, Mental health, Parents, Physical disabilities, Preschool (0-5 year olds), Sensory disabilities, Specific areas of deprivation, Unemployed/low income, Voluntary and community sector, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,202,954	£1,230,713	£-22,544	38

Trustees

Name	Role	Appointed
Jennifer Reaney		
Miss Louise Mccullough		
Mr Nagesh Siddegowda		
Mrs Barbara Wallace		
Mrs Bernadette Mcconnell		
Mrs Bridgeen Mccormick		
Mrs Hilary Mcevoy		
Ms Gillian Hamilton		
Ms Tanya Hughes		
Rev Sammy Robinson		

East Belfast Sure Start

Northern Ireland - Charity number 102304

Accounts

EAST BELFAST SURE START

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	B McConnell M Martin T Hughes L McCullough H McEvoy B McCormick B Wallace Gillian Ruth Hamilton Nagesh Siddegowda Rev Samuel Robinson J Reaney	(Appointed 1 December 2024)
Secretary	T Ripley McElvogue	
Charity number (England and Wales)	NIC102304	
Company number	NI040618	
Registered office	55 Templemore Avenue Belfast Co. Antrim BT5 4FP	
Auditor	Kearney & Co 2nd Floor Donegall House 98-102 Donegall Street Belfast BT1 2GW	

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing documents, a deed of trust, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

East Belfast Sure Start is a Government initiative targeting 0-3 year olds and their families, recognising the importance of supporting parents and carers, and the value of quality experiences to very young children.

The purpose of East Belfast Sure Start is to work with parents and children to promote the physical, intellectual, social and emotional development of pre-school children - particularly those who are disadvantaged - to ensure they can flourish at home and when they get to school.

There has been no change in the charity's objectives during the year.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Significant activities:

The core services of East Belfast Sure Start are:

Outreach and home visiting services, to make contact as early as possible in the child's life and draw families into using other services.

Family support, including befriending, social support and parenting information, both group and home based.

Good quality play, learning and child care experiences for children, both group and home based.

Primary and community health-care and advice.

Support for children with special needs, both within the Sure Start services offered and through signposting to more specialised services where necessary.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

East Belfast Sure Start new registrations for 24/25 were 1,061 compared to 1,130 in 23/24 and these have been made up of a higher number of self - referrals than professional referrals. It should be noted that the child population figures aged 0-3 in East Belfast Sure Start have dropped by 616 children according to the latest statistics.

Engagement has fallen for all aspects of our service during 24/25 and the full effect of losing staff posts to facilitate wage increases in 23/24 is still being felt with a reduction of child development places on offer. We have restructured our staffing during this year to ensure we are able to continue to offer accessible services for all families within the confines of our budget.

We were able to deliver 3,479 one to one's in the form of home visits and meetings with parents and children in our centres an increase of 10% on last year's contacts. 1,751 families were signposted to services that would benefit their family life, an increase of 41% on last year. We were also able to distribute 5,625 resources throughout the year in the form of information, books, play equipment and poverty relief. This is only possible through partnerships with local organisations.

Programmes for all ages from antenatal to age 4 continue to be delivered in a holistic way and includes work with the whole family unit.

Although issues with recruitment have affected the service we reached a level towards the end of this financial year when all posts were filled.

We continue to see a consistent increase in children with complex needs, neurodiversity and delayed development which effects speech, language and communication and emotional regulation. This work takes considerable skill and time and perhaps is reflected in our engagement numbers as more intense work is needed with both families and children.

We have invested in staff training throughout the year to ensure that staff feel equipped and supported to deal with these growing needs in our children as well as continuing to look at the emotional health and wellbeing of the staff team.

Receiving a cost of living increase during the year from Department of Education enabled us to be able to keep our staff team in place and stabilise our service which has meant a sustainable service.

Financial review

The results for the year are set out on the Statement of Financial Activities.

Deficit for the year was £27,759 of which Restricted Funds were £23,109 and Unrestricted were £4,650.

Although the accounts show a deficit in the year this has been covered by brought forward reserves from prior year.

The reserves at the end of the year were £20,370. It is the view of the trustees, that given the nature of the charity and its activities and in particular its relatively stable funding, that minimum reserves are required.

Principal funding sources

The main source of grant funding for the charity has been and is currently the Department of Education administered through SPPG. This is supplemented by a number of smaller grants.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.



T Ripley McElvogue
Company Secretary

12 August 2025

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF EAST BELFAST SURE START

Opinion

We have audited the financial statements of East Belfast Sure Start (the 'charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

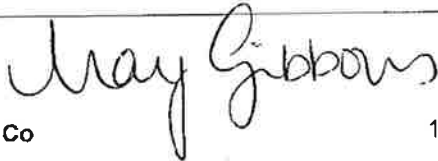
In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE MEMBERS OF EAST BELFAST SURE START

May Gibbons
(Senior Statutory Auditor)
for and on behalf of Kearney & Co



12 August 2025

Chartered Accountants
Statutory Auditor

2nd Floor
Donegall House
98-102 Donegall Street
Belfast
BT1 2GW

EAST BELFAST SURE START


BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	11	7,213		12,633	
Cash at bank and in hand		35,701		65,535	
		<u>42,914</u>		<u>78,168</u>	
Creditors: amounts falling due within one year	12	(22,544)		(30,039)	
Net current assets			20,370		48,129
Net assets excluding pension liability			20,370		48,129
			<u>20,370</u>		<u>48,129</u>
The funds of the charity					
Restricted income funds	14		1,845		24,954
Unrestricted funds			18,525		23,175
			<u>20,370</u>		<u>48,129</u>

The financial statements were approved by the trustees on 12 August 2025

H McEvoy
Treasurer



B McCormick
Chairperson



Company registration number NI040618 (Northern Ireland)

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

East Belfast Sure Start is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 55 Templemore Avenue, Belfast, Co. Antrim, BT5 4FP.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants receivable income, where related to performance and specific deliverables, is accounted for as the Charity earns the right to consideration by its performance. Where income is received in advance of performance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, the income is accrued.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	-	2,398

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

5 Charitable activities

	2025 £	2024 £
Staff costs	868,168	782,753
Rent and rates	67,378	63,885
Insurance	8,131	7,288
Heat and light	15,625	19,879
Templemore Service Charge	21,762	20,480
Telephone and internet	6,045	6,077
Postage and stationery	5,453	5,755
Repairs and maintenance	32,742	14,949
Computer running costs	8,762	6,071
Travel expenses	3,781	3,557
Health and safety	2,000	2,000
Subscriptions	6,790	4,908
Training	13,049	6,992
Bank charges	782	621
General expenses	408	2,048
Other charitable expenditure	165,037	153,484
	<u>1,225,913</u>	<u>1,100,747</u>
Share of governance costs (see note 6)	4,800	3,600
	<u>1,230,713</u>	<u>1,104,347</u>
Analysis by fund		
Unrestricted funds	5,050	9,583
Restricted funds	1,225,663	1,094,764
	<u>1,230,713</u>	<u>1,104,347</u>

6 Support costs

	Support costs £	Governance costs £	2025 £	2024 £
Audit fees	-	4,800	4,800	3,600
	<u>-</u>	<u>4,800</u>	<u>4,800</u>	<u>3,600</u>
Analysed between Charitable activities	-	4,800	4,800	3,600
	<u>-</u>	<u>4,800</u>	<u>4,800</u>	<u>3,600</u>

Governance costs includes payments to the auditors of £4,800 (2024- £3,600) for audit fees.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

12 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	22,544	30,039

13 Retirement benefit schemes

	2025 £	2024 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	80,183	58,548

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
	24,954	1,202,554	(1,225,663)	1,845
Previous year:				
	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
	4,906	1,114,812	(1,094,764)	24,954

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
General funds	23,175	400	(5,050)	18,525
Previous year:				
	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
General funds	10,360	22,398	(9,583)	23,175

SPPG CORE FUNDING
2024/2025

24/25
£

24/25
£

INCOME

HSCB

1,170,279

EXPENDITURE

PAYROLL COSTS

Salaries

836,484

836,484

GOOD & SERVICES

Estates

Templemore and Carew Services

31,020

Rent and Rates Including Venue Hire

65,069

Heat, Light, Water

16,063

Maint and Repairs

11,380

Cleaning

12,785

Phone Fax and Internet

6,045

IT Maintainance

8,762

Insurance

8,131

Staff Related Costs

Travel

3,781

Training

11,911

Professional Fees

Audit Fees

4,800

Bank Fees

782

Subscriptions

1,664

Health and Safety

2,000

HR Consultancy

4,329

Sage Software

5,126

Programme Delivery

Printing & Materials

2,047

Stationery & Postage

3,892

Equipment and resources and programme activities

44,387

Partner Management

Service Level Agreements

89,821

Sub Total

333,795

Total Expenditure

1,170,279

Net Underspend in the Year

0

East Belfast Sure Start

Northern Ireland - Charity number 102304

Accounts

Charity registration number NIC102304

Company registration number NI040618 (Northern Ireland)

**EAST BELFAST SURE START
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

EAST BELFAST SURE START

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	B McConnell M Martin T Hughes L McCullough H McEvoy B McCormick B Wallace C Humphrey Gillian Ruth Hamilton Nagesh Siddegowda Rev Samuel Robinson (Appointed 9 May 2023) (Appointed 13 November 2023) (Appointed 12 March 2024) (Appointed 13 November 2023)
Secretary	T Ripley McElvogue
Charity number	NI040618
Company number	55 Templemore Avenue Belfast Co. Antrim BT5 4FP
Registered office	Keamey & Co 2nd Floor Donegall House 98-102 Donegall Street Belfast BT1 2GW
Auditor	

EAST BELFAST SURE START

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EAST BELFAST SURE START

DIRECTORS' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present the annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing documents, a deed of trust, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

East Belfast Sure Start is a Government initiative targeting 0-3 year olds and their families, recognising the importance of supporting parents and carers, and the value of quality experiences to very young children.

The purpose of East Belfast Sure Start is to work with parents and children to promote the physical, intellectual, social and emotional development of pre-school children - particularly those who are disadvantaged - to ensure they can flourish at home and when they get to school.

There has been no change in the charity's objectives during the year.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Significant activities:

The core services of East Belfast Sure Start are:

Outreach and home visiting services, to make contact as early as possible in the child's life and draw families into using other services.

Family support, including befriending, social support and parenting information, both group and home based.

Good quality play, learning and child care experiences for children, both group and home based.

Primary and community health-care and advice.

Support for children with special needs, both within the Sure Start services offered and through signposting to more specialised services where necessary.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Public benefit

The purposes of East Belfast Sure Start are to promote the benefit of the inhabitants of East Belfast, and in particular but not exclusively children under four years of age and their families, without distinction of sex, age, special needs, race, political, religious or other opinions by associating together the said inhabitants, local authorities, public agencies, voluntary and other organisations in a common effort, to relieve poverty, sickness and disablement.

The direct benefits which flow from this purpose include:

- Children prepared for school/education
- Parents aware and informed of entitlement to social benefit system, inclusion of children with special needs, accessible, low cost childcare.

These benefits can be demonstrated by:

- Verbal feedback from parents whose children attend childcare programmes
- Evaluation reports, questionnaires and surveys completed by parents using a range of services, to preserve and protect health.

Parents can be made aware and informed of general healthcare issues for them and their family and signposted to relevant specialist support services such as child development clinics, autism services and health and social care services in the voluntary and community sectors.

These benefits can be demonstrated by:

- The number of children referred to specialist support services who will receive early intervention and better health care
- Improved health and social care provided for and by families.

The Sure Start data base provides statistical returns of beneficiaries to advance education. The direct benefits which flow from this purpose include:

- Children are able to flourish at home and when they get to school
- Parents participating in training and development programmes that enhance their skills, knowledge and parenting abilities.

These benefits can be demonstrated by:

- Following training courses and parenting programmes evaluations carried out with parents
- Children receiving quality care and education at Sure Start will leave with transitions reports to share with nurseries and primary schools. This will provide facilities in the interest of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the said inhabitants.

The direct benefits which flow from this purpose include:

- Families able to access social and leisure facilities to improve the health and wellbeing of all the family
- These benefits can be demonstrated by: Monthly reports recorded on number of families who use the service and have improved access to recreation and leisure facilities.

The beneficiaries are families with pre-school children aged 0-3 and expectant parents, who live in the designated area for Sure Start in the 25% most disadvantaged wards of N.I.

All early years settings have been registered with social services and are inspected annually. Routine risk assessments are carried out on all activities to ensure health and safety for participants, by a qualified team. Policies and procedures are followed with due regard to ensure the health and safety of user groups.

The only private benefit flowing from this purpose is that the Board employ a staff team to carry out all services and provisions. This is incidental and necessary to ensure the organisation provides benefit to its beneficiaries. Policies and procedures are in place to safeguard the organisation and staff in terms of proper governance and accountability.

The main source of grant funding for the charity has been and is currently the Department of Education administered through SPPG. This is supplemented by a number of smaller grants.

The reserves at the year end were £48,129. It is the view of the trustees, that given the nature of the charity and its activities and in particular its relatively stable funding, that minimum reserves are required.

Results are good and income remained healthy. Surplus for the year was £32,863 of which Restricted Funds were £20,048 and Unrestricted Funds were £12,815.

Financial review
The results for the year are set out on the Statement of Financial Activities.

We received a flat budget from our funders which made delivery of services challenging given there was an increased demand and complexity.

We invest in staff training to ensure that staff feel equipped to supported to deal with these growing needs in our children. We also ensure that we invest in supporting the emotional well being of our staff team.

We continue to struggle with the area of recruitment which is a sector wide struggle and sickness levels still continue to be higher than pre Covid. We have also seen a consistent increase in children with complex needs and delayed development which affects speech, language and communication and emotional regulation.

We continue to deliver a high number of services for our families including programs for Antenatal and Postnatal, children aged 1-2 years, 4 x Developmental Programme for 2 year olds and children with additional needs. This works is holistic and includes work with the whole family.

All of these visits also involve providing information, books and support materials to the family which we are able to do in partnership with organisations who support us, such as local churches and Save the Children with the Early Years Grant Fund.

This year we delivered 3,152 on to ones in the form of home visits and meetings with parents and children in our centres. 1,218 families were sign posted to 2,270 services that would benefit their family life.

These rates of engagement is a reflection of how much the service can accommodate families rather than the demand and this year has been affected by staff shortages. 2.5 vacant staff posts remained unfilled to combat an increase in salaries across all staff in an effort to retain staff and ensure our staff were being paid a fair wage in challenging economic conditions.

Category	2024	2023
Children	62%	62%
Mothers	59%	59%
Fathers	24%	24%
Families	55%	61%
Antenatal	35%	32%

Engagement has either improved or stayed the same throughout the year with a slight increase in engagement of antenatal families.
East Belfast Sure Start registrations have increased by 15% in 2024.
Safeguarding and performance

FOR THE YEAR ENDED 31 MARCH 2024

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

EAST BLSFAST SURE START

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Major risk is a material reduction in funding. This has been secured for 2024/25.

Plans for future periods

Future plans

It has been a challenge to think about future developments with the threat of cuts to the government budgets. Whilst our budget has remained the same for 2023/24 our costs are increasing due to inflation. Our priority is to provide an excellent service for our families and we will work within our future budget to ensure that. However, any funding cuts will mean that less families and children will be able to access our much needed services.

Structure, governance and management

The charity is a company limited by guarantee, as defined by Companies Act 2006.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

B McConnell	
E Westerhuis	(Resigned 12 November 2023)
M Martin	
T Hughes	
E Daly	(Resigned 12 September 2023)
L McCullough	
H McEvoy	
B McCormick	
B Wallace	
T Ripley McElvogue	(Resigned 9 May 2023)
C Humphrey	(Appointed 9 May 2023)
Gillian Ruth Hamilton	(Appointed 13 November 2023)
Nagesh Siddegowda	(Appointed 12 March 2024)
Rev Samuel Robinson	(Appointed 13 November 2023)

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The directors of the company are also charity trustees for the purposes of Charity Law. Under the requirements of the Memorandum and Articles of Association directors are elected at an Annual General Meeting by the members (in person, or through an authorised representative or by proxy).

All new directors receive in-house induction and training appropriate to their roles.

East Belfast Sure Start has a Management Committee, made up of Trustees. The Committee meets regularly and are responsible for the strategic direction and policy of the charity. The day to day responsibility for the provision of the services rests with the manager and the senior management team.

Auditor

In accordance with the company's articles, a resolution proposing that Kearney & Co be reappointed as auditor of the company will be put at a General Meeting.

EAST BELFAST SURE START

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of East Belfast Sure Start for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF EAST BELFAST SURE START

1. We have audited the financial statements of East Belfast Sure Start (the charity) for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:
- give a true and fair view of the state of the charity's affairs as at 31 March 2024 and of its including resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basic information
We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern
In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.
Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.
Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information
The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.
Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of our audit:
- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE MEMBERS OF EAST BELFAST SURE START

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the company's members, as a body, in accordance with the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF EAST BELFAST SURE START

Mr. Gibbons
(Senior Statutory Auditor)
for and on behalf of
Chartered Accountants
Statutory Auditor
Wentworth & Co

2nd floor
Donegall House
95-102 Donegall Street
Belfast
BT1 2GW

20 August 2024



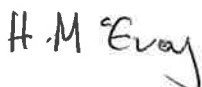
EAST BELFAST SURE START

BALANCE SHEET

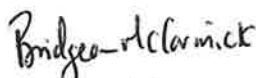
AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	11	12,633		14,864	
Cash at bank and in hand		65,535		43,664	
		<u>78,168</u>		<u>58,528</u>	
Creditors: amounts falling due within one year	12	(30,039)		(43,262)	
Net current assets			48,129		15,266
Net assets excluding pension liability			48,129		15,266
			<u> </u>		<u> </u>
The funds of the charity					
Restricted income funds	14		24,954		4,905
Unrestricted funds			23,175		10,350
			<u>48,129</u>		<u>15,266</u>

The financial statements were approved by the trustees on 30 August 2024



H McEvoy
Treasurer



B McCormick
Chairperson

Company registration number NI040618 (Northern Ireland)

EAST BELFAST SURE START

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024	Restricted funds 2024	Total 2024	Unrestricted funds 2023	Restricted funds 2023	Total 2023
Income from:							
Donations and legacies	3	2,398	-	2,398	420	-	420
Charitable activities	4	20,000	1,114,812	1,134,812	-	1,087,490	1,087,490
Total income		22,398	1,114,812	1,137,210	420	1,087,490	1,087,910
Expenditure on:							
Charitable activities	5	9,583	1,094,764	1,104,347	-	1,090,165	1,090,165
Total expenditure		9,583	1,094,764	1,104,347	-	1,090,165	1,090,165
Net income/(expenditure) and movement in funds		12,815	20,048	32,863	420	(2,675)	(2,255)
Reconciliation of funds:							
Fund balances at 1 April 2023		10,360	4,906	15,266	9,940	7,581	17,521
Fund balances at 31 March 2024		23,175	24,954	48,129	10,360	4,906	15,266

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

EAST BELFAST SURE START

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	18		21,871		(1,761)
Net cash used in investing activities			-		-
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			21,871		(1,761)
Cash and cash equivalents at beginning of year			43,664		45,425
Cash and cash equivalents at end of year			65,535		43,664

Charity earns the right to consideration by its performance. Where income is received in advance of performance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, the income is accrued.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.3 Charitable funds

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.2 Going concern

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.1 Accounting convention

The financial statements are prepared in sterling, which is the functional currency of the charity. All monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, (modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value). The principal accounting policies adopted are set out below.

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Property improvements	10% straight line
Fixtures and fittings	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

	Unrestricted funds 2024	Unrestricted funds 2023
Donations and gifts	2,398	420

3 Income from donations and legacies

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

2 Critical accounting estimates and judgements

1.10 Retirement benefits
Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Employee benefits
The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Derecognition of financial liabilities
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less, if not, they are presented as non-current liabilities. Trade creditors are recognised initially at present value, if not, they are subsequently measured at amortised cost using the effective interest method.

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less, if not, they are presented as non-current liabilities. Trade creditors are recognised initially at present value, if not, they are subsequently measured at amortised cost using the effective interest method.

Accounting policies (continued)

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities

	2024	2023
	£	£
DOE SPPG	1,061,880	1,046,840
East Side Partnership	676	1,459
East Belfast Community Dev Agency	-	9,560
Save the Children	44,797	-
Belfast City Council	-	1,997
BWEY Programme DE	25,443	18,618
Other income	2,016	9,016
	<u>1,134,812</u>	<u>1,087,490</u>
Analysis by fund		
Unrestricted funds	20,000	-
Restricted funds	<u>1,114,812</u>	<u>1,087,490</u>
	<u>1,134,812</u>	<u>1,087,490</u>

8 Charitable activities

	2024	2023
Gift costs	762,756	743,764
Travel and safety	63,235	69,636
Insurance	7,203	6,303
Heat and light	19,139	18,734
Telephone and internet	20,470	20,180
Telephone and stationary	6,077	6,101
Repairs and maintenance	6,766	11,302
Computer running costs	14,949	18,044
Travel expenses	6,071	2,632
Health and safety	3,657	2,428
Subscriptions	2,000	2,000
Training	4,908	5,080
Bank charges	6,992	8,161
General expenses	621	819
Other charitable expenditure	2,048	1,351
	1,100,747	1,026,565
Share of governance costs (see note 6)	3,600	3,600
	<u>1,104,347</u>	<u>1,030,165</u>

Analysis by fund
Unrestricted funds
Restricted funds

	1,104,347	1,090,165
	9,583	-
	1,094,764	1,090,165
	<u>1,104,347</u>	<u>1,090,165</u>

6 Support costs

Support Governance costs

	2024	2023
Audit fees	3,600	3,600
Analysed between Charitable activities	-	-
	<u>3,600</u>	<u>3,600</u>

Governance costs includes payments to the auditors of £3,600 (2023- £3,600) for audit fees.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

7 Net movement in funds	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	3,600	3,600
	<u> </u>	<u> </u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
	37	41
	<u> </u>	<u> </u>
Employment costs	2024	2023
	£	£
Wages and salaries	684,968	666,356
Social security costs	39,237	22,829
Other pension costs	58,548	54,579
	<u> </u>	<u> </u>
	<u>782,753</u>	<u>743,764</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	12,633	14,864
	<u> </u>	<u> </u>

12	Creditors, amounts falling due within one year		
		30,039	43,263
		£	£
		2024	2023
13	Accruals and deferred income		
		30,039	43,263
		£	£
		2024	2023
14	Retirement benefit schemes		
		58,548	64,579
		£	£
		2024	2023
15	Defined contribution schemes		
		58,548	64,579
		£	£
		2024	2023

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April	2023	At 1 April	2024
	Incoming resources	£	Incoming resources	£
	4,906		1,114,812	
	(1,094,764)		(1,094,764)	
	24,954		24,954	
	£		£	
	2023		2024	
	At 1 April		At 31 March	
	2022		2023	
	£		£	
	7,581		1,087,490	
	(1,090,165)		(1,090,165)	
	4,906		4,906	

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April	2023	At 1 April	2024
	Incoming resources	£	Incoming resources	£
	10,360		22,398	
	(9,583)		(9,583)	
	23,175		23,175	
	£		£	
	2023		2024	
	At 1 April		At 31 March	
	2022		2023	
	£		£	
	9,940		420	
	-		-	
	10,360		10,360	

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Current assets/(liabilities)	48,129	-	48,129
Long term liabilities	(24,954)	24,954	-
	<u>23,175</u>	<u>24,954</u>	<u>48,129</u>
	<u>23,175</u>	<u>24,954</u>	<u>48,129</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:			
Current assets/(liabilities)	10,360	4,906	15,266
	<u>10,360</u>	<u>4,906</u>	<u>15,266</u>
	<u>10,360</u>	<u>4,906</u>	<u>15,266</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

18 Cash generated from operations

	2024 £	2023 £
Surplus/(deficit) for the year	32,863	(2,255)
Movements in working capital:		
Decrease/(increase) in debtors	2,231	(5,063)
(Decrease)/increase in creditors	(13,223)	5,557
Cash generated from/(absorbed by) operations	<u>21,871</u>	<u>(1,761)</u>

19 Analysis of changes in net funds

The charity had no material debt during the year.

20 Share capital

The Company is limited by guarantee and has no share capital.

**EAST BELFAST SURE START
YEAR ENDED 31st MARCH 2023**

SPPG CORE FUNDING

	2024	2024
	£	£
INCOME		
HSCB		991,763
EXPENDITURE		
PAYROLL COSTS		
Salaries	736,716	736,716
GOOD & SERVICES		
Estates		
Templemore and Carew Services	26,804	
Rent and Rates	62,885	
Heat, Light, Water	19,879	
Maint and Repairs including cleaning	14,949	
Phone Fax and Internet	5,577	
IT Maintainance	5,471	
Insurance	6,388	
Staff Related Costs		
Travel	3,357	
Training	6,492	
Professional Fees		
Audit Fees	3,100	
Bank Fees	621	
Subscriptions	147	
Health and Safety	2,000	
HR Consultancy	2,992	
Sage Software	4,261	
Programme Delivery		
Stationery, Printing, Postage	5,255	
Running Costs	22,758	
Partner Management		
Service Level Agreements	62,111	
Sub Total		255,047
Total Expenditure		991,763
Net Over/Underspend in the Year		<u><u>0</u></u>

SPPG 23/24 Expansion Funding**2024****2024****£****£****INCOME**

SPPG

70,117

EXPENDITURE**PAYROLL COSTS**

Salaries

26,626

Sub Total

26,626

GOOD & SERVICES**Estates**

Phone Fax and Internet

500

Insurance

900

IT Maintainance

600

Staff Related Costs

Training

500

Professional Fees

HR Consultancy

500

Sage Software

500

Audit Fees

500

Programme Delivery

Postage & Stationery

75

Printing & Materials

500

Recruitment and Advertising

300

Running Costs

12,113

Travel

200

Venue Hire

1,000

Partner Management

Service Level Agreements

25,303

Sub Total

43,491

TOTAL70,117

East Belfast Sure Start

Northern Ireland - Charity number 102304

Annual report



East Belfast
SureStart

Annual Report

2023-2024

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Chairperson Report

I am pleased to report that East Belfast Sure Start, has had another successful year, continuing to deliver quality and timely interventions for families in East Belfast. This report demonstrates how as an organisation we continue to deliver Sure Start policy outcomes of improving language skills, early identification of developmental delay, improved access to services and enhanced parenting skills.

This work cannot be done in isolation, requiring a holistic approach. On behalf of the Board, I would like to take the opportunity to express my sincere appreciation and thanks to all the external agencies and stakeholders that continue to work in collaboration with our staff team to ensure we can deliver as full a service as possible. I am extremely proud of everything the team has achieved, and the continued positive feedback from our inspecting bodies on the quality of our premises, staff and service.

I am delighted with what we have achieved this year, and I would like to thank fellow board members for their commitment to Sure Start. We have 'full' meetings, with contributions offered on all agenda items. This level of interest is central to our success as a board. I would also like to take this opportunity to thank the Department of Education and SPPG for their ongoing and continued support of this vital programme.

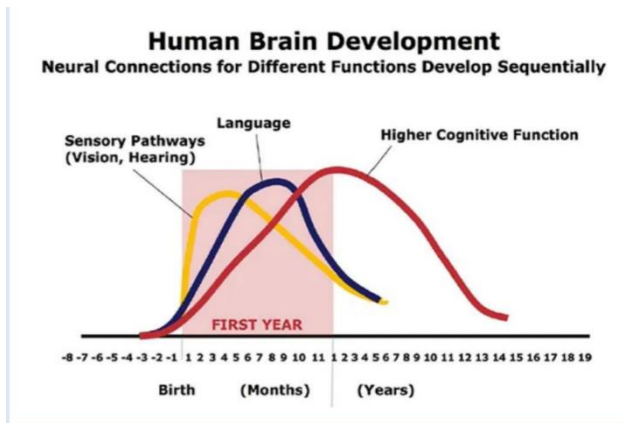
We hope you enjoy the content of the report and are encouraged by it.

Bridgeen McCormick

Chairperson

Project Co-Ordinator Report

Research into infant brain development and the importance of the significant adult in a child's life has been prolific over the last decade. We now understand the first 1001 days of a child's life are critical for this development and therefore on the trajectory of the quality of outcomes for the child going forward. This graph from Harvard Centre on the Developing Child, based on research done by Nelson, C.A in 2000 shows how the neural connections for vision, hearing and language and higher cognitive function all peak in the first year.



In East Belfast Sure Start our collective passion is to see babies thrive and grow into confident and happy toddlers. This passion underpins everything that we do in our service delivery as you will discover as you read on.

The evidence of outcomes is clear straight from the voice of the parents who experience our service and also from the children's confidence and communication and playskills increasing. This can only be achieved by the highly

dedicated, creative and compassionate staff team made up of 38 talented individuals. Every staff member has this passion from our early years team to our family support team and our admin team. The effects of Covid on recruitment into an Early Years career can still be felt and this has often put an extra burden on the team. We are careful as an organisation to recognise this and provide good terms and conditions for staff and create a nurturing atmosphere where staff wellbeing is taken seriously.

We have experienced a continuing rise in developmental differences and neurodiversity both with children and families which call for an increasingly bespoke service with higher ratios and at times this is difficult to achieve.

We continue to deliver the Little Learners Programme, programme for children aged 2-3 with additional needs. We are now in Year 2 of with a pilot with colleagues from Solas, Kids Together and Glenbrook Sure Start and SLC and OT's from Belfast Trust Child Development Clinic. We continue to be impressed with the outcomes for the children and the obvious beneficial effect of organisations working together around a specific theme.

We continue to partner with Short Strand Community Forum, Bloomfield Community Association, Ballybeen Women's Centre and Tullycarnet Community Support Services to help us deliver our services within the heart of communities.

We are continually grateful to many organisations that support us on an ongoing basis most particularly:-

Save the Children NI for enabling us to deliver Building Block grants to families in need on a quarterly basis.

EBCDA, who supported our parents with health and wellbeing health and advice.

East Belfast Food Network, who help to support our families in need with food parcels and most particularly The Larder who has partnered with us to deliver Weaning Programmes to families.

BookTrust NI, who supported us with book packs throughout the year to be enable us engage families with a love of reading from an early age.

Dolly Parton's Imagination Library, with support from Hagan Homes helped us deliver monthly books to an incredible 220 families per month.

Belfast City Council, for funding us to deliver a Foods Around the World Programme.

Connswater Home,s for funding us to deliver some postnatal physical activity classes to Mums.

Mountpottinger Church of Ireland, for allowing us use of their halls for delivery of antenatal classes and providing support in terms of clothes and knitted items to our mums to be and babies.

Westbourne Presbyterian Church, for supplying a continual supply of baby blankets that are made with love and delivered with care to our precious mums to be.

Christian Fellowship Church Belfast for being a huge support to us at Christmas time with toys for our families and at other times when we have needed it the most.

We could not do this work without you all and you also should be proud to read the outcomes in this report.

We have worked in partnership with Eastside Learning, Eastside Partnership and Save the Children to continue develop the Eastside Early Learning Community in East Belfast, our shared framework visible in the table. We are just part of a growing network of community and statutory and voluntary agencies impassioned by Early Years Outcomes. We are delighted to be involved in this venture and are committed to playing our part particularly in supporting the 'Attuned and Attentive relationship' domain.

We continue to engage with our service users on social media with our face book page follows doubling in size over the year and we use this and Instagram to promote our universal messages.

Finally, I would like to acknowledge the work of the board who work tirelessly to support us to thrive!

Tracey Ripley McElvogue

East Belfast Sure Start Board of Directors

Management Committee Members/role	Agency/Representative
Bernie McConnell	Short Strand Community Forum Community
Eithne Daly	Independent (retired Nursery School Principal)
Claire Humphrey	Barnardo's Voluntary
Eelco Westerhuis Treasurer	Home Start Voluntary
Bridgeen McCormick Chairperson	Connswater Housing Association Private Sector
Hilary McEvoy Vice Chairperson	Independent (retired from Education Authority)
Ann Martin	Tullycarnet Community Support Services Community
Tanya Hughes	Ballybeen Women's centre Community
Louise McCullough	Independent Parents Representative
Barbara Wallace	Independent Member
Gillian Hamilton	Eastside Learning, Eastside Partnership
Nagesh Nagi	Independent Parents Representative
Samuel Robinson	Megain Memorial Church of the Nazarene

Three Consultant Observers advise and support the board Kathy Watters Belfast City Council, Josephine Gibson Health Visitor Lead, Norma Sinclair Early Years Team – BHSCT

Registration 2023-2024	Cumulative Total	Percentage Uptake	Cumulative Percentage
Number of <u>Children</u> registered	1371	% uptake of Children (NI Average 51%)	54%
Number of <u>Mothers</u> registered	1245	% uptake of Mothers (NI Average 53%)	65%
Number of <u>Fathers</u> registered	379	% uptake of Fathers (NI Average 26%)	25%
Number of <u>Families</u> registered	1266	% uptake of Families (NI Average 63%)	65%
Antenatal	93	% uptake of Antenatal	96%

Staff Team

37 staff covering administration functions, Family Support, Nurture and Early Years

East Belfast Population Statistics

We operate in nine local areas determined by being in the top 25% areas of deprivation.

Ballymacarrett, Woodstock, Island, The Mount, Bloomfield SOA 1 and SOA 3, Tullycarnet, Cregagh, Ballybeen Estate

Registration Statistics

Registrations	<i>22/23</i>	<i>23/24</i>
New children	510	367
New mums	374	291
New dads	144	85
Pregnant mums	80	86
Families	382	301

586 Referrals of which 263 were antenatal

66% Referrals transferred to Registrations

Engagement Statistics

	2022	2023	2024	NI Average
Children	57%	61%	54%	56%
Mothers	62%	59%	65%	59%
Fathers	25%	25%	25%	37%
Families	66%	62%	65%	62%
Antenatal	94%	82%	96%	85%

Home Visits

Activity	One To One Type	Number
Additional Needs	Home Visits to support Additional Needs Groups plus any initial visits from referrals	106
Antenatal Support	Bloomfield SOA 3 Antenatal Support Home Visit.	3
Antenatal Support	Antenatal Home Visit	74
Breastfeeding Support	Breastfeeding Support Home Visit	10
Developmental Programme 2-3 YO	Home visit- Templemore 1	43
Developmental Programme 2-3 YO	Home visit- Templemore 2	53
Developmental Programme 2-3 YO	Home visit- Ballyoran	50
Developmental Programme 2-3 YO	Home Visit - Carew	40
Ethnic monitoring	Home visits for ethnic minority parents from Bloomfield SOA 3	2
Ethnic monitoring	Home Visits delivered to Ethnic Minority Families	80
Family Support	Ballybean Outreach - Home Visits	71
Family Support	Home Visits for Bloomfield SOA 3 families	35
Family Support	Home Visits by Family Support Team	401
Initial Visit	Bloomfield SOA 3 Initial Visit for families.	7
Initial Visit	Initial Home Visits by Support Team	78
Play Programmes	First Steps - Home Visits for Child Development Programmes.	13
Play Programmes	Home Visit Little Explorers Carew 2	12
Play Programmes	Short Strand Home Visits for Child Development Programme.	21
Postnatal	Bloomfield SOA 3 Postnatal Support Home Visit.	0
Postnatal	Postnatal Home visit	97
Speech and Language	Bloomfield SOA 3 Home visits to promote SLC.	0
Speech and Language	Home Visits to support Speech and Language Development	68

Signposting

Sign Posting Type	Unique Clients	Total Offered
Addiction Services	0	0
Audiology	0	0
Autism Services	29	36
Benefits Advice	35	64
Breastfeeding Support	10	11
Charitable Aid	145	259
Child Development Clinics	24	24
Citizens Advice Bureau	0	0
Community Paediatrician	0	0
Community Services	180	327
Counselling	3	3
Dentist	19	19
Disability	4	4
Early Years	78	83
Education Services	143	318
Ethnic Minorities	91	251
Family Support Hubs	16	16
Financial Advice	77	104
Fire Service	2	2
Food Banks	85	160
Ginger Bread	0	0
GP	93	137
Health Visitor	74	96
Home Safety	4	4
Homestart	4	4
Housing Executive	18	21
Legal Advice	1	1
Local Housing	17	18
Mental Health (Parent / Child)	14	19
Midwife/Antenatal (HSCT)	33	44
NICMA	0	0
Occupational Therapy (HSCT)	10	12
Physiotherapist	1	1
Smoking Cessation	0	0
Social Services	24	33
Speech & Language (HSCT)	70	164
Training for Education	5	21
Voluntary Organisation	6	8
Woman Aid	7	10

Resources Given

Resource Type	Quantity Given
Programme for 2 Year Old	3655
Antenatal	4581
Baby	2395
Books	121
Breastfeeding	4453
Family Support	23,324
Dental	23
First Aid	10
Health Promotion	2113
Information	110
Home Safety	15256
New Registration	298
Parenting	1314
Play	16671
Postnatal	5350
Smoking	8
Speech and Language	888
Toys	83
Transition	21

Early Learning Team

- 1 x Early Years Lead
- 1 x Early Years Centre Supervisor
- 4 x Developmental Programme for 2-3 Year Old Supervisors
- 8 x Developmental Programme for 2 Year Olds Assistants
- 1 x Little Learners Supervisor
- 2 x Little Learners Assistants
- 1 x Programme for 2 – Little Explorers Supervisor
- 1 x Programme for 2 – Little Explorers Assistant
- 4 x Early Years Workers

Key Areas of Focus for Early Learning Team

Location	Services
Ballyoran (Ballybeen Housing Estate)	<ul style="list-style-type: none"> • Developmental Programme for 2 Year Olds (a.m.) • Child Development session (Wednesday and Thursday p.m.)
East Belfast Network Centre- Room 1	<ul style="list-style-type: none"> • Developmental Programme for 2 Year Olds (a.m.)
East Belfast Network Centre – Room 2	<ul style="list-style-type: none"> • Developmental Programme for 2 Year Olds (a.m.) • Child development session (Mon/ Tuesday p.m. and Wednesday/ Thursday p.m.)
Early Years Centre – Play Away	<ul style="list-style-type: none"> • Child Development Sessions • Parent and Child Together • Crèche for parenting programmes.
Early Years Centre – Crawl 2 Play	<ul style="list-style-type: none"> • Bumps to Babies Café x 2 • Crèche for parenting programmes
Carew Centre Room 1	<ul style="list-style-type: none"> • Programme for 2 year olds (a.m.) • Parent and Toddler Group
Carew Centre Room 2	<ul style="list-style-type: none"> • Little Explorers programme • Child Development Sessions (Monday / Tuesday p.m.)
126 Albertbridge Road	<ul style="list-style-type: none"> • Little Learners am/ p.m. • Play and Discover sessions

Transition Reports x 56

Early Years practitioners across the programme for 2- 3 year olds/ Little Explorers will provide a communication passport that will be sent to the nursery/ pre school that the child has been allocated a place for the following academic year. These passports are completed with all those involved in the child's sure start journey including the parent. This year we had 10+ preschools that received the passports.

Stay and Plays x 49

Stay and play workshops are held once per month and part of the child's journey within the programme for 2- 3 year olds.

Induction workshop x 5**Wellcomm screening for programme for 2-3 Year Old children**

WellComm is a Speech and Language Toolkit for Screening and Intervention in the Early Years and plays a role in identifying children with potential language difficulties and offers a range of customised intervention activities to help support all children's language development.

Child Development Sessions (CDS)

The child development sessions are for children and families that have been identified by our Family Team/ Peri Natal Team as benefiting from early years support and a whole family approach.

Children will receive 2 sessions per week at 2 hours per session and a parent and child together session once per month.

- *56 transitions sent – 100% target achieved. These provide the children with a seamless transition between sure start and their pre-school nursery places.*

- 98% target achieved

- 100% target achieved

- 100% target achieved. Bi lingual screen also carried out.

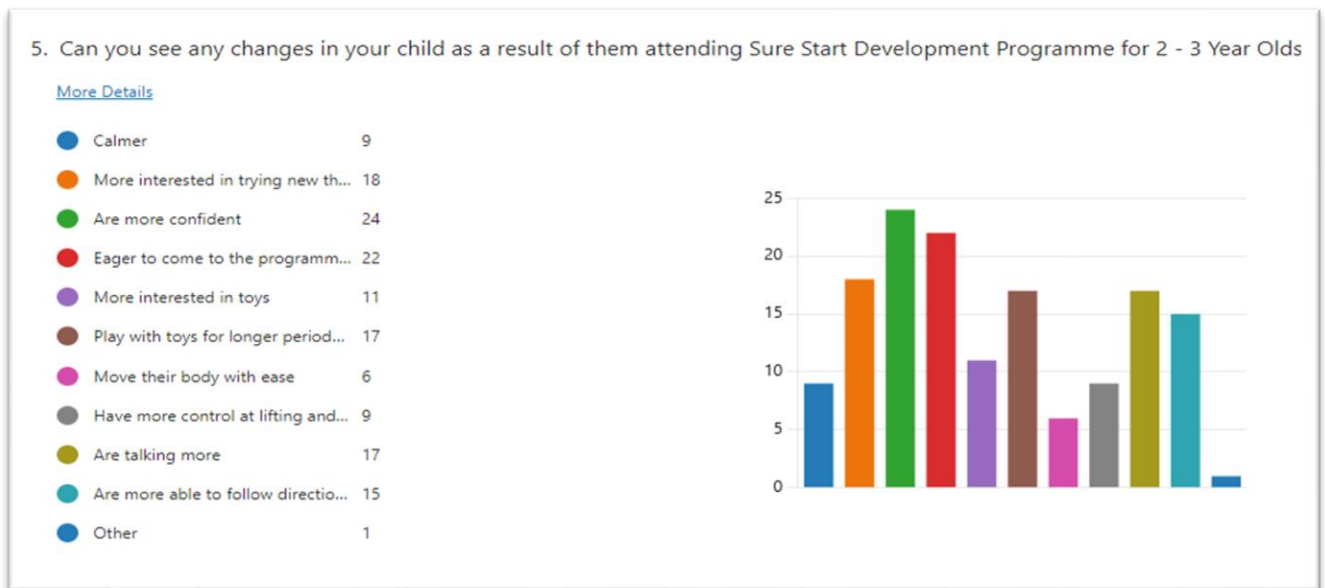
- 100% Target achieved

<p>Ballyoran CDS</p> <p>24 children x 76 sessions</p> <p>Parent and Child Together x 10 sessions</p> <p>Carew CDS</p> <p>173 sessions x 12 children</p> <p>Away 2 Play Templemore CDS</p> <p>131 sessions</p> <p>33 children</p> <p>Play Away CDS</p> <p>252 sessions</p> <p>58 children.</p> <p>Parent and Child Together</p> <p>7 x 41 adults/ 47 children</p> <p>Crèches for Parenting Courses/Programmes</p> <p>These creches are to allow parents to access Peer Support/ Parenting Groups e.g. Incredible Years</p> <p>56 x 22 children</p> <p>Summer Transition Programmes</p> <p>35 sessions x 55 children</p> <p>Summer Scheme</p> <p>Trips to Streamvale Farm, Newcastle, Bangor and Carnfunnock were arranged by the Early Years Team over the summer period. Families availing of services over the summer period were invited.</p>	<ul style="list-style-type: none"> • 100% Target achieved • 100% Target achieved • 78% target achieved • 100%Target achieved • 100% of children achieved 92% sessions achieved • 100% Target achieved • 100% Target achieved • Due to staffing issues the summer transition programmes were cut to 2 per week per programme. These sessions keep the Programme for 2 Years Old children in sessions throughout the summer to improve transitions to Nursery settings
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How Well Did We Do?

Developmental Programme for 2-3 Year Old Specialist Visits.

Once again, the Programme for 2 -3 Year Old Specialist has utilised our programmes to share good practice with other Sure Start settings. We have had site visits and worked with the specialist to gather feedback from parents on the benefits of the programme for the Department of Education. Examples of the responses from parents can be found below.



Transition Process

‘When transitions in the early years are managed sensitively it lays the foundations for positive feelings towards the many other transitions children will face through life.’

East Belfast Sure Start have continued to develop their work in this area in partnership with the local nursery and pre -school settings. A new communication passport was developed with a shared aim of all those involved to enable children to settle and thrive through developing a sense of wellbeing and belonging within their new setting. This has been shared throughout the East Belfast Early Years Network with the hope that there will be continuity for the children, parents and staff.

Staff Training

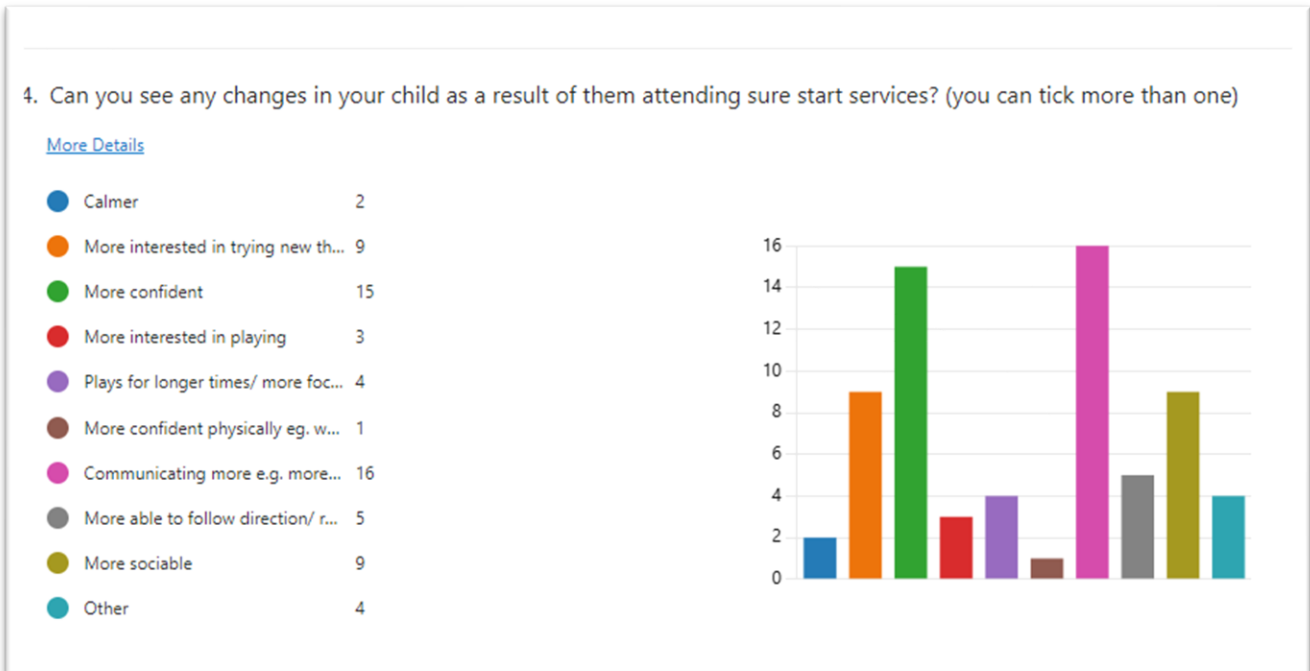
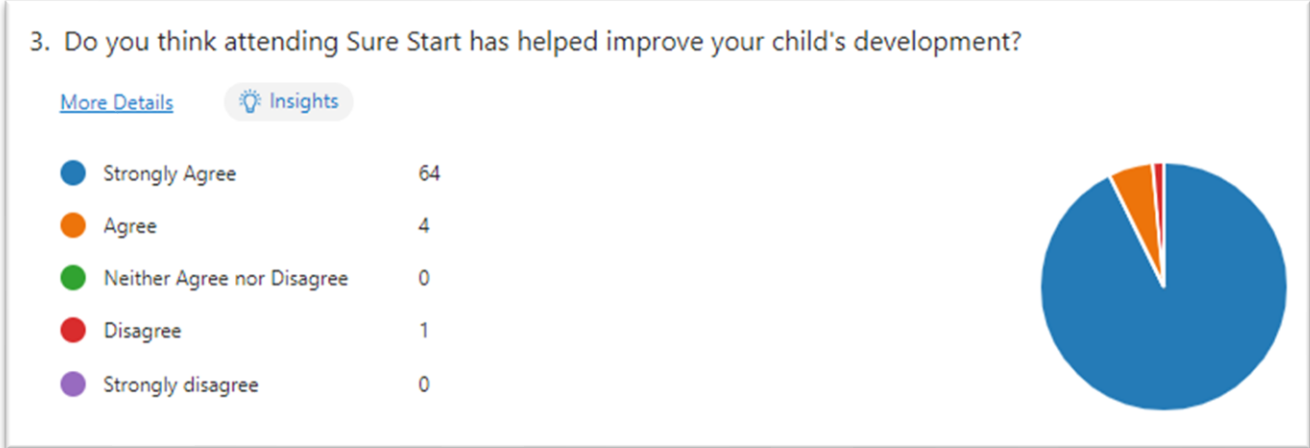
Given that a child's experiences in their first years have such an enduring impact on later outcomes, it's crucial to ensure that the early years practitioners in early years settings have access to effective professional development that leads to sustained improvements to practice. The early years team continue to build on this underpinning knowledge that is essential to help us understand children, be able to meet their needs and support them and their parents on their developmental journey.

The Training Included:

- Developmental Programme for 2-3 year old training for new assistants
- Solihull
- Breastfeeding/ Responsive Feeding Refresher
- Sound Training
- Neurodivergent Affirming Practice
- Keyhole Early Intervention
- EDI training
- Food Hygiene/ Health and Safety/ Fire Safety
- Inhouse training with Additional Needs Support Worker and Speech and Language Therapists
- Motivational Interviewing
- Communication Training

Is Anyone Better Off? - Parental Feedback

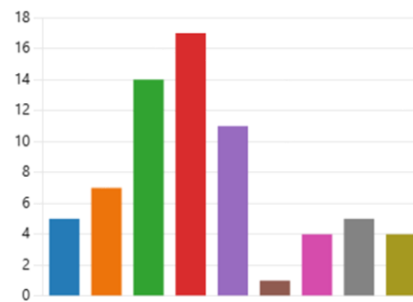
Successful relationships become partnerships when there is two-way communication, and parents and practitioners really listen to each other and value each other’s views. This will achieve the best outcomes for each child. Working together in partnership can have long-lasting and beneficial effects and East Belfast Sure Start staff and services ensure that we implement this holistic approach in everything that we offer to our families. Part of this is ensuring that as an organisation we take the time to gather feedback and listen to those voices that



5. Please tick any of the following that you now do differently with your child as a result of something you have learnt from sure start. (you can tick more than one)

[More Details](#)

● Share books	5
● Go for more walks	7
● Change the way we play together	14
● Change how I interact with my c...	17
● Introduce new foods	11
● Registered with dentist	1
● Changed routines e.g bedtime	4
● Changed use of screen time eg ...	5
● Other	4



5. Do you think that your child is more ready to attend nursery/pre-school setting after attending our services?

[More Details](#)

[Insights](#)

● Strongly Agree	54
● Agree	12
● Neither Agree nor Disagree	3
● Disagree	0
● Strongly disagree	0



9. Did you find the staff approachable and helpful?

[More Details](#)

[Insights](#)

● Strongly agree	65
● Agree	3
● Neither Agree nor Disagree	0
● Disagree	0
● Strongly disagree	0



PARENTS RESPONSES

I feel I have benefitted loads as being a young single mum I found it hard trying to teach my child things, my child's moods were awful and she had a lack of confidence. Now she is brilliant, loves to play with other kids and it has benefitted our relationship so much.

I have benefited by watching my son become more independent and routine is a lot better

I have had so much help and support from every staff member when I've had any worries about my daughter

I feel the the programme has boosted my morale as it gives a routine to the week and watching Kai develop so quickly has been fantastic. It has also encouraged us to stick to a morning and bedtime routine which I think is positive for everyone.

Fantastic team have given me great advice and support helping me get my child referred to other services too.

It helped me physically and emotionally getting out of the house and bringing my son down. Getting to speak to the staff they are so friendly and my son has come on a lot since he started I really enjoyed the stay and plays as you got to see what the kids are like in the room and how they play together

I WAS ABLE TO CHAT TO THE GIRLS AT SURESTART IF I HAD ANY QUERIES NOTHING WAS TOO MUCH TROUBLE AND ALWAYS WILLING TO HELP. INTERACTING WITH OTHER PARENTS HAS BEEN GREAT WE STAY IN TOUCH AND HAVE PLAY DATES IT'S GREAT FOR ME AND MY SON HAVING NEW FRIENDS.

I FEEL ABSOLUTELY AMAZED AND NEVER BEEN MORE APPRECIATIVE FOR THE THINGS AND SERVICES SURE START HAS OFFERED ME AND MY DAUGHTER AND SHE HAS NEVER THRIVED SO MUCH ... KEEP UP THE AMAZING WORK

THE GIRLS HAVE BEEN A GREAT SUPPORT TO ME ASWELL AS MY CHILD. IV STRUGGLED WITH ANXIETY AND WORRIED SICK ABOUT MY SON AS HE WAS SLOWER WITH A LOW TONE AND THE SUPPORT AND REASSURANCE THE GIRLS HA E GIVEN ME HAS BEEN AMAZING. LIKE A WE FAMILY.

PARENTS VOICES.

The most amazing bunch of staff who go above and beyond for not just every child but for the parents aswell. Worth their weight in gold.

It has been a pleasure sending my son to surestart the girls are truly fantastic at what they do they are so friendly and pleasant and brilliant with the kids. My son adored them and has come on brilliant from he started im so glad he got the chance to go and is more than ready for nursery now.

These girls are like second mums to our children and can't thank them enough for all their love and support.

I would recommend this programme to anyone , the staff are amazing and the stay and play sessions have been so informative for me . My son communicates so much better and loves to read books now and play more than he did , I have seen his imaginative play develop and his speech develop so quickly and it is all down to being socialised with other children and the hard work from the staff at sure start whilst them also helping me learn new things too

The girls have been amazing even with the staffing issues they have hated letting the kids down on days they have had to close

Thank you so much for being sp patient and lovely to her. Words aren't enough to express my appreciation for all the hard work and and care you have put in.

These teachers are like angels. Not only just helped my child but also helped me alot. Thank you sure start.

We have had the best 4 years with you and are so sad to leave. My kiddies wouldn't never have come on as far as they have.

Lana Molloy
Early Years Lead

Family Support Team

Parent and Family Lead: Lisa Flynn

Family Support Workers:

Vicky Ferguson, Paula Montgomery, Sadie Harper, Courtney Moss and Laura Dan

Family Support Outcomes Home visiting	
<u>How much did we do?</u>	<u>How well did we do?</u>
Home Visits Target - 500 visits for 120 families	<ul style="list-style-type: none"> • 80.2% target achieved
Family Support 1:1 – significant conversations Target - 350 for 80 adults	<ul style="list-style-type: none"> • 100% target achieved
Ethnic Minority home visits Target 80 visits	<ul style="list-style-type: none"> • 100% target achieved
Ethnic minority family needing interpreting service. Target 6	<ul style="list-style-type: none"> • 4 families received interpreter services for their home visits
Ethnic Minority 1:1 contact in centre Target 6 Families	<ul style="list-style-type: none"> • 100% target achieved
Initial Visits Target 130 visits	<p>60% target achieved</p> <p>Our team of Family Support have healthy and strong working relationships with local health visitors to ensure maximum support for their families.</p> <p>The team link in constantly with the community around them including professionals to enable resources to be given and signposting to happen.</p> <p>All of our staff team are trained in child protection and pediatric first aid. All of our family support team are trained in Unicef BFI to understand the importance of responsive feeding.</p> <p>Other training includes:-</p>

	<p>Emerging Leaders</p> <p>Solihull Approach Training</p> <p>Food Hygiene</p> <p>Neurodiversity Training</p> <p>Baby Swim</p> <p>SLT refresher</p> <p>BFI Refreshers</p> <p>Solihull Refresher</p> <p>Infant Mental Health</p> <p>Community Dialog</p>
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Is Anyone Better Off?

The Voice of Parents

I have struggled to get myself back out there since covid. I worked and was a happy go lucky person. I wasn't working and I struggled with the not going to work and then with trying to get back out in the big bad world and not punishing myself. Sure Start has been with me all the way. I had visits when I couldn't find the strength to come outside. I was encouraged not forced to join in groups. I was encouraged to go for walks and just enjoy being with my child. I work again. Just 16 hours but I'm getting there. Thank you for giving me the confidence and the kick in the butt I needed!

I have had some difficulties with eating, and I knew this myself. I confided to the girls when I was in a parenting programme as I could see options they were giving us to eat and what parents were bringing themselves. My difficulty was putting weight on. The girls stayed behind and advised me to see my GP for a general health check which I did and that was all I needed to get motivated. I noticed ideas of what one of the other mums was doing and I was happy to speak to her myself and we now share recipes and go to the gym together. I think i was worried I was ill, but just turned out I was too busy to remember to eat with 3 young children. I am much happier. So, as well as helping my child, Sure Start helped me!

It's a place to go! That sounds like not much, but when you get to learn about you and your child, learn about health and development, information sessions, budgeting it's a lot more. Its warmth, its chatting, its being allowed to be me. Its friendly, its caring and that is a hug to me without the physical touch. Thats just how I feel about Sure Start. I just wish it went beyond 4. Thanks to every person in there. 😊

Peer Support & Cook It! - Paula Montgomery Mindfulness Mondays – Laura Dan	
How much did we do?	How well did we do it?
Peer Support – 1 session per week for 10 mums	<ul style="list-style-type: none"> • 20 Mums used this service throughout the year • 100% target achieved
Cook IT! Session for Finvoy Young Mums Group 6 mums x 4 weeks	<ul style="list-style-type: none"> • 100% achieved
Henry Programme (Programme facilitated by health visitors) 8 week programme for 10 mums	9 parents (Only 10 childcare spaces available and 1 parent had 2 children) <ul style="list-style-type: none"> • 100% achieved
Mindfulness Mondays 10 sessions for 9 mums	9 Families x 10 sessions including Take 5 with EBCDA. Craft sessions, Wellness – Sleep, breathing & Anxieties <ul style="list-style-type: none"> • 100% achieved
Feel Good with Food Cooking Programme - Importance of fresh food at a budget. Including a cookery demonstration and facts around diet and produce 4 sessions for 15 families	15 Families – Zoom video over 3 weeks with a face-to-face cooking & tasting session on the 4 th week. <ul style="list-style-type: none"> • 100% achieved

Peer Support

Mothers or female carers of a child meet, discuss issues of common interest, information on child development, health, and education. A range of training courses and personal development opportunities are arranged, and the children are with the Early Years Team in a child development session. These courses cover topics identified by the parents themselves. Some fun activities, coffee and chat are also part of the service after completing a programme or information sessions.

Peer Support Monthly Activities

April 23	Self Care
May 23	Sensory Play & Types of Play Sessions
June 23	Benefits advice & Sensory Play
Sept 23	Cook It

Oct 23	Encanto Music Sessions
Nov 23	Belfast City Council – Recycling, Cookery, Safety & Environment
Dec 23	Christmas Crafting and Visit to Christmas Market
Jan 24	Princes Trust
Feb 24	Princes Trust
March 24	Consumer Council & Easter Crafting

Is Anyone Better Off?

I started the group quite anxiously as I hadn't been to a group without my child to hold me up. I'm a young mum and it was scary for me. This group has improved my confidence and with speaking to others. Paula makes everyone feel involved and comfortable. Nothing is a bother.

This is the best group I have been to. Honestly. The information we receive, the learning we get, not just from the people who come in, but also from Paula. She really gets to know us and knows what we need as individuals. I struggle with learning, and she helps me in a way that does not belittle me or even in a way that no one else would notice. (My friend helped me put my feelings into words).

Parent and Toddler Groups Courtney, Laura, Sadie, Paula	
How Much Did We Do?	How Well Did We Do It?
Weekly sessions excluding the summer	Target
Carew P&T	40 families 48 families participated.
Short Strand	25 families 28 families participated.
Lagan Village	25 families 27 families participated.
BT3 Group	15 families 19 families participated.
Walkway	25 families 31 families participated.
Cregagh	6 families 7 families participated.
Pilot sessions	

	<ul style="list-style-type: none"> • 100% achieved against targets <p>Parents and Tots provide a warm and welcoming space for parents to meet each other and for their children to socialize with other children. Our well-trained staff provide curious and welcoming play spaces and provide times where they can model what play looks like.</p> <p>Parents and Tots provide great transitions for our parents who have been with us from Baby Club and Baby Café or who are new to Sure Start. It gives us a lovely way of getting to know the family and being able to spot any areas where more assistance may be needed.</p>
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Is Anyone Better Off?

My son gets to do things I wouldn't really do at home, messy play, painting etc. The outside space at Carew is safe and they can use up energy. I don't have outside space. Laura is welcoming, friendly and provides great advice.

It's our second season on BT3 group and it is great our kids loved and enjoyed. Sadie is a very nice, kind and caring person, she helps us without hesitation, she takes great care of the children, and we leave her with a smile, not only that, but she also helps our family with all our needs that we are unsure of what to do. It's not someone like her you meet all the time in your life, it's when you're lucky. Thanks to Sadie ♥ ♥ ♥

I really enjoyed Sure Start parent and toddler group, and so did my son. It is a laid-back atmosphere in a great location and the setup was well suited to children's age. It's better than some of the church ones. We really enjoyed getting outside to play and songs at the end of group. Staff are very supportive and welcoming. I always enjoyed chatting with them for advice. They are very caring and attentive. My child also got into the programme for 2.

**Baby Café
Vicky Ferguson**

This group transitions the parents and babies who have attended our Baby Club for 0-6 months.

<p>How much did we do?</p> <p>Tuesday Baby Café and Friday Baby Café. Target: 50 Adults Weekly Sessions</p>	<p>How well did we do it?</p> <p>63 Mums attended throughout the year</p> <p>The Baby Café invites parents with babies aged 6-12 months to enjoy play in a safe, appropriate environment with:</p> <ul style="list-style-type: none"> • Support from other mums/parents • Rhythm & Rhyme • Age-appropriate toys • Health Promotion, benefits advice, weaning information. • Speech & language, child development, additional needs information, sensory room/play sessions • Visits from pharmacy, dietician and benefits advice
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**Weaning Programme
(supported by the Larder Food Bank)**

<p>How much did we do?</p> <p>5 Week Programme 10 participants</p>	<p>How well did we do it?</p> <p>100% achieved</p> <p>Vicky arranged for a dietician to come along to chat to the parents about weaning and to give the relevant educational information. The larder produced the ingredients, and Vicky</p>
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	<p>delivered them to the parents along with a blender, bowls, and spoons.</p> <p>Vicky then uploaded a recipe and video each week on a WhatsApp group and was available to answer any queries.</p> <ul style="list-style-type: none"> • Week 1 – Blueberry & banana porridge • Week 2 – Avocado dessert • Week 3 – Cheesy pea pasta • Week 4 – Eggs muffins and toasted fingers.
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Is Anyone Better Off?

I was very unsure where to start. I liked that we could share with each other and ask questions in the group. I felt there was always someone there to chat with.

The gifts were so helpful and appreciated.

It gave me confidence to move to the next step.

Thanks to Vicky and Sure Start who have been on hand every step of the way.

It encouraged me to research other recipes.

<p>Quiet Hour Courtney</p> <p>Quiet Hour Parent and Toddler Group for anxious parents/children who had not been going to groups since Covid and for anxieties in general.</p>	
<p>How much did we do?</p> <p>Weekly group for 13 weeks for 4 families</p>	<p>How well did we do it?</p> <ul style="list-style-type: none"> • 100% target achieved <p>11 families attended</p>

Is Anyone Better Off?

The group was amazing for myself. Being a smaller group it was the first group I actually attended with my daughter due to really bad anxiety. It also led to my daughter starting to play independently and she's started in the 2 year old program. Courtney is amazing not only with my daughter but also when I just needed a chat.

I just wanted to say a huge thank you to Courtney for all she has done for our family. She was so welcoming and approachable, and I had the pleasure of going to one of the Friday morning sessions and she answered all my concerns and questions I had. My husband went to every Friday group with our daughter, and she absolutely adored her time there. We noticed that the special attention she got on these days really helped with her confidence and bring on her development. From the bottom of our hearts a huge thank you to Courtney for helping us with our little learner's form and everything she has done for us. An invaluable group and a gorgeous location.

<i>Incredible Years (Parenting Programme)</i>	
<i>Courtney and Lisa</i>	
The Incredible Years (IY) Toddler programme is for parents (typically living in disadvantaged communities) with a child between the ages of two and three.	
14 weekly sessions	<i>7 families started the programme, 5 parents achieved the 11/13 attendance to pass this intensive 14-week course.</i> Parents learn strategies for responding sensitively to their child and discouraging unwanted behaviour. Two facilitators lead parents in weekly two-hour group discussions of mediated video vignettes, problem-solving exercises and structured practise activities addressing parents' personal goals.

Is Anyone Better Off?

Incredible Years-Parent Program satisfaction questionnaire

Overall Program Evaluation

What part of the program was most helpful to you?

The open group discussion helped me pinpoint what is and isn't "normal" for toddler behaviour.
The teachers were brilliant and open to any questions.
The group discussion with peers and group leaders.
Discussions around the techniques and how best to tweak them to suit my family.
Descriptive commenting. Specific praise. Ignoring certain behaviours.
Praise and encouragement.

What did you like most about the program?

The sense of not being alone with my child's poor behaviour.
Making friends and helping my daughter make friends.
I feel more confident in my parenting and by applying the techniques has led to my family being much happier.
Learning new stuff and techniques to help parenting my child.
Learning different ways to play.

What did you like least about the program?

Having to speak.
The practices were slightly embarrassing.
Sometimes it felt a bit rushed to get through all the content.
Too many people talking over each other at the first session.
Videos being a bit outdated
Nothing

How could the program have been improved to help you more?

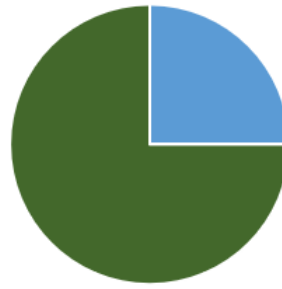
Updated videos.
Update the videos.
Slightly longer to allow more discussion/time for all the content.
The videos also need to be updated to reflect modern times/parenting.
I can't think of anything as the programme was amazing and I really enjoyed talking with other parents. I'm really going to miss the group.
Up to date videos

Content



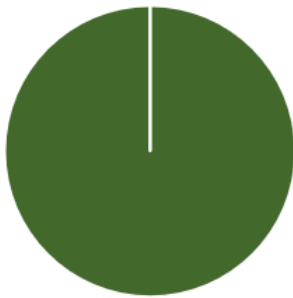
■ Not helpful ■ Neutral ■ Helpful ■ Very Helpful

Video Examples



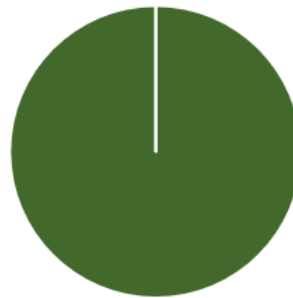
■ Not helpful ■ Neutral ■ Helpful ■ Very Helpful

Teaching and Leadership skills



■ Not helpful ■ Neutral ■ Helpful ■ Very Helpful

Group Discussion and Interaction



■ Not helpful ■ Neutral ■ Helpful ■ Very Helpful

Practices



■ Not helpful ■ Neutral ■ Helpful ■ Very Helpful

Additional Comments

Parent and Child Together Workshops 0-1 & 1-2 (Message of the Month)

These programmes were designed to share our Message of the Month each month in an interactive way with parents and children. Messages which promote play, emotional regulation and speech and language.

Month	Description	0-1 yrs children attending	1-2 yrs children attending
April	Movement is good for my body and my brain	13	0
May	I'm a happy baby when you...	12	6
June	Your love and patience make change easier for me	12	7
September	Sharing Books helps my brain to grow	0	8
October	My brain needs different sorts of play to help it grow	7	8
November	Screen Time – Use it Wisely	9	10
December	My smile is special, let's keep it that way	4	5
January	Healthy foods build a healthy brain	5	7
February	Words build my brain	2	7
March	Encouraging positive behaviour	5	9

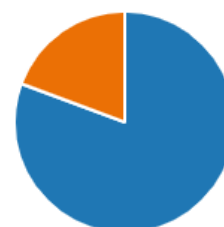
Is Anyone Better Off?

5. What is your opinion of the staff, setting, the quality and the range of resources available during the programme?

[More Details](#)

[Insights](#)

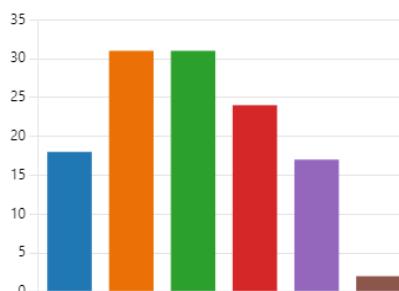
● Excellent	25
● good	6
● Fair	0
● Poor	0
● Other	0



6. How do you feel as a parent/carer that you have benefitted from attending the message of the month programme? (More than one option can be selected)

[More Details](#)

● Confidence	18
● Knowledge on Child Developme...	31
● Ideas for activities/ play	31
● Friendship/ peer relationships	24
● Signposting for support/ advice	17
● Other	2



7. How do you feel your child has benefitted from attending the programme? (more than one option can be selected)

[More Details](#)

● Emotionally e.g. increased confi...	28
● Speech, Language and Commu...	22
● Socially - relationships with oth...	29
● Play skills	31
● Other	4



Summer Programmes

- Toddler Day 14 Families
- Family day 18 Families
- Cinema day 18 families
- 2 x Joe Jingles sessions supported by Eastside Learning 22 Families
- 4 Summer play days in Sure Start Garden attendances please
- The Ark farm - BT3 Group 7 families
- Trip to Streamvale Farm – Baby Café 10 families.

Parents Voice

It's not just about the trips. It's the consistency of my child seeing the staff, they have built relationships and to continue this in the summer, is not something other places do.

We meet other parents and other cultures. We get to places we maybe can't afford or would have to give up to pay for. Our children get to do things in the summer where some other groups close.

There is always something we can go to in the summer with Sure Start if we choose to. They don't make it awkward if you cannot make it but turn up the next time. They just make us comfortable; they recognise when we just can't make it on the day for all different reasons! (Mental Health and melt downs in my case)

Dads Work Lisa Flynn supported by Early Years staff	
How Much Did We Do? Saturday Morning Sessions 1:1 work with dads 12 sessions to 3 families	How Well Did We Do It? Target 10 sessions to 15 families Achieved 10 sessions to 20 families 16 sessions to 4 families

Is Anyone Better Off?

How Do you Benefit?

It's the one time a month where it's just me and my child.

I learn the culture of other fathers.

I think I get more fun from the crafts than my child lol.

My life has honestly changed. I continue to get stronger and more confident.

Sure Start has helped me so much. In this new country, my husband works lot of time. I am on my own with my kid for long days. I have always been used to my family so felt very alone. I have made friends so much. I struggle at first and I tell Lisa & Courtney. They slow down and repeat for me and tell me to tell others if I not know what they say. i do this ever since. Now lots of my community ask me questions how to join and what it like, I help them and pass them to Sure Start.

How Does your Child Benefit?

Let's me do more with her especially stories.

Great room with different home things to play with. Garden is also his favourite place!

My child recognises the staff and is very much more settled, they play with the staff while I talk get to other men for a little time.

I am quite ill. Sure Start come to my home when my wife pregnant. They help me get items for my empty apartment. They help me meet other people to help my family. They help me to get forms filled and tell me about translator that others

get to help me with forms and gp. My son now little older and goes to Sadie group on Wednesdays. We like this group as no church building involved. Miss Lisa and midwife were also very good. I go to office a lot, people there very nice to me and always help if Miss Lisa not there. Miss Lisa also teach me that people here different to my home and I be less forceful. My housing support worker say Sure Start not just for children and we be lucky to have them. She right.

Lisa Flynn – Family Support Lead

Additional Needs Support Report

How Much Did We Do?	How Well Did We Do It?
<p>Little Learners</p> <ul style="list-style-type: none"> • 2 Groups - Monday and Tuesday afternoon (6 children) and Wednesday and Thursday afternoon (6 children) • Induction Workshop <p>Parent And Child Together Sessions Monthly Stay and Play sessions, Graduations in June</p> <p>Attention Builders Little Learners</p> <p>Play and Discover Term Time Programme Focused Parent and Child Together programme</p> <p>Parents' Support Group Introductory workshop Make and take workshop SENAC workshop -wellbeing workshops -workshops on feeding, sleeping and toilet training facilitated by student health visitors and Contact – for families with disabled children -supporting transitions workshop</p> <p>Home Visits</p>	<ul style="list-style-type: none"> • 91% target <ul style="list-style-type: none"> • 100% target delivered • 100% target delivered <p>3 programmes planned and 6 delivered due to demand</p> <ul style="list-style-type: none"> • Target over achieved • Planned to support 10 parents, supported 33 • Delivered 28 sessions • Target over achieved <ul style="list-style-type: none"> • Target over achieved • Planned 60 delivered 106 Home Visits

- Breastfeeding
- Inhouse training with Additional Needs Support Worker and Speech and Language Therapists
- Equality, diversity and inclusion
- Neurodiversity affirming practice
- Curiosity Programme – Attention Autism
- Social Media
- Understanding Neurodiversity and reframing Autism: Invoking a paradigm shift in the Autism narrative
- Born at the right time - bridging the gap – listening to and working with families
- Supporting Neurodiversity facilitated by Early Years Organisation
- Supporting children’s emotions facilitated by Early Years Organisation
- Training facilitated by the SEN Early Years Inclusion Service
- Supporting Neurodiverse children, young people and their families facilitated by Thrive NI and Department of Health and Department of Education

Supported Individual Needs

We have supported children with developmental differences, sensory differences, social and communication needs, attention differences, play skills, emotional and behavioural needs, English as an additional language and medical conditions. The Additional Needs Support Worker has worked closely with the staff in various programmes and roles in East Belfast Sure Start, giving advice and support to ensure that we are providing the appropriate resources and implementing strategies that will support the children.

Little Learners

Our **Little Learners** Programme is part of the Belfast Wide Early Years Project and provides support to 12 children with developmental, communication, social, play and sensory differences. We currently work in partnership with the Belfast Health and Social Care Trust Child Development Speech and Language Service and Occupational Therapy team.

To support children to flourish, our Little Learners programme celebrates the uniqueness of each child and nurtures their development. Our environments are warm and supportive where children feel safe to explore, be themselves, respond to their innate drive to be curious and develop their own sense of identity. These spaces are carefully created and are low arousal, with calming, neutral colours, soft lighting and soft cosy furnishings with resources include natural materials,

real items, loose parts - encouraging curiosity and stimulation of the senses. We provide sensory resources to meet children's sensory needs and support regulation.

We recognise that parents have expertise and we work closely with them – exploring and exchanging ideas to support children's development at home and in our setting. Monthly stay and play sessions have been a really valuable way to connect with parents and for staff to share what they do in the sessions with the children, showing resources used and modelling interaction strategies. Parent workshops have also been an integral part of the programme with parents getting information, advice and space to connect with each other through peer support.



Play and Discover

The Play and Discover programme provides 5 weekly play sessions for parents and their children where the children have significant social communication needs. The programme aims to nurture parent confidence in supporting their child's communication development and to develop parent skills using adult-child interaction strategies. Each week there is a 'top tip' such as 'follow your child's lead' that is a focus point for conversations and coaching in the sessions. There are also links to pre-recorded videos sent out to parents each week before the session which link in with the weekly 'top tip'. The programme allows for detailed and child-focused conversations with practical modelling from those running the sessions.

Nurturing environments

Sensory play is an important element of our practice within each programme. The sensory room on Albertbridge Road continues to create a calming sensory experience for the children and families.



Sensory Play Workshops

The Additional Needs Support Worker has provided sensory play workshops for the Baby Club, Breast Start, the 6-12 months baby groups and community partners. Parents have been given ideas that they can try at home to give their babies' sensory play experiences, helping support their child's brain development, senses, curiosity and strengthen the bond between parent and child.

We Have Supported Parents

The Additional Needs Support Worker has supported families in many different ways, including home visits, 1:1 sessions, telephone support and attending meetings or appointments with families. Practical support has included modelling strategies and providing activities and tools to support children's development and giving guidance on issues, such as behaviour, sleep, toilet training. Nurturing parents through the journey of understanding their child's additional needs and supporting them with any onward referrals to specialist services is an important aspect of the role of the Additional Needs Support Worker. Parents have been assisted with nursery applications, making requests for statutory assessments for Special Educational Needs, completing paperwork for the Education Authority and DLA applications. Parents have also been given support for financial needs, including support with Christmas food and toy hampers, referrals to St Vincent de Paul and applications to the Family Fund for equipment, resources and house alterations. The Additional Needs Support Worker has supported some parents with mental health and anxiety by offering emotional support, sharing self-care tips and signposting to specialist services.

The Parents Support Group has brought parents together for peer support and to learn information and ways to support children. This year we had sessions with our link Health visitor to give advice around toilet training, eating, sleep and regulation. We had SENAC (Special



Educational Needs Advice Centre) facilitate a session on statutory assessment of special educational needs and the statementing process. We had sessions on nursery applications and transitions to nursery. Elaine McGreevy, Speech and Language Therapist, Access Communication Limited, facilitated an excellent parent workshop called

“Helping Autistic Children Flourish”. We also had sessions around wellbeing and self-care which gave the parents time out for themselves and to relax.

We are innovative

The Additional Needs Support Worker has been working collaboratively with Tessa An, a sound therapist over the past 2 years. Tessa has facilitated sessions for our Little Learners programme and parent and baby groups and we now have a number of staff trained by Tessa in Level 1 Sound for Wellbeing training which have given them skills and knowledge to explore sound with Sure Start families. This is a very exciting element to our practice here at East Belfast Sure Start and we are delighted to keep growing this partnership and for our families and staff to benefit from therapeutic sound experiences.

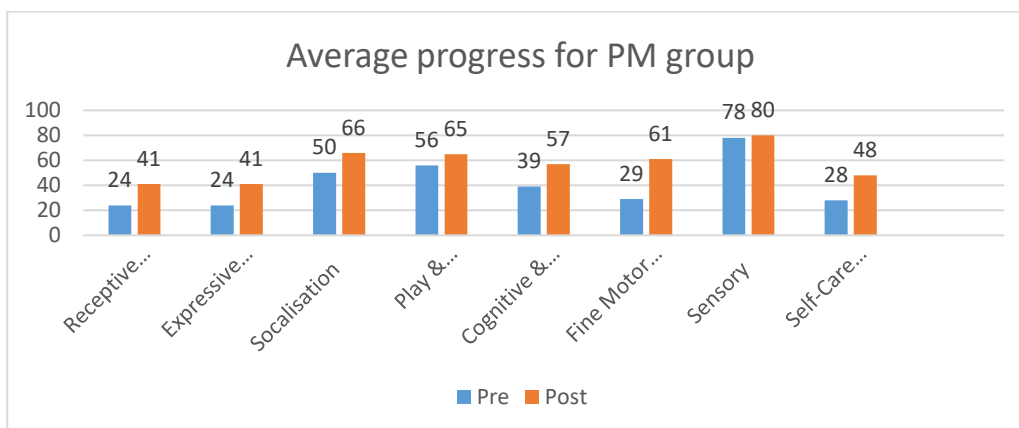
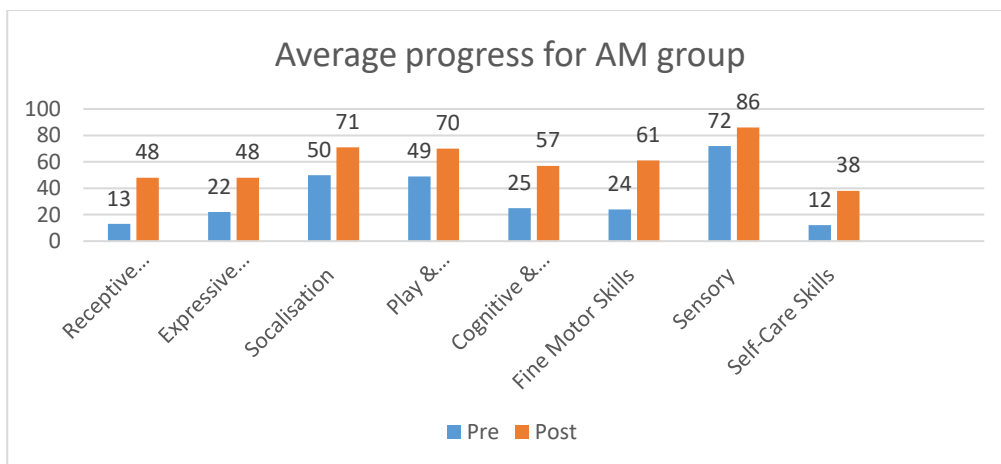
We have also developed a strong working relationship with Bridget Tiernan from the Belfast Health and Social Care Trust Emotional Health and Wellbeing Team. Bridget and Ashlea facilitated a four-week Little Hearts Minds and Bodies programme for families in May. This programme explored ways to support parent/carer wellbeing, building family relationships and connections, play, supporting sensory needs, emotional regulation and neurodiversity. There was much interest in this programme and the families that participated really enjoyed it. We plan to run more in the future so more families can avail of this support. We also plan to have training for the family support team facilitated by the Emotional Health and Wellbeing team on topics such as sleep, feeding and toileting, so that knowledge and strategies can be learnt to share with our families and support them with these important issues. We look forward to this continued partnership.

We strive to constantly keep up to date with developments in the field of neurodiversity and ensure our practice and the terminology we use is reflective of these changes. We are passionate about creating neurodiversity affirming environments. The Additional Needs Support Worker’s title will change to Nurture Lead. The Parents Support Group will be called Parent Nurture Space. We are also developing a lending library which will have resources that parents can borrow to use at home and staff may also borrow specific equipment to use with families. Sensory resources and various pieces of equipment can be very expensive and this library will give families a chance to try before they might buy any products and to explore what kind of resources and play experiences their child likes.

Is Anyone Better Off as a Result?

- Children have received support during their time in Sure Start. Some have been referred to specialist services, some have had CDC or Autism Assessments and a number have had a statutory assessment of special educational needs leading to statements and support in their preschool setting or a place in a specialist setting.
- Staff and parents have worked in partnership. Parents have been nurtured and supported in ways to support their children’s individual needs and development.

Little Learners programme has nurtured the children’s development - these are graphs showing the children’s development from October to May.



Parents views on the difference Little Learners made to their child’s development

“more social”, “plays at times with other children”, “understanding taking turns”, “learning visuals”

“more social, they want to interact more with their peers and other adults. More confidence to look for other adults for help”

“learning to babble, working on being with others and new environments, learning to take staff by the hand. Being able to be somewhere without me is brilliant”

“his play has really developed”

“he is saying more words and can drink from a cup”

The benefits to parents and children

“better understanding of my child’s needs”

“the programme has been an amazing journey for both my kids”

“I’m using sign and doing more sensory play at home”

Comments on Little Learners staff

“they give me new ideas and different ways to help and encourage”

“thank you to the staff, they’ve been amazing with my daughter”

“100 thank yous for being an amazing group of people who genuinely cared for our children”

“staff are so kind and supportive”

Comments about 1:1 Additional Needs Support

“Ashlea has made such a change to my life. She’s made it so much easier to get through the year. There’s been a lot of things going on for me – housing issues, getting S support after getting turned down for EA referrals, deaths in the family, my mental health – if I need her she’s there. I can’t believe the difference she has made in my life”

“Ashlea has been a great support – every hurdle that has been in the way she’s helped me to leap over it. I have been sent information from parent workshops if I haven’t been able to go. I can’t even begin to explain the support Sure Start has given me”

“thank you so much I feel a big weight off my shoulders”

Comments about Parent Support Group sessions

“I came out with a lot of information from them. I found them very helpful”

“Going to meetings fortnightly has helped me understand more about E’s additional needs. I attended a meeting specifically for children who have autism and I learnt a lot about the different

types of communication our kids do such as grabbing an adult's hand to help them. Before I didn't understand that this was a form of communication"

"I had no idea about any of the things you had to do and apply for when your child has difficulties like statements. I found the workshops about this very useful.

"I found it beneficial meeting other parents with the same family situations"

"I've learnt a lot more sign language, I've been able to listen to other parents too that's helped me. It's also nice knowing that there are other parents like myself going through this stage also has helped to reassure me I'm not alone"

Comments about sensory play workshops

"she loves getting messy"

"he's more confident to explore the jelly this time"

"I'll try these ideas at home"

Ashlea Berryman

Additional Needs Support Worker

Antenatal and Postnatal Team

We have supported families, by home visiting, telephone and text messaging, WhatsApp groups and online support.

We have a host of weekly face to face groups offering safe spaces for community connection and information sharing. These groups are offered to antenatal and postnatal families and up to babies aged six months.

Antenatal Support	
How much do we do?	How Well Did We Do It?
<p>Antenatal Home Visits to pregnant mothers for registration and advice. These visits are integral to the formative relationship building that mothers have with their babies. They also set the scene for how EBSS services can benefit their family and their child's development. Breastfeeding will be discussed at each of these visits prompting conversation around normalising breastfeeding and dispelling myths.</p> <p>Target</p> <ul style="list-style-type: none"> • 35 visits • 35 unique mums <p>Significant Antenatal Conversations in Pregnancy.</p> <p>These conversations are often in response to the individuals' particular needs and can be in person or via telephone. Signposting to other services may often be a result of these encounters.</p> <p>Target</p> <ul style="list-style-type: none"> • 50 conversations • 45 unique mums 	<ul style="list-style-type: none"> • 74 visits • 69 mums were visited <p>Target exceeded</p> <p>Each newly registered pregnant mum receives a welcome gift bag containing goodies and information on all our services. Antenatal Support Packages are available for mums who need extra support.in pregnancy.</p> <ul style="list-style-type: none"> • 93 conversations • 67 unique mums <p>Target exceeded</p>

Breathing and movement for pregnancy and birth helps and promotes a healthier pregnancy and leads to a less painful birth.

Target

- 3 groups
- 12 unique mums



Antenatal Educational Workshops

These groups sessions were offered at various times to try and suit the needs of working families during the antenatal period. The groups were less well attended during the group we facilitated in the afternoons. We have found that the families who attend these groups have better engagement and attend postnatal services.

September 2023

Ballybeen x 2 sessions

2pm-330pm

November 2023

Carew x 2 sessions 7-830pm

January 2023

4 x sessions Mt Pottinger Church

10-1130am

Target

- 3 groups
- 15 unique mum

One woman commented that she “ felt more relaxed after the class and it improves my sleep”

Another woman commented” the birth walks I learned during the classes really helped me during the birth, I was able to stay at home for longer”

- 3 groups achieved
- 26 attendees

Target exceeded

1 Mum was supported before birth to breastfeed

<p>Breastfeeding Support for Antenatal Mums.</p> <p>The engagement with registered EBSS mums and families for breastfeeding support can be face to face in their homes or at breaststart group. The information is educational as well as practical with the aim of improving health through the benefits that breastfeeding babies brings to society as a whole.</p>	<p>The Antenatal/Postnatal (AN/PN) team felt better prepared for engaging with parents and more confident when delivering programme with parents.</p> <p>The midwife and the antenatal/postnatal support worker are registered with NMC and as part of this keep up with their CPD. Alongside this both staff members attend conferences and training to keep their skill current.</p> <p>Staff Training Undertaken</p> <p>Midwives Training</p> <p>Tiny Life Conference. 20/10/22 BFI Online Conference Training Nov 2022 Enjoy Your Baby Training 15/02/23 Perinatal Yoga Diploma Nov 2022 Connecting Through Song reflective workshop 8/2/23 Brief But Vivid 13/02/23 Child Protection Training 05/04/23 Foundation in sound therapy for wellbeing Jul 2023 Postnatal Yoga Certificate September 2023 Foundation for speech and language communication and sensory toolkits August 2023 Unicef BFI conference Harrogate Nov 2023 Sollihul refresher training Nov 2023 Neurodiversity training E McGuire March 2024</p> <p>Training Completed by Jen Norton.</p> <p>Revalidation obtained with NMC as Paediatric Nurse</p> <p>TinyLife conference/Info on Prematurity 20/10/22 10-4.30p.m. Home safety (5hrs) 25/10/22</p>
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	<p>BFI training (2hrs) 2/11/22 Connecting through song (2.5hrs) 3/11/22 Cultural diversity training (2hrs) 12/1/23 Solihull parents' facilitators course (6.75hrs) 7/2/23 Connecting through Song reflective workshop (1.5hrs) 8/2/23 Enjoy your baby course (6.5) 15/2/23 Brief but vivid "Helping parents tell their story" (2hrs) 13/2/23</p> <p>2/2.24 Solihull Sleepfulness 1.5hrs online 11/6/24 Speaking up for baby 2hrs online</p> <p>East Belfast Sure Start (EBSS) staff update training maintained via online Dorset Health Care Breastfeeding course to comply with UNICEF BFI Standards.</p>
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Is Anyone Better Off?

Antenatal Yoga Survey

Everyone who completed evaluations found the antenatal yoga extremely worthwhile. They loved the breathing and relaxation exercises.

One woman commented:

"I was able to stay at home for longer during my labour thanks to the yoga walks I learned these helped me with pain relief"

Antenatal Workshops Evaluation

*One ethnic minority woman who had recently moved to EBSS area said about the antenatal workshop "Thanks for the wonderful sessions, i did enjoy and it helped me open up"
This lady brought her husband to some of the sessions.*

Another mother commented that she felt more able to ask questions of the health professionals looking after her during this pregnancy. She was comparing how she felt before after the group.

Postnatal Support

What Did We Do?	How Well Did We Do?
<p>Postnatal Home Visits</p> <p>These visits provide support to families from birth until six months. Our role ensures that we work to offer to statutory organisations providing another source of support. Our aim is to encourage engagement within the many postnatal services and signpost to the family support team if more support is required.</p> <p>Target</p> <ul style="list-style-type: none"> • 70 visits • 50 unique mums 	<ul style="list-style-type: none"> • 97 visits achieved • 77 mums visits <p>Target Exceeded</p> <p>Parents receive a baby resource and information and often receive knitted items donated by community groups</p>
<p>Postnatal 1:1's telephone support</p> <p>Target</p> <ul style="list-style-type: none"> • 250 phone calls • 100 unique mums 	<ul style="list-style-type: none"> • 189 phone calls achieved • 121 mums visits <p>75% target achieved</p>
<p>Breastfeeding Support</p> <p>Home visits for breastfeeding support</p> <p>Target</p> <ul style="list-style-type: none"> • 10 visits • 6 unique mums 	<ul style="list-style-type: none"> • 10 visits achieved • 8 mums visits <p>Target achieved</p>
<p>Meaningful Conversations/Phone Calls For breastfeeding support or any other postnatal concern. Signposted when necessary.</p> <p>Target</p>	<ul style="list-style-type: none"> • 17 conversations achieved • 15 mums received a phone call <p>Target achieved</p>

- 10 conversations
- 15 unique mums

Breastfeeding Online Support

This online service supports families with peer support connection. Many women share information on this group including ways to connect outside of EBSS services. They also support each other with practical measures. The messages are read by the midwife and if appropriate individual answers are offered on a one-to-one basis but also responsively to the whole group.

Target

- 65 mums to be reached with online support

Breastfeeding Group (BreastStart)

A drop-in group that is open to registered and out of area mothers who are breastfeeding or expressing breastmilk.

The group is very well attended and has various health awareness topics covered from within the service, including S&L and the Nurturing service. Health promotion services including health screening PHA WRA and EBDCA regularly attend group. We have had a sensory sound bath for mums and babies and Employers for childcare and BCC for home safety.

- 131 mums received online support

Target overachieved

A poll asked if the WhatsApp group was useful. All respondents agreed, yes it was useful for information and connection. A range of information is posted to inform the group.

There is access for immediate support via other users as well as the midwife.

Delivered weekly

- 53 mums attended throughout the year

BreastStart promotes and informs healthy starts and relationship building between baby and parents.

Promotes peer support and friendship forming outside group. A swim group has formed from this, and the groups meet outside of BreastStart, it is an inclusive group.

Breastfeeding audits for BFI ensure that meeting the UNICEF standards for the promotion of responsive feeding.

10 parents and 10 staff were audited.

Training by Midwife on BFI for staff completed.

Antenatal invitation to come along to group.

From birth to the end of breastfeeding experience, this group supports families, and older children are welcomed offering a whole family experience.



The group hosts guests from outside the organisation covering a range of information ranging from: weaning, home safety, healthy relationships, financial support, health promotion. The speech and language team and additional needs team that compliment learning within the group offer regular contributions.

Breastfeeding mothers supported to maximize breastfeeding by:
one to one support at groups,
staff listening to mothers' experiences and concerns,
observations of feeding,
demonstrations of practical skills using appropriate props, videos and literature.

Mothers referred to Belfast Health and Social Care Trust (BHSCT) specialist breastfeeding support when appropriate as an extra support. **Several of the group trained as Peer Support Breastfeeding Workers this year.**

What women said about the group

"I've made friends for life"

"Breast Start helped me become a confident mother"

"The group offers a variety of informative sessions in a professional, supportive, friendly and relaxed atmosphere"

Delivered Weekly by AN/PN Support

- 74 mums attended

**Connecting through song and early speech and language development.
Championing responsive parenting, bonding and attachment.
Peer support.**

**Baby Club
0 - 6 Months**

Target:

- 60 mums and Babies
- Weekly sessions



The baby club continues to be a positive space where parents with their babies 0-6 months can find a relaxing environment to meet other families, share experiences and be together.

The baby club has seen regular speakers come into the group from EBCDA, Employers for Childcare, Belfast City Council & the Hospital Trust, Paediatric Dietician. We have also had the WRDA rep come and speak about breast and cervical health screening awareness. There is also regular input from the speech and language team and the Nurture Lead

Target achieved

Postnatal Pelvic Health physiotherapist programme x 2 sessions

Input from NHS Physiotherapist who shared exercises with ladies. Joint sessions with 6-12 month baby group gave an opportunity to gather together and receive specific advice to support personal pelvic health

One parent commented, “these sessions gave me hints and tips to look after myself postnatally. I felt able to ask the facilitator lots of questions”

At the heart of baby club is the intentional inclusion of song and rhyme and stories and the importance of connecting with baby through these mediums.

Baby Club sees intentional song & Rhyme involvement in weekly groups and encouraging parents to make up songs and have a go.

Regular baby massage courses have been organised for families throughout the year. These continue to be popular with parents and babies who enjoy learning massage techniques in a relaxed environment. Many of the techniques are taught through singing and so again the importance of connecting with baby through this medium is reiterated.

Baby Massage

sessions resumed April 2022
Delivered by Midwife/Antenatal Postnatal team and Claire from Happy Hatchlings.

Target

- 28 mums and babies

1 group delivered

- 25 mums and babies



Baby Yoga

Target

- 24 mums and babies

Pramtastics

Victoria Park facilitated by postnatal fitness instructor
4 x sessions June 2023

<p>Postnatal exercise sessions facilitated by outside postnatal fitness instructor/Nikki Cousins Funded by Connswater housing Feb 2024 x 4 sessions</p> <p>Other Pop up Events organised by AN/PN TEAM</p> <p>AWARE Mental health awareness March 2024 1 x session Connswater housing</p> <p>Stormont Hotel Baby Day June 2023 EBSS STALL</p> <p>STORMONT BUILDINGS BREASTIVAL JULY 2023</p> <p>Breastival 5 August 2023 Ulster museum</p> <p>Eastside Arts festival CS LEWIS SQ Aug 2023</p> <p>Carew summer Scheme Baby day July 2023</p> <p>Weaning programme Tullycarnet</p> <p>Department of Health visit to EBSS to facilitate Professor Mary Renfrew's enquiry into maternity services in N.I</p>	<p>4 Mums received a bespoke workshop on mental health</p> <p>23 adults with babies attend this event</p> <p>Parents supported with practical needs:-</p> <p>Families were allocated Tesco Token and Electricity vouchers and Save The Children Grants where there was family need. Families were referred to local foodbanks or/and given food parcels when in need.</p> <p>Bookstart book packages were distributed to many new postnatal mothers at home visits</p> <p>Staff Training – see antenatal information</p> <p>Staff provided mothers with containment and reciprocity whilst offering postnatal support.</p>
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<p>Seven of our mothers and their babies attended an event hosted by our team to hear directly from women how they felt about their care during pregnancy, birth and postnatal. Stories were shared and the women spoke highly of the services received through EBSS.</p>	<p>Mothers informed of local support services/groups, telephone helplines and reputable on-line services. We gather case studies to evidence the outcomes for families.</p> <p>User feedback from audits, written evaluations, conversations and attendances to inform future practice.</p>
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Is Anyone Better Off?

Breastfeeding Support Group

One mother described the group as *"like gold dust"*

Another mother described the breastfeeding group as somewhere *"my baby loves it here, she feels so comfortable and at ease"*

Another commented that she found the group useful because *"there are so many different health topics covered"*

Another mother said

Baby massage supports infant parent connection and can have physical benefits for baby.

One parent commented *"The classes were very helpful in making me feel relaxed and in turn the baby relaxed too"*.

Another said, *"It helped me bond with baby better and helped my confidence as I was able to meet other mums"*.

Baby Club

One parent commented *Baby club is so easy to come along to, even when I have a difficult night up with my baby I find my mood is better when I get out to see other families"*

Another said *"I find myself singing the hello song that is sung ever week at group and my baby loves it"*

Baby Yoga can support baby parent connection and bring comfort, relief and learning to baby.

One parent commented *“I found that the baby yoga was very calming for my baby”*

Another comment was that *“the baby yoga class has offered a lovely opportunity to connect with him”*

Containment and Reciprocity is witnessed by staff between parents and babies, during group sessions and home visits.

Responsive feeding leading to increased bonding and attachment between mothers and babies. Results from UNICEF BFI yearly audits provides evidence.

All our services provide connection between mums who are often isolated. Many mums comment on the benefit of that and interaction on the Breastfeeding online group makes this evident. There is also evidence that the mums connect outside the group socially meaning that they building their own networks of support.

Case Studies by Antenatal/Postnatal Team

Case study 1

We first had contact with this Polish lady early during her pregnancy, from the outset it was clear that she was very keen to engage with our services. We will call her Annie for this case study. Mum was isolated and felt house bound for reasons that threatened her personal safety, she felt that finding a safe place within the EBSS community felt like a home for her.

Annie attended all we offered during her antenatal period, including pregnancy yoga, antenatal workshops, the breastfeeding group, and walks in the park. The midwife was able to offer Mum one-to-one care in early labour for support and encouragement. Mum had a normal birth and felt that the antenatal preparation through the workshops and pregnancy yoga prepared her to birth naturally and afterwards talked positively about her birthing experience.

There was a home visit arranged alongside her husband to answer his questions and support him with preparing for fatherhood. Our service signposted her to local charities to help with the cost of welcoming a new baby.

During the first six weeks in the postnatal period, our ANPN team had weekly contact, and she attributed her successful breastfeeding to the encouragement and support of our team. She said that building a relationship of trust helped her feel confident in her decisions. Mum exclusively breastfeeds her baby and continues to attend Breaststart and any other postnatal services we offered, including baby massage, weaning advice, home safety, mum, and baby yoga. She has made many friends within the group and contributes within the group settings. Mum was able to speak with Professor Mary Renfrew at EBSS as part of a focus group to evaluate Maternity services in Northern Ireland and spoke very highly about how EBSS has supported her on her journey through an isolating time at an especially important juncture in her life.

Here are some of Mum's reflections about EBSS ANPN services.

"Breaststart group helped me overcome my baby blues"

"The most important part of the groups for me is that I am not alone here when I feel overwhelmed, and I can ask for advice anytime"

Services accessed by family:

EBSS Midwife availability phone/home visits

Antenatal/postnatal team availability phone/home visits

Online WhatsApp groups.

Antenatal workshops

Pregnancy yoga

Baby group 0-6 months and 6-12 months.

Walks and events in the park over summer months.

Baby massage.

Breast Start group.

Signed up to Imagination library

Aware mental Health Day.

Christine McFarlane – Community Midwife

Jenny Norton – Antenatal/Postnatal Support

Speech, Language and Communication (SLC) Support



2023-2024

The Speech, Language and Communication model for Sure Start continues to be Universal, Targeted and Specialist intervention. The support provided to East Belfast Sure Start over this academic year is evidenced throughout this report.

The SLT post is a job share between SureStart SLTs Rebecca Carey (x3 days) and Michelle Maguire (x2 days). An additional 3.75hrs per week has also been delivered by Michelle Maguire.

SLC Outcomes- April 23 – March 24

How much did we do?

Home visits:

68 visits to support SLC skills in the home environment

SLC support in Developmental P42-3Yos (including Little Explorers):

Centre-based visits providing parents with advice around child's SLC – 20 visits for 14 individual children

How well did we do it?

85% achieved- The SLT doesn't complete all necessary home visits and will often support the family support worker who is most proximal to the family to incorporate SLC support into their home visits. The number of family seeking home support across the board has reduced this year.

80% achieved (no of visits)

93% achieved (no of unique families)

The new database has changed how things are recorded and now only records SLT activity against the parent. The SLT will often visit settings and provide staff with advice around a communication friendly environment and supporting children's SLC needs. This is no longer recorded on the database and would have historically been recorded under this target. Setting visits where the parents aren't present and are primarily to support the staff are a large part of the SLT role.

<p>Telephone based support for parents for 22 families</p> <p>X10 educational workshops: X2 SLC workshops for parents in each programme at the beginning and end of year to provide information around 'Chat with me' and 'Chat with me about preschool'</p> <p>All families received x3 Chat with me books- in September, the Christmas book and the moving to Preschool book.</p> <p>55 children supported with their transition to nursery/preschool</p> <p>All children attending the DP42YO are screened at the beginning and end of the year to help identify children who need support and measure progress. Most children are screened using the Wellcomm and children who use English as an additional language are screened using the Bilingual language profile</p> <p>SLC support in Child development sessions/Early years/community partner groups:</p> <p>22 visits to provide SLC support to staff for children attending child development programmes, including community partner groups</p> <p>27 contacts with parents to provide SLC support to parents for children attending child development programmes, including community partner groups</p> <p>72 children supported with their transition to nursery school</p>	<p>Target achieved</p> <p>Target achieved (workshops offered and delivered) 54% attendance – you would rarely expect full attendance for various reasons. We provide digital resources to try and reach the parents who do not attend.</p> <p>48 families received Chat with me book series The children attending Little explorers did not receive these resources- their support was more tailored to their developmental needs.</p> <p>SLT supported staff with transition reports and ensures children who require additional support are signposted to appropriate services in addition to the 'Chat with me about preschool' sessions for parents</p> <p>87% children screened using the Wellcomm. Those not screened had either left the programme or EAL children and were therefore screened using the Bilingual language profile</p> <p>55% achieved The change of database has affected this target too- see centre-based visits above. The SLT role often involves supporting staff in the settings and this does not always involve the parents being present. This work is now not recorded against this target.</p> <p>Target achieved</p> <p>All families with children moving on to nursery school and attending community partner groups or child development sessions received 'Chat</p>
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<p>X 13 Educational workshops for parents delivered in child development sessions, including Little Explorers group and community partner groups</p> <p>X5 visits to Surestart led parent and toddler/stay and play group to raise SLC awareness</p> <p>SLC support in Antenatal/baby services:</p> <p>1 antenatal evening</p> <p>X8 educational workshops delivered in Baby club/café and Breast feeding support group with</p> <p>X1 visit to Tullcarnet baby club in collaboration with Barnardos</p> <p>SLC support in Additional needs groups:</p> <p>SLT facilitated the play and discover groups alongside the Nurture Lead (previously known as additional needs support worker) or Little Learners supervisor</p> <p>571 Collaborative conversations</p> <p>Signposting:</p> <p>17 Speech and language referrals</p> <p>8 Child development clinic referrals</p> <p>8 Autism Assessment services</p> <p>6 Occupational therapist referrals</p>	<p>with me about preschool’ book and were offered educational workshop on this topic.</p> <p>Target achieved 74 attendances</p> <p>Within these visits we have conversations with parents giving universal SLC information which aren’t recorded on the database</p> <p>8 parents attending</p> <p>Target achieved 56 attendances</p> <p>23 families- 4 in Surestart area</p> <p>426 with Surestart staff 79 with parents 66 with others This is a 17% increase from last year</p> <p>Surestart staff and parents continue to contact the SLT to discuss ideas and ask for advice regarding the children’s development. This happens regularly and often does not require a SLC visit where we meet the child. We also have collaborative conversations with health visitors and SLTs to discuss the child’s care.</p> <p>Children are signposted to other services in a timely manner when additional support is required.</p> <p>There is a 70% decrease in SLT referrals this year. This could be due to a combination of factors such as a reduced number of home visits carried out by the whole service, health visitors referring and/or the SLT waiting</p>
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<p>3 Educational Psychology referrals</p> <p>Staff Training: Hanan Learning Language and Loving it Intensive interaction Chatting time training (community settings in ELC) Summer Refresher training (all SS staff) Jabadao (movement based training to support children's regulation for all SS staff)</p>	<p>list has been shorter therefore families may have felt less rushed to 'get on the waiting list' early and progress was monitored during their time in programmes instead.</p> <p>Number trained: 9 3 7 30 30</p>
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Is anyone better off as a result?

Supporting staff/ training:

"It's good to watch the videos back to improve on positioning to include all children doing the activity"

"They are more interested and the length of play is extended"

"Just how early children can respond to an adults interactions and how this has such a profound affect on brain development and overall development of a child"

"Children learn at different levels of play/development so ensure you adapt your approach to the certain child"

Supporting parents:

"I am able to understand how my child interacts now"

"My child has thrived in Surestart with social skills, language and regulating"

"I have been able to learn how to communicate effectively with my child and different ways of playing"

"Every child communicates in their own way, there is no right way or wrong way however there are lots of support there to help you to access and facilitate your child's way of communicating."

"Learned some really interesting information about communicating before birth- now I do tummy tap back and forth to introduce two-way communication and my husband is talking to bump every evening!"

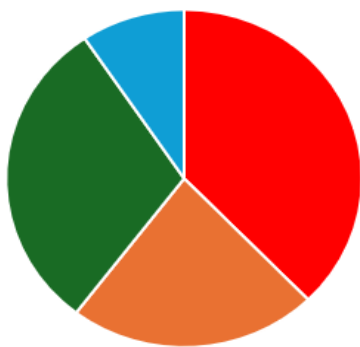
75% of parents attending Sure Start groups report that they have made changes to support their child's SLC development e.g. share more books, play more, chat and sing more.

92% of parents of children attending early years sessions/DP42Yos report that they have made changes to support their child's SLC development .

97% of parents said their child is more ready for preschool as a result of Sure Start support.

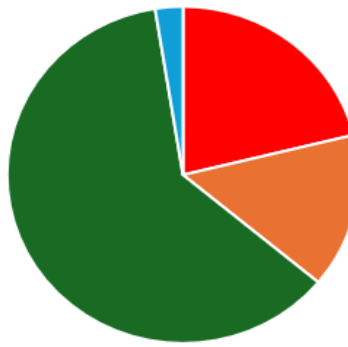
SLC screening of the children attending the DP42-3YOs and Little Explorers at the beginning and end of the year showed the following results:

Wellcomm Autumn 2023



■ Red ■ Amber ■ Green ■ Not screened

Wellcomm Summer 2024

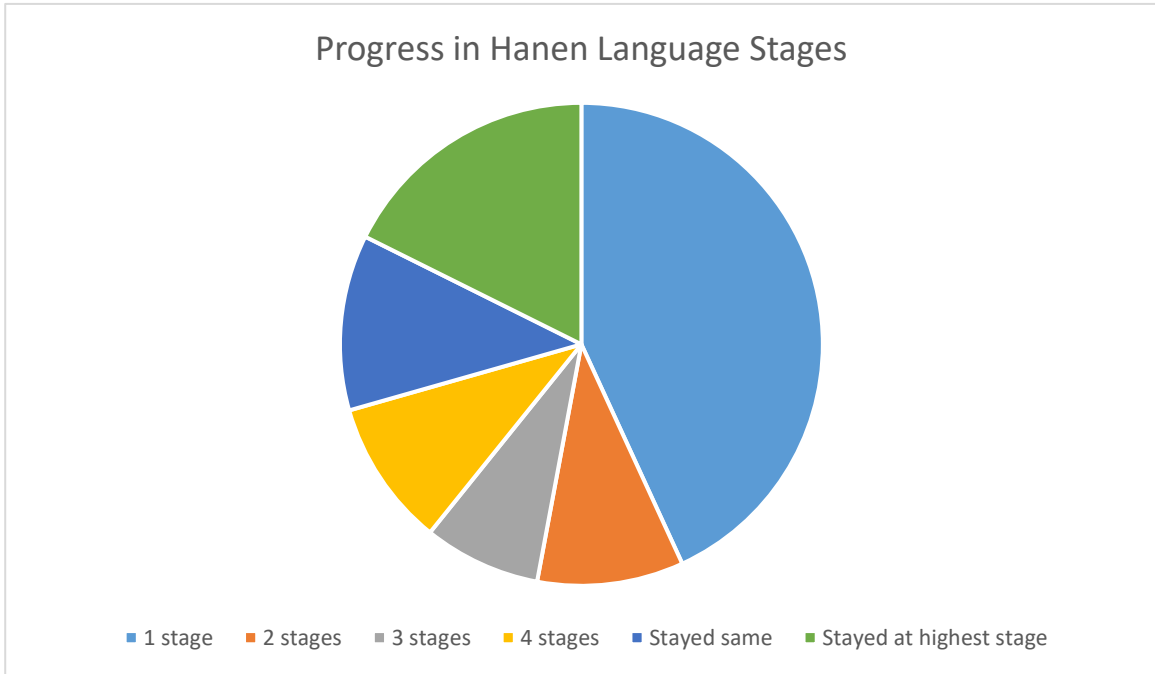


■ Red ■ Amber ■ Green ■ Not screened

The wellcomm provides scores using a traffic light system, where 'Red' indicates a high level of SLC need, 'amber' indicates moderate SLC needs and 'green' suggests the child's SLC is typically developing. Positive outcomes could be seen in Summer 2024, with more children scoring green and a decrease in the number of children scoring red. All children requiring additional support were signposted to appropriate services. The children who weren't screened had either left the setting or their progress was monitored using the Bilingual screening tool:

60% bilingual children showed progress in at least one area of development including attention, play and expressive language. 60% of the children screened attended Little Explorers and had higher support needs.

There are various factors that can affect the child's score in the Wellcomm such as their attention and listening skills and their communication style, and so we also use the Hanen Language Stages as a way of measuring the children's progress. Hanen Language Stages help to map the stage of language development a child is at based on practitioner observations. These stages identify the very early stages of communication (e.g. not sending intentional messages to others), to the later stages (where children can hold a conversation with others).



88% of children made or maintained progress in their expressive language skills

Universal Support

#yourwordsworkwonders #anytimeischattingtime

SLC messaging is weaved through all aspects of Surestart service delivery. The SLT team has continued to upskill staff through training, modelling in practice and discussions. Examples of this include:

- **Social media messaging**
- **Message of the month**
- **Connecting through song**
- **Chatting time initiative:**
 - 'Chatting time training' provided to ELC groups this year
 - Chatting Time messages are communicated through programmes, groups, rolling programmes, home visiting and on social media platforms.

- The Chat with me book series is given to families alongside educational workshops for all children in their pre-preschool year.
- **Emer Maguire Chatting time bitesize:** This is series of 6 short videos available on YouTube. They were developed in partnership with a local comedian (former SLT and science communicator) and communicate universal messaging around early brain development through our smile, talk, laugh and sing messaging. These videos were launched via a very successful and fun filled morning in the Network Centre and the videos are now being used across all the Surestarts in NI with the aim of increasing parental knowledge about the things they can do to support their child's infant mental health and SLC.
- **Play days and fairs:** SLT often contributes to community events where she shares SLC messaging through resources and in conversations with parents at the events
- **Connect with me:** Following the success of the 'Chat with me' books a gap was acknowledged in our resources for families with children ages 0-18 months. This year the process was started to develop a baby book – another tool to help parents connect with their babies and support their brain development. This was a collaborative project with staff with SLC and antenatal expertise.
- **ELC Story telling sessions:** The SLTs worked with the Eastside Early Learning Community to promote storytelling in community. The SLTs supported the messaging given out verbally and via leaflet at the events and provided the settings with a video which reinforced the strategies given. A storyteller visited local Parents and Tots groups to read with the children and SLTs joined 4 of these sessions to promote the key messaging. Additional family support staff attended the other sessions with the story teller and were supported by SLTs to deliver the key messages



Targeted Support

Programme Delivery: SLT supported the delivery of various programmes alongside other Surestart staff, including antenatal and baby groups and play and discover programmes. The aim of joint delivery with the antenatal, family support and early years teams is to build capacity within the teams and continue to model and weave messaging regarding brain development and supporting communication development into the delivery of all programmes.



Work with Early Years staff: In addition to staff training, SLT continued to support the Early years team on a needs led basis, providing advice and support regarding whole groups (e.g. ways to adapt the environment) and individual children (e.g. specific ways to support each child's SLC needs). This support was offered to our partners in Ballybeen, Bloomfield, First Steps and Short Strand as well as our Surestart groups. All children attending the DP42-3YOs and Carew are screened at the beginning and end of the year, using either the Wellcomm and Hanen language stages or the Bilingual screening tool. This is a helpful process to identify children's needs, and monitor progress. The SLT oversees this and supports staff on goal setting and planning (results detailed above.)

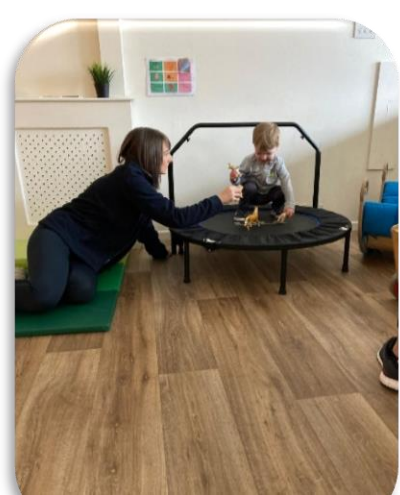
Work with the family support team: The family support team play huge role in supporting children's SLC skills in the home environment and in their groups. SLT continues to be available to discuss cases and provide advice as required. Family support have been included in the training outlined in the targets section, continuing to increase their knowledge and skills in supporting children's regulation and SLC.

Work with parents: We recognise that the person who has a strong relationship with the family is the person best placed to support our parents, which is why most of the SLT's work focuses on capacity building. However, when it is appropriate SLT provides advice and support to parents via phone calls and face to face visits. They have also been supported through the SLT led programmes and educational workshops.

Specialist Support

The capacity building model helps to ensure early identification and appropriate signposting of children. This year we made 42 referrals to Specialist services. The SLT maintains strong links with health visitors and speech and language therapy teams, often providing relevant information to support their referrals to services.

Play and discover: This group provides support to children and their parents who require high levels of support particularly around their communication. It has provided invaluable support to families, ensuring they have been referred to the correct services and/or offering advice and support to families whilst on long waiting lists. Further details of this programme can be found in the Additional Needs section of the report.



Hopes and priorities for next year include:

- ❖ **Continue to develop the 'Connect with me' book and programme. Start to use 'Connect with me' within Surestart service delivery. Consider how we can widen the reach of the resource by showcasing 'Connect with me' to stakeholders.**
- ❖ With continued staff turnover it feels important to spend lots of time in the settings focusing on capacity building through modelling and real time discussion as well as delivering more Hanen (Learning Language and Loving it).

**Rebecca Carey and Michelle Maguire
Sure Start Speech and Language Therapist**

Community Partner Reports

First Steps Child Development Programme Report

Five children were able to avail of a Sure Start child development place in 23/24

We had our stay and play session in January and the children enjoyed showing their parents around our playroom and showing them all their favourite areas to play at and their wee friends. We then had our playgroup photographer visit us at playgroup. We put together a little pretend photobooth in our play room with little props, cameras and frames to get the children familiar and prepared for the photographer visiting so that they were worried or anxious about this occasion. They had great fun having pretend play, they interacted with each other and giggled and chatted away so when the time arrived, they were ready to go with their best smiles! Some children had their siblings come get photos with them also.

We then had our Stay and Play Parent and child speech and language session in February. Plenty of vital info and tips given to the children.

In March Stay and Play our parents/carers came into play with their child. Great feedback on how their child is enjoying their time at first steps.

There was lots of Easter arts and craft decorating in our playroom and easter crafts and activities had as well as all the children have a little easter party on last day before they finish and an easter treat to take home.

By April we could really see the children's confidence grow and in their Stay and Play session we could see them sharing with their parent all their art work on our walls and their favourite things to do.

In May we started our spring crafts and themes.

During the time we had the children we conducted 2 Home Visits.

In the last home visits in May the Parents informed us how they couldn't wait for their teachers to come to their house. One child waited patiently at their window waiting on us arriving which we found so lovely! We got to chat about how they have progressed throughout their time with us at First Steps and shared the children's strengths and areas where the parents could work with their child over the summer. Parents were just generally nervous about their transition to preschool the coming September and were able to reassure them that we will have our transitioning chats in playgroup at circle time and also have our transitioning visit with the SLT from sure start who gave great tips and pointers to us.

We had sensory visit from Ashlea from SureStart. Ashlea arrived with a wonderful selection of sensory items both DIY and great textures etc. The children really got involved as well as their parents and got messy with the shaving foams and spaghetti etc. Each parent was given little sheet for each family to take home with ideas and tips on how to make the sensory items at home.

We had a visit in June from John and Geroge from Belfast City Council which was a Recycling Workshop. The children really got involved asking plenty of questions and answering! They loved the puppet rat!

Our final Stay and Play took place In June. The Sure Start SLT delivered a transitions workshop.

At the end of term we had a bouncy castle day

We finished up with our end of year party and graduation from play group. We had photo opportunities with a little graduation cloak and cap which was a real hit! This was a great time to chat and mingle with their parent and the children! They were all given a little gift from us and their end of year reports! Some parents said they had a cry at how well their child had progressed and thanked us it was very rewarding to hear all the positive feedback from parent and all the thank you cards and gifts.

Each child that received a Sure Start place progressed so very well and were more than ready for their next stage in life preschool!

Getting the best possible outcome from each individual child and building good positive relationships is our goal.

Nicole Mckibbin

First Steps Playgroup Tullycarnet

Short Strand Child Development Programme Report

Short Strand Community Development Programme is housed in Short Strand Community Centre. We work in partnership with East Belfast Sure start to provide 12 places for children aged over 2 years and 10 months. Attendance is excellent and the programme provides quality early years play provision and training for early year's students.

We have three core workers consisting of a leader and two assistants and the group is also supported by trainees, volunteers and bank staff. We operate a key worker system and our priority during the settling in period is the emotional wellbeing of the children. We have a strong, supportive relationship with parents and promote parental involvement from the beginning by creating a warm, friendly, environment and inviting parents to attend Stay and Plays sessions during the year and training.

Events

We had several events that took place over the year:

- | | |
|-----------------------|---|
| June/July 2023 | Registration forms completed.
Home visits – met children and provided information to parents on Child Development Programme. Date of induction morning, and children all received a book and symbol of the letter of first name and where to hang coats/bag when they start. |
| August 2023 | Some home visits completed. Induction morning – parents/children invited along to have play/fun in playroom setting. Met all the staff, received booklet on child development programme, uniform available to purchase and any questions answered. Children got a treat bag. |
| September 2023 | New children starting, settling in period. Healthy eating programme, getting to know children. |
| October 2023 | Halloween Party Playgroup very well attended with children/parents. Parents came along to a workshop where they made Halloween cupcakes and sweet trees and children's iced biscuits and made party bags. Then into party with their children. |
| November 2023 | Parenting programme – Cook It in centre. |
| December 2023 | Parenting programme – Drug & Alcohol Awareness.
Paren & Child Together – parents made sock snowmen with their child.
Parent & Child Together – Xmas party, children dressed up, Christmas songs, Santa where each child got a present and party to finish off. |
| January 2024 | Queens Student Placement – Dental Health Programme.
Children received toothbrush/paste and parent's booklet on healthy dental health. |
| February 2024 | Home visits – update on child's progress. |

Parenting programme – valentine craft.
Self-Care – EBCDA Marianne.

- March 2024** World Book Day. Children dressed up in their favourite costume.
Parents invited along for Storytime. Children all received a book/treat bag.
Easter Hat making parents and children.
Easter party for parents and children with Jo Jingles music, dance & songs.
- April 2024** Parenting Training – Yoga taster session.
Interest forms for new starts given out for new starts for September.
- May 2024** Part 1 of inspection – 2-hour phone call
Part 2 of inspection – went very well.
Parent & Child together – dough making/handprints.
- June 2024** Beginners forms for new starts in September completed with parents.
Transition update with Mrs Donnelly of St. Matthew’s Nursery.
Transition forms completed with parents.
Graduation held for Class of 2024.
Inspection report arrived on last day – excellent report.

Parent & Toddler Group

Short Strand Parent & Toddler group runs in partnership with Sure Start. Was well attended in 2023/24. Meet every Thursday morning with a great group of parents, mostly women and a few men. We have great support from Sadie (Family Support) Sure Start.

Throughout the year we have helped some families with equipment, pram, cot, bedding, clothes and toys for their children.

We had an Easter Party and an end of year trip to Ark Farm which was a great day even though it rained, and lunch was provided.

We were able to signpost a family for the guidance she required for her child, this is a great service and much needed in the community for children, parents and families which we can acquire when necessary.

Our parents also participated in: Women’s health day, St. Patrick’s Day events, dental health hygiene programme, Chat programme, fun days in community centre.

Agnes McGinley

Short Strand Community Association

Bloomfield Community Association Report

Project Outcomes	
<p>How much did we do?</p> <p>✓ Provide 1:1 support for at least 8 children with additional needs on an ongoing basis</p> <p>Sessions</p> <p>Target</p> <ul style="list-style-type: none"> • 250 Individual Supports • 20 Unique Children <p>✓ Child Development Sessions x 4 mornings per week during term time</p> <p>Target</p> <ul style="list-style-type: none"> • 20 Unique Children <p>✓ Induction Workshop</p> <ul style="list-style-type: none"> • 1 workshop • 8 children <p>✓ Transitions Workshop</p> <ul style="list-style-type: none"> • 1 workshop • 12 children 	<p>How Well Did We Do It?</p> <ul style="list-style-type: none"> • 238 Achieved • 41 Unique Children <p>95% target achieved</p> <ul style="list-style-type: none"> • 21 Unique Children <p>Target achieved</p> <ul style="list-style-type: none"> • 1 workshop • 6 children attended <p>Target achieved</p> <ul style="list-style-type: none"> • 1 workshop • 11 children attended <p>Target achieved</p>

<p>✓ Provide 2 programmes per year for parents e.g. Solihull and Wellbeing/Advice</p> <p>Target</p> <ul style="list-style-type: none"> • 10 families <p>✓ Provide 60 Home Visits to 20 families</p> <p>✓ Provide 20 1:1 telephone support sessions to 10 families mornings per week</p> <p>✓ Provide 20 Parent and Child together sessions to 20 families ages 0-4 years</p> <p>✓ Family Days</p> <ul style="list-style-type: none"> • 12 days • 30 families 	<ul style="list-style-type: none"> • 25 families attended <ul style="list-style-type: none"> • 450 Achieved • 15 Unique Adults <p>67% achieved</p> <ul style="list-style-type: none"> • 18 calls • 8 adults <p>90% achieved</p> <ul style="list-style-type: none"> • 30 Session delivered • 30 families attended <p>Target achieved</p> <ul style="list-style-type: none"> • 11 days delivered • 40 families attended
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How well do we do it?

We continue to provide a vital service for families in the Bloomfield area. We have supported families with many issues e.g. financial difficulties, support including form filling, SEN needs, medical needs, mental health, help with gas and electric, referral to food banks and general support and signposting. I feel that at times my role can offer the tiniest bit of support that can really help families. Within my work in Bloomfield Playgroup I work closely with parents and staff to ensure guidance and support on areas such as behaviour, speech development and toilet training. I have supported quite a few families who are new to Northern Ireland to help with their child/children's enrolled in nurseries or schools. Families are very thankful for the support and guidance.

Jack as an Early Years practitioner continues to work in the Playgroup delivering high quality child development using his training in Solihull, Hanen & Foundations training. This has allowed him to make a significant difference to each child taking onboard their individual learning styles and adapting our play environment to meet and address those needs to ensure continual growth and development.

Nichola has continued with my "Getting to Know You" programme in the Bloomfield area and have regular families that attend alongside new families. I delivered sensory play sessions, songs and rhyme sessions, physical play sessions and general play time and story sessions. Doing these sessions I have seen families improve their relationship with their children and have help to demonstrate how to use different techniques on how to deal with different situations. One Parent Commented:



'I never thought I would make such good friends attending this group! I have made friends for life we all have things in common'

I ran an Art therapy class for parents, this ran for 6 weeks with both mummy's and daddy's attending. Some of these parents struggle to interact with other adults but by the third session I could see a difference and all parents were laughing and joking.



Recent Events

There is so many events ran at different times of the year that some families can just not afford especially if they have more than one child. We recognised this at Bloomfield and want to help families make memories with their children.

With this in mind, we ran a Pumpkin patch and a drive-in cinema – all free of charge. Over 100 families attended. It was a great turn out and a huge success even though it was a wet day! Families were so grateful for this opportunity.

Last Christmas I was able to take all the families on a Christmas experience to The Ark Farm. Again, most of these families couldn't have afforded to do this. To see the parents and children's faces was just amazing & it made me feel so happy I could offer them this experience.

We had family fun days and events on throughout the year which all families came to.

Again, this Summer we have been able to continue with family trips and its great to see the parents interacting with their child and other parents. We have been able to offer these families to join our Bloomfield Family Programme which took place during summer. The parents were so grateful and thankful that they had the opportunity to take their children out to places they wouldn't have been able to take them themselves due to money issues or no transport or not having confidence to go alone with their child. Many ethnic minority Families attended, and it was great to see them gain confidence and find their feet in a social setting.



Outcome 1- To Support the Inclusion of Children with Additional Needs In Bloomfield Community Association.

At Bloomfield playgroup I support many children with additional needs. I have supported children with developmental delays, social and communication difficulties, limited attention and emotional and behavioural needs. I do this by doing 1:1 with the child playing simple games, short stories etc. or by simply doing an activity that interests the child and gets them engaging with me. I have given support to ESOL children and their families. I do this by using visual aids with the child and having familiar things from their home/ country in the playgroup. I also used the Mantralingua PENpal to reassure children with familiar words and phrases in their own language. I make sure myself and all staff do regular training so we can give each child the best start in our playgroup. We have all recently done Hanen & Foundation Stage training and we have all learnt a lot from this. Some children with additional needs find it harder with toilet training so I support the family to try and achieve this. On some occasions parents aren't aware of the child having additional needs and I help the whole family on this journey.

Outcome 2 - To Support Parents and Carers in their Role as Educators by Providing Parenting Programmes, Training and Education Opportunities.

When meeting with new families and carrying out Home Visits I aim to build a trusting relationship with each family and encouraged them to talk to me about any concerns or worries they may have. Through regular contact with a family, I hope that Parents will become more open and honest with me and accepting of the advice given to them. I have built up some good relationships with Families and they regularly come to programmes and to any trips I offer. They sometimes just need a chat to ask a few questions and I'm happy they feel they can come to me.

I offer advice to help support Language Development to Parents for their children along with helpful interactive songs, stories, and games. Parents have expressed how they find

this to be useful in the home. I signpost to internal services through Sure Start to help me with speech and language.

Family Support Plans are made in partnership with the Parents, so they understand the vital contribution they make to their children's development, care and wellbeing. I ensure I allow the parents to make their own suggestions on play opportunities, asking their opinions on favourite toys, cartoons characters and praising them for the ideas being put forward.

I have run Solihull parenting programme which the parents all found interesting and learnt from it. Before running this course with parents, I build up a relationship with them first as I find it helps to get them to come along to the course and also for them to be open and honest and get the most out of the course.

Outcome 3- To Signpost Families to Specialist Services as Appropriate.

We continue to offer support to all families through sign posting to local food banks, East Belfast baby bank, Uniform Recycle Scheme, basically anything that will help & support Families. Other signposting and referrals have been made to St. Vincent de Paul, and Family Support Hub. I also share Facebook pages to Parents about tips and ideas on different play activities and offering advice on weaning etc. any local events that are happening I share this with Families. Parents have commented how useful this information is.

One of the Projects we have supported.



Outcome 4- To Liaise with Additional Needs Support Worker, Midwife and SLT at EBSS to Ensure Holistic Service.

When I do initial home visits, I access what the family needs and do an in-house referral if needed. The speech and language therapist comes into Bloomfield playgroup to offer advice and support with any child I have concerns about. I make parents aware of this service and if they have concerns, they can speak to the therapist if needed. I refer

families to the midwife if they need advice or want to join the breast-feeding support groups.

Outcome 5- To Report on Outcomes Achieved to EBBSS on a Quarterly Basis.

I report all outcomes to East Belfast Sure Start on a Quarterly Report through the appropriate systems that are in place



Ballybeen Womens Centre Report

Project Outcomes	
What did we do?	How well did we do it?
<ul style="list-style-type: none"> ✓ Provide 1:1 support for approx. 15 children with complex needs on an ongoing basis Sessions 	<ul style="list-style-type: none"> • Attendances 160 • Achieved 150 • Unique Children 15 • Achieved 31
<ul style="list-style-type: none"> ✓ Provide Chatter Box Programme x 2 	<ul style="list-style-type: none"> • 2 Sessions Weekly • Achieved • Unique Children 15 • Achieved 16
<ul style="list-style-type: none"> ✓ Provide 12 sessions of programmes that support parents in the community 	<ul style="list-style-type: none"> • Sessions 12 • Achieved 19 • Unique Adults 16 • Achieved 24
<ul style="list-style-type: none"> ✓ Provide 60 Home Visits to 20 families 	<ul style="list-style-type: none"> • Sessions 60 • Achieved 91 • Unique Children 20 • Achieved 37
<ul style="list-style-type: none"> ✓ Provide 120 1:1 support sessions to 40 families 	<ul style="list-style-type: none"> • Contacts 120 • Achieved 115 • Unique Children 15 • Achieved 37
<ul style="list-style-type: none"> ✓ Wellcom Assessments 	<ul style="list-style-type: none"> • Monitor 8 children x 2 per year in Autumn and May

Is Anyone Better Off as a Result?

We are incredibly fortunate to have had the opportunity to complete another year of Family Support Work for East Belfast Sure Start, here at Ballybeen Women's Centre. Once again we have met and worked alongside amazing parents, children, and their extended families.

The year began with Amy Wightman transitioning from the role of Family Support Worker to Early Years Manager for Ballybeen Women's Centre. After a few rounds of unsuccessful recruitment, we welcomed Michelle Gilmore to the position in March 2024. Michelle has spent the last 6 months settling into the role, meeting families, establishing connections and making links with outside agencies. We are excited to see what 2024-2025 has in store.

As with years past we have seen a wide range of support increase with families seeking support and advice with financial issues, food and baby bank requests, mental health support and signposting to relevant health professionals and agencies for medical and additional needs. This year we carried on our partnership with Dundonald Food Bank and have linked in when required with Dundonald Salvation Army, St. Vincent de Paul and Kiltonga Christian Centre. We also established a working partnership with East Belfast Baby Bank where not only could we donate items but we were able to refer to also.

To further support families, we signposted regularly to information sessions and training through the Belfast Health and Social Care Trust, Ballybeen Women's Centre, East Belfast Sure Start, Lisburn and Castlereagh City Council and Ballybeen Improvement Group.

Aside from support with financial issues, we have also provided information on Mental Health and Positive Wellbeing.

Home Visiting has taken a dip this year with many new families preferring to come to the centre to complete registration rather than the support worker coming to them. When meeting with families we do share information on what we can offer within the home, and they are encouraged to reach out at any time if they wish to take this up. We have also noted a reduction in referrals from the Health Visiting team for new registrants. Many new registered families have come via NIMATS and from the women's centre. While families may not want to engage with home visits, they are still availing of information being shared via WhatsApp and email and with signposting and occasional check-ins.

This year we have continued to work very closely with Social Services to support some of our families, this work and support will continue into the next year. Parenting programmes continue here at Ballybeen Women's Centre, which provide a space and time to develop and nurture parent/child play skills, communication and language development and a better understanding of child development and meeting milestones.

NIMATS referrals have paved the way to make connections with expecting parents from an early stage. This has been successful in then signposting onto the Midwife team at EBSS for support and advice and to ensure early signposting to new baby programmes here at Ballybeen Women's Centre. Many expectant parents have expressed their worry regarding the cost of new baby items and other essentials they may need. Once again, I have been fortunate in establishing links with various charities who I can make referrals to in order to gain these much-needed items.

We were delighted to be able to run 'Chatter Box' this year at Ballybeen Women's Centre. Working in partnership with EBSS we were able to identify children who may require extra support and who did not secure a place within a Programme for 2-year-olds. Speech, Language and Communication along with concerns of delayed development were the concerns most raised by parents of these children. We worked closely with BWC childcare staff and the SENCO to establish a play programme for these children while they attended the centre. Each child was able to avail of 2x afternoons per week. In partnership with EBSS Speech and Language we provided a play space which promoted language, social and peer interaction. We based play opportunities around Sure Starts message of the month and regularly gave parents tips and ideas on different areas of development. These areas ranged from toileting, behaviour, routines, and communication.

We continue to work in partnership with the childcare staff at Ballybeen Women's Centre to provide support for children registered with Sure Start. Support has been provided in the form of one-on-one settling in, play, speech and language, toileting, and behaviour. In some cases, this paved the way for conversations between the SENCO of BWC and parents regarding identification of developmental delays and help with follow on referrals where appropriate.

In partnership with the Training and Education Co-Ordinator and the Health and Wellbeing Co-ordinator here at Ballybeen Women's Centre we have continued to signpost parents to educational and training opportunities. With the added availability in creche for children, these were a success. Programmes included:

- Essential Skills – Numeracy, Literacy and ICT

- Classroom Assistant Academy
- Discover You
- Human Rights Workshops
- Maternal Advocacy Support Programme (MAS)
- Goals
- Anxiety Management
- Employers for Childcare Workshop
- Introduction into Childcare
- Cost of Living Workshop
- Time 4 You
- Image Confident
- Women's Breaking Barriers
- Mental Health First Aid
- Women's Health

Additionally, we were extremely fortunate to be able to host the wonderful Health Visiting Team in the delivery of the HENRY Programme. This was hugely successful and due to take place once again in October 2024 and in early 2025.

We are delighted to announce that due to success of our working partnership with the Health and Wellbeing and Peer Education team here at Ballybeen Women's Centre we are beginning a new round of the Maternal Advocacy Support Programme for Young Mums aged 16-24.

Key Achievements

We would also like to take a moment to pass on congratulations to two of our Sure Start parents who have come through programmes here at Ballybeen Women's Centre and who are both helping to facilitate the Maternal Advocacy Support Programme and have also begun their journey in Counselling Level 2.

Congratulations also to another Sure Start parent who completed her Classroom Assistant Academy position and is now employed in the local primary school!

Amy Wightman
Early Years Manager

Michelle Gilmore
Family Support



*A selection of our wonderful Sure Start and MAS parents
Maggie Waugh, Hazel Wilson, Jenna Peacock, Rachel Mahood,
Nicole Bell, Karen Browning alongside
Tanya Hughes, Director of Ballybeen Women's Centre and
Gillian McCarrol, Health and Wellbeing Co-Ordinator*



*Snapshot of some of the Sure Start registered children exploring play at
Ballybeen Women's Centre*

Company No. NI 040618

Charity No. NIC 102304

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Tel: 028 90735686

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East Belfast Sure Start Ltd



East Belfast Sure Start

Northern Ireland - Charity number 102304

Annual return

Charity registration number NIC102304

Company registration number NI040618 (Northern Ireland)

**EAST BELFAST SURE START
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

EAST BELFAST SURE START

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	B McConnell M Martin T Hughes L McCullough H McEvoy B McCormick B Wallace C Humphrey Gillian Ruth Hamilton Nagesh Siddegowda Rev Samuel Robinson (Appointed 9 May 2023) (Appointed 13 November 2023) (Appointed 12 March 2024) (Appointed 13 November 2023)
Secretary	T Ripley McElvogue
Charity number	NI040618
Company number	55 Templemore Avenue Belfast Co. Antrim BT5 4FP
Registered office	Keamey & Co 2nd Floor Donegall House 98-102 Donegall Street Belfast BT1 2GW
Auditor	

EAST BELFAST SURE START

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EAST BELFAST SURE START

DIRECTORS' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present the annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing documents, a deed of trust, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities
East Belfast Sure Start is a Government initiative targeting 0-3 year olds and their families, recognising the importance of supporting parents and carers, and the value of quality experiences to very young children.

The purpose of East Belfast Sure Start is to work with parents and children to promote the physical, intellectual, social and emotional development of pre-school children - particularly those who are disadvantaged - to ensure they can flourish at home and when they get to school.

There has been no change in the charity's objectives during the year.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Significant activities:

The core services of East Belfast Sure Start are:

Outreach and home visiting services, to make contact as early as possible in the child's life and draw families into using other services.

Family support, including befriending, social support and parenting information, both group and home based.

Good quality play, learning and child care experiences for children, both group and home based.

Primary and community health-care and advice.

Support for children with special needs, both within the Sure Start services offered and through signposting to more specialised services where necessary.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Public benefit

The purposes of East Belfast Sure Start are to promote the benefit of the inhabitants of East Belfast, and in particular but not exclusively children under four years of age and their families, without distinction of sex, age, special needs, race, political, religious or other opinions by associating together the said inhabitants, local authorities, public agencies, voluntary and other organisations in a common effort, to relieve poverty, sickness and disablement.

The direct benefits which flow from this purpose include:

- Children prepared for school/education
- Parents aware and informed of entitlement to social benefit system, inclusion of children with special needs, accessible, low cost childcare.

These benefits can be demonstrated by:

- Verbal feedback from parents whose children attend childcare programmes
- Evaluation reports, questionnaires and surveys completed by parents using a range of services, to preserve and protect health.

Parents can be made aware and informed of general healthcare issues for them and their family and signposted to relevant specialist support services such as child development clinics, autism services and health and social care services in the voluntary and community sectors.

These benefits can be demonstrated by:

- The number of children referred to specialist support services who will receive early intervention and better health care
- Improved health and social care provided for and by families.

The Sure Start data base provides statistical returns of beneficiaries to advance education. The direct benefits which flow from this purpose include:

- Children are able to flourish at home and when they get to school
- Parents participating in training and development programmes that enhance their skills, knowledge and parenting abilities.

These benefits can be demonstrated by:

- Following training courses and parenting programmes evaluations carried out with parents
- Children receiving quality care and education at Sure Start will leave with transitions reports to share with nurseries and primary schools. This will provide facilities in the interest of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the said inhabitants.

The direct benefits which flow from this purpose include:

- Families able to access social and leisure facilities to improve the health and wellbeing of all the family
- These benefits can be demonstrated by: Monthly reports recorded on number of families who use the service and have improved access to recreation and leisure facilities.

The beneficiaries are families with pre-school children aged 0-3 and expectant parents, who live in the designated area for Sure Start in the 25% most disadvantaged wards of N.I.

All early years settings have been registered with social services and are inspected annually. Routine risk assessments are carried out on all activities to ensure health and safety for participants, by a qualified team. Policies and procedures are followed with due regard to ensure the health and safety of user groups.

The only private benefit flowing from this purpose is that the Board employ a staff team to carry out all services and provisions. This is incidental and necessary to ensure the organisation provides benefit to its beneficiaries. Policies and procedures are in place to safeguard the organisation and staff in terms of proper governance and accountability.

The main source of grant funding for the charity has been and is currently the Department of Education administered through SPPG. This is supplemented by a number of smaller grants.

The reserves at the year end were £48,129. It is the view of the trustees, that given the nature of the charity and its activities and in particular its relatively stable funding, that minimum reserves are required.

Results are good and income remained healthy. Surplus for the year was £32,863 of which Restricted Funds were £20,048 and Unrestricted Funds were £12,815.

Financial review
The results for the year are set out on the Statement of Financial Activities.

We received a flat budget from our funders which made delivery of services challenging given there was an increased demand and complexity.

We invest in staff training to ensure that staff feel equipped to supported to deal with these growing needs in our children. We also ensure that we invest in supporting the emotional well being of our staff team.

We continue to struggle with the area of recruitment which is a sector wide struggle and sickness levels still continue to be higher than pre Covid. We have also seen a consistent increase in children with complex needs and delayed development which affects speech, language and communication and emotional regulation.

We continue to deliver a high number of services for our families including programs for Antenatal and Postnatal, children aged 1-2 years, 4 x Developmental Programme for 2 year olds and children with additional needs. This works is holistic and includes work with the whole family.

All of these visits also involve providing information, books and support materials to the family which we are able to do in partnership with organisations who support us, such as local churches and Save the Children with the Early Years Grant Fund.

This year we delivered 3,152 on to ones in the form of home visits and meetings with parents and children in our centres. 1,218 families were sign posted to 2,270 services that would benefit their family life.

These rates of engagement is a reflection of how much the service can accommodate families rather than the demand and this year has been affected by staff shortages. 2.5 vacant staff posts remained unfilled to combat an increase in salaries across all staff in an effort to retain staff and ensure our staff were being paid a fair wage in challenging economic conditions.

Category	2024	2023
Children	62%	62%
Mothers	59%	59%
Fathers	24%	24%
Families	55%	61%
Antenatal	35%	92%

Engagement has either improved or stayed the same throughout the year with a slight increase in engagement of antenatal families.

Local Parents and performance East Belfast Sure Start registrations have increased by 15% in 2024.

FOR THE YEAR ENDED 31 MARCH 2024

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

EAST BLSFAST SURE START

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Major risk is a material reduction in funding. This has been secured for 2024/25.

Plans for future periods

Future plans

It has been a challenge to think about future developments with the threat of cuts to the government budgets. Whilst our budget has remained the same for 2023/24 our costs are increasing due to inflation. Our priority is to provide an excellent service for our families and we will work within our future budget to ensure that. However, any funding cuts will mean that less families and children will be able to access our much needed services.

Structure, governance and management

The charity is a company limited by guarantee, as defined by Companies Act 2006.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

B McConnell	
E Westerhuis	(Resigned 12 November 2023)
M Martin	
T Hughes	
E Daly	(Resigned 12 September 2023)
L McCullough	
H McEvoy	
B McCormick	
B Wallace	
T Ripley McElvogue	(Resigned 9 May 2023)
C Humphrey	(Appointed 9 May 2023)
Gillian Ruth Hamilton	(Appointed 13 November 2023)
Nagesh Siddegowda	(Appointed 12 March 2024)
Rev Samuel Robinson	(Appointed 13 November 2023)

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The directors of the company are also charity trustees for the purposes of Charity Law. Under the requirements of the Memorandum and Articles of Association directors are elected at an Annual General Meeting by the members (in person, or through an authorised representative or by proxy).

All new directors receive in-house induction and training appropriate to their roles.

East Belfast Sure Start has a Management Committee, made up of Trustees. The Committee meets regularly and are responsible for the strategic direction and policy of the charity. The day to day responsibility for the provision of the services rests with the manager and the senior management team.

Auditor

In accordance with the company's articles, a resolution proposing that Kearney & Co be reappointed as auditor of the company will be put at a General Meeting.

EAST BELFAST SURE START

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of East Belfast Sure Start for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

1. We have audited the financial statements of East Belfast Sure Start (the charity) for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements: give a true and fair view of the state of the charity's affairs as at 31 March 2024 and of its including resources and application of resources, including its income and expenditure, for the year then ended; have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and have been prepared in accordance with the requirements of the Companies Act 2006.

Basic information
We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern
In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.
Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.
Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information
The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.
Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of our audit: the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE MEMBERS OF EAST BELFAST SURE START

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the company's members, as a body, in accordance with the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF EAST BELFAST SURE START

Mr. Gibbons
(Senior Statutory Auditor)
for and on behalf of Kearney & Co
Chartered Accountants
Statutory Auditor

2nd floor
Donegall House
95-102 Donegall Street
Belfast
BT1 2GW

20 August 2024



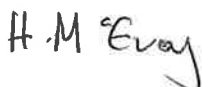
EAST BELFAST SURE START

BALANCE SHEET

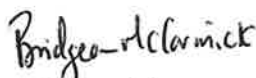
AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	11	12,633		14,864	
Cash at bank and in hand		65,535		43,664	
		<u>78,168</u>		<u>58,528</u>	
Creditors: amounts falling due within one year	12	(30,039)		(43,262)	
Net current assets			48,129		15,266
Net assets excluding pension liability			48,129		15,266
			<u> </u>		<u> </u>
The funds of the charity					
Restricted income funds	14		24,954		4,905
Unrestricted funds			23,175		10,350
			<u>48,129</u>		<u>15,266</u>

The financial statements were approved by the trustees on 30 August 2024



H McEvoy
Treasurer



B McCormick
Chairperson

Company registration number NI040618 (Northern Ireland)

EAST BELFAST SURE START

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2023	2024	2024	2023	2023
	£	£	£	£	£	£
Income from:						
3 Donations and legacies	2,398	420	2,398	-	-	420
4 Charitable activities	20,000	1,087,490	1,134,812	1,114,812	1,087,490	1,087,490
Total income	22,398	1,087,490	1,137,210	1,114,812	1,087,490	1,087,910
Expenditure on:						
5 Charitable activities	9,583	1,090,165	1,104,347	1,094,764	1,090,165	1,090,165
Total expenditure	9,583	1,090,165	1,104,347	1,094,764	1,090,165	1,090,165
Net income/(expenditure) and movement in funds	12,815	(2,675)	32,863	20,048	420	(2,255)
Reconciliation of funds:						
Fund balances at 1 April 2023	10,360	9,940	15,266	4,906	7,581	17,521
Fund balances at 31 March 2024	23,175	10,360	48,129	24,954	4,906	15,266

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

EAST BELFAST SURE START

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	18		21,871		(1,761)
Net cash used in investing activities			-		-
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			21,871		(1,761)
Cash and cash equivalents at beginning of year			43,664		45,425
Cash and cash equivalents at end of year			65,535		43,664

Charity earns the right to consideration by its performance. Where income is received in advance of performance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, the income is accrued.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.3 Charitable funds

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.2 Going concern

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.1 Accounting convention

The financial statements are prepared in sterling, which is the functional currency of the charity. All monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, (modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value). The principal accounting policies adopted are set out below.

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

The financial statements have been prepared in accordance with the charity's (governing document), the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

Charity information registered office is 55 Templemore Avenue, Belfast, BT6 4EP.

Charity information registered office is 55 Templemore Avenue, Belfast, BT6 4EP.

Charity information registered office is 55 Templemore Avenue, Belfast, BT6 4EP.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Property improvements	10% straight line
Fixtures and fittings	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

	Unrestricted funds 2024	Unrestricted funds 2023
Donations and gifts	2,398	420

3 Income from donations and legacies

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

2 Critical accounting estimates and judgements

1.10 Retirement benefits
 Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Employee benefits
 The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less, if not, they are presented as non-current liabilities. Trade creditors are recognised initially at present value, if not, they are subsequently measured at amortised cost using the effective interest method.

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Accounting policies (continued)

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities

	2024	2023
	£	£
DOE SPPG	1,061,880	1,046,840
East Side Partnership	676	1,459
East Belfast Community Dev Agency	-	9,560
Save the Children	44,797	-
Belfast City Council	-	1,997
BWEY Programme DE	25,443	18,618
Other income	2,016	9,016
	<u>1,134,812</u>	<u>1,087,490</u>
Analysis by fund		
Unrestricted funds	20,000	-
Restricted funds	<u>1,114,812</u>	<u>1,087,490</u>
	<u>1,134,812</u>	<u>1,087,490</u>

8 Charitable activities

	2024	2023
Gift costs	762,756	743,764
Travel and safety	63,235	69,636
Insurance	7,203	6,303
Heat and light	19,139	18,734
Telephone and internet	20,470	20,180
Telephone and stationary	6,077	6,101
Repairs and maintenance	6,766	11,302
Computer running costs	14,949	18,044
Travel expenses	6,071	2,632
Health and safety	3,657	2,428
Subscriptions	2,000	2,000
Training	4,908	5,080
Bank charges	6,992	8,161
General expenses	621	819
Other charitable expenditure	2,048	1,351
	1,100,747	1,026,565
Share of governance costs (see note 6)	3,600	3,600
	<u>1,104,347</u>	<u>1,030,165</u>

Analysis by fund

	2024	2023
Unrestricted funds	9,583	-
Restricted funds	1,094,764	1,090,165
	<u>1,104,347</u>	<u>1,090,165</u>

6 Support costs

	Support Governance costs	2024	2023
Audit fees	£	3,600	3,600
Analysed between	£	3,600	3,600
Charitable activities	£	3,600	3,600

Governance costs includes payments to the auditors of £3,600 (2023-£3,600) for audit fees.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

7 Net movement in funds	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	3,600	3,600
	<u> </u>	<u> </u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
	37	41
	<u> </u>	<u> </u>

Employment costs

	2024	2023
	£	£
Wages and salaries	684,968	666,356
Social security costs	39,237	22,829
Other pension costs	58,548	54,579
	<u> </u>	<u> </u>
	<u>782,753</u>	<u>743,764</u>

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	12,633	14,864
	<u> </u>	<u> </u>

12	Creditors, amounts falling due within one year	2024	2023
		£	£
		30,039	43,263
13	Accruals and deferred income	2024	2023
		£	£
		30,039	43,263
14	Retirement benefit schemes	2024	2023
		£	£
		58,548	54,579
15	Defined contribution schemes	2024	2023
		£	£
		58,548	54,579

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April	2023	At 1 April	2024
	£	£	£	£
	4,906	1,114,812	(1,094,764)	24,954
Previous year:	At 1 April	2022	At 31 March	2023
	£	£	£	£
	7,581	1,087,490	(1,090,165)	4,906

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April	2023	At 1 April	2024
	£	£	£	£
	10,360	22,398	(9,583)	23,175
Previous year:	At 1 April	2022	At 31 March	2023
	£	£	£	£
	9,940	420	-	10,360

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Current assets/(liabilities)	48,129	-	48,129
Long term liabilities	(24,954)	24,954	-
	<u>23,175</u>	<u>24,954</u>	<u>48,129</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:			
Current assets/(liabilities)	10,360	4,906	15,266
	<u>10,360</u>	<u>4,906</u>	<u>15,266</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

18 Cash generated from operations

	2024 £	2023 £
Surplus/(deficit) for the year	32,863	(2,255)
Movements in working capital:		
Decrease/(increase) in debtors	2,231	(5,063)
(Decrease)/increase in creditors	(13,223)	5,557
Cash generated from/(absorbed by) operations	<u>21,871</u>	<u>(1,761)</u>

19 Analysis of changes in net funds

The charity had no material debt during the year.

20 Share capital

The Company is limited by guarantee and has no share capital.

**EAST BELFAST SURE START
YEAR ENDED 31st MARCH 2023**

SPPG CORE FUNDING

	2024	2024
	£	£
INCOME		
HSCB		991,763
EXPENDITURE		
PAYROLL COSTS		
Salaries	736,716	736,716
GOOD & SERVICES		
Estates		
Templemore and Carew Services	26,804	
Rent and Rates	62,885	
Heat, Light, Water	19,879	
Maint and Repairs including cleaning	14,949	
Phone Fax and Internet	5,577	
IT Maintainance	5,471	
Insurance	6,388	
Staff Related Costs		
Travel	3,357	
Training	6,492	
Professional Fees		
Audit Fees	3,100	
Bank Fees	621	
Subscriptions	147	
Health and Safety	2,000	
HR Consultancy	2,992	
Sage Software	4,261	
Programme Delivery		
Stationery, Printing, Postage	5,255	
Running Costs	22,758	
Partner Management		
Service Level Agreements	62,111	
Sub Total		255,047
Total Expenditure		991,763
Net Over/Underspend in the Year		<u><u>0</u></u>

SPPG 23/24 Expansion Funding**2024****2024****£****£****INCOME**

SPPG

70,117

EXPENDITURE**PAYROLL COSTS**

Salaries

26,626

Sub Total

26,626

GOOD & SERVICES**Estates**

Phone Fax and Internet

500

Insurance

900

IT Maintainance

600

Staff Related Costs

Training

500

Professional Fees

HR Consultancy

500

Sage Software

500

Audit Fees

500

Programme Delivery

Postage & Stationery

75

Printing & Materials

500

Recruitment and Advertising

300

Running Costs

12,113

Travel

200

Venue Hire

1,000

Partner Management

Service Level Agreements

25,303

Sub Total

43,491

TOTAL70,117

East Belfast Sure Start

Northern Ireland - Charity number 102304

Accounts

Charity registration number NIC102304

Company registration number NI040618 (Northern Ireland)

**EAST BELFAST SURE START
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

EAST BELFAST SURE START

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	B McConnell E Westerhuis M Martin T Hughes E Daly L McCullough H McEvoy B McCormick B Wallace
Secretary	T Ripley McElvogue
Charity number	NIC102304
Company number	NI040618
Registered office	55 Templemore Avenue Belfast Co. Antrim BT5 4FP
Auditor	Kearney & Co 2nd Floor Donegall House 98-102 Donegall Street Belfast BT1 2GW

EAST BELFAST SURE START

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Balance sheet	11
Statement of cash flows	12
Notes to the financial statements	13 - 18

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing documents, a deed of trust, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

East Belfast Sure Start is a Government initiative targeting 0-3 year olds and their families, recognising the importance of supporting parents and carers, and the value of quality experiences to very young children.

The purpose of East Belfast Sure Start is to work with parents and children to promote the physical, intellectual, social and emotional development of pre-school children - particularly those who are disadvantaged - to ensure they can flourish at home and when they get to school.

There has been no change in the charity's objectives during the year.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Significant activities:

The core services of East Belfast Sure Start are:

Outreach and home visiting services, to make contact as early as possible in the child's life and draw families into using other services.

Family support, including befriending, social support and parenting information, both group and home based.

Good quality play, learning and child care experiences for children, both group and home based.

Primary and community health-care and advice.

Support for children with special needs, both within the Sure Start services offered and through signposting to more specialised services where necessary.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Public benefit

The purposes of East Belfast Sure Start are to promote the benefit of the inhabitants of East Belfast, and in particular but not exclusively children under four years of age and their families, without distinction of sex, age, special needs, race, political, religious or other opinions by associating together the said inhabitants, local authorities, public agencies, voluntary and other organisations in a common effort, to relieve poverty, sickness and disablement.

The direct benefits which flow from this purpose include:

- Children prepared for school/education
- Parents aware and informed of entitlement to social benefit system, inclusion of children with special needs, accessible, low cost childcare.

These benefits can be demonstrated by:

- Verbal feedback from parents whose children attend childcare programmes
- Evaluation reports, questionnaires and surveys completed by parents using a range of services, to preserve and protect health.

Parents can be made aware and informed of general healthcare issues for them and their family and signposted to relevant specialist support services such as child development clinics, autism services and health and social care services in the voluntary and community sectors.

These benefits can be demonstrated by:

- The number of children referred to specialist support services who will receive early intervention and better health care
- Improved health and social care provided for and by families.

The Sure Start data base provides statistical returns of beneficiaries to advance education. The direct benefits which flow from this purpose include:

- Children are able to flourish at home and when they get to school
- Parents participating in training and development programmes that enhance their skills, knowledge and parenting abilities.

These benefits can be demonstrated by:

- Following training courses and parenting programmes evaluations carried out with parents
- Children receiving quality care and education at Sure Start will leave with transitions reports to share with nurseries and primary schools. This will provide facilities in the interest of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the said inhabitants.

The direct benefits which flow from this purpose include:

- Families able to access social and leisure facilities to improve the health and wellbeing of all the family
- These benefits can be demonstrated by: Monthly reports recorded on number of families who use the service and have improved access to recreation and leisure facilities.

The beneficiaries are families with pre-school children aged 0-3 and expectant parents, who live in the designated area for Sure Start in the 25% most disadvantaged wards of N.I.

All early years settings have been registered with social services and are inspected annually. Routine risk assessments are carried out on all activities to ensure health and safety for participants, by a qualified team. Policies and procedures are followed with due regard to ensure the health and safety of user groups.

The only private benefit flowing from this purpose is that the Board employ a staff team to carry out all services and provisions. This is incidental and necessary to ensure the organisation provides benefit to its beneficiaries. Policies and procedures are in place to safeguard the organisation and staff in terms of proper governance and accountability.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

Demand for services continues to be high. East Belfast Sure Start currently has 3,890 registrations which has almost doubled from 2021/22.

Statistics for engagement in services are as follows:

Children	52%
Mothers	59%
Fathers	24%
Families	61%
Antenatal	82%

Whilst we would like to increase these figures, we recognise the environment in which we currently operate has dramatically changed since the Covid pandemic which has affected what services parents require and how they access them.

East Belfast Sure Start delivered:

3,863 one to one's in the form of home visits and meetings with parents and children in our centres.

1,547 families sign posted for services within children's and family services.

2,590 resources were delivered to families to support their parenting journey.

We delivered 193 targets ranging from services and programmes for Antenatal and Postnatal, children aged 1-2 years, developmental programmes for 2 year olds and children with additional needs. This work is holistic and includes work with the whole family.

We have been challenged with staffing levels this year. We have had a higher level of staff turnover with staff moving into new careers. Recruitment of early years staff is difficult which appears to have been the effect of the Covid pandemic. Sickness levels also remain at a higher level than pre Covid. This means that we have not been able to take as many children into our child development sessions due to staffing ratios.

The atmosphere that staff are working within is challenging with many more children presenting with additional needs. Staff training and well being is a company priority to ensure that staff have up to date skills to support them in their work and also the ability through the year to gather in a more informal way to increase staff moral and support their mental health in work.

We continue to make the social and emotional development of our children a priority of our delivery and with that we have a strong emphasis on speech and communication in all programmes with both children and parents.

We are grateful that our core funding from Department of Education administered through SPPG for 2022/23 included an uplift to meet the rising costs of goods and services.

Financial review

The results for the year are set out on the Statement of Financial Activities.

Results are good and income remained healthy. Surplus for the year was £15,266 of which Restricted Funds were £4,906 and Unrestricted Funds were £10,360.

The reserves at the year end were £15,266. It is the view of the trustees, that given the nature of the charity and its activities and in particular its relatively stable funding, that minimum reserves are required.

Principal funding sources

The main source of grant funding for the charity has been and is currently the Department of Education administered through SPPG. This is supplemented by a number of smaller grants.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Major risk is a material reduction in funding. This has been secured for 2023/24.

Plans for future periods

Future plans

It has been a challenge to think about future developments with the threat of cuts to the government budgets. Whilst our budget has remained the same for 2023/24 our costs are increasing due to inflation. Our priority is to provide an excellent service for our families and we will work within our future budget to ensure that. However, any funding cuts will mean that less families and children will be able to access our much needed services.

Structure, governance and management

The charity is a company limited by guarantee, as defined by Companies Act 2006.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

B McConnell

E Westerhuis

M Martin

T Hughes

E Daly

M Hendron

(Resigned 12 September 2022)

A Kelly

(Resigned 11 October 2022)

L McCullough

H McEvoy

B McCormick

B Wallace

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The directors of the company are also charity trustees for the purposes of Charity Law. Under the requirements of the Memorandum and Articles of Association directors are elected at an Annual General Meeting by the members (in person, or through an authorised representative or by proxy).

All new directors receive in-house induction and training appropriate to their roles.

East Belfast Sure Start has a Management Committee, made up of Trustees, The Committee meets regularly and are responsible for the strategic direction and policy of the charity. The day to day responsibility for the provision of the services rests with the manager and the senior management team.

Auditor

In accordance with the company's articles, a resolution proposing that Kearney & Co be reappointed as auditor of the company will be put at a General Meeting.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.



T Ripley McElvogue
Secretary

20 September 2023

EAST BELFAST SURE START

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also the directors of East Belfast Sure Start for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF EAST BELFAST SURE START

Opinion

We have audited the financial statements of East Belfast Sure Start (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE MEMBERS OF EAST BELFAST SURE START

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

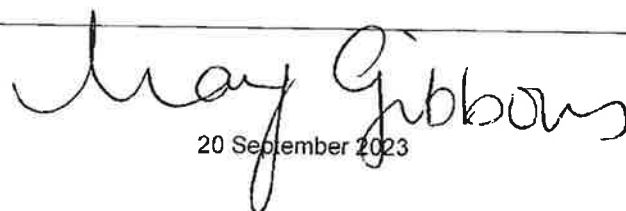
This report is made solely to the company's members, as a body, in accordance with the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

EAST BELFAST SURE START

**INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF EAST BELFAST SURE START**

May Gibbons
(Senior Statutory Auditor)
for and on behalf of Kearney & Co

Chartered Accountants
Statutory Auditor



20 September 2023

2nd Floor
Donegall House
98-102 Donegall Street
Belfast
BT1 2GW

EAST BELFAST SURE START

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	420	-	420	-	-	-
Charitable activities	4	-	1,087,490	1,087,490	-	1,020,792	1,020,792
Total income		420	1,087,490	1,087,910	-	1,020,792	1,020,792
Expenditure on:							
Charitable activities	5	-	1,090,165	1,090,165	-	1,012,532	1,012,532
Net income/(expenditure) for the year/ Net movement in funds		420	(2,675)	(2,255)	-	8,260	8,260
Fund balances at 1 April 2022		9,940	7,581	17,521	9,940	(679)	9,261
Fund balances at 31 March 2023		10,360	4,906	15,266	9,940	7,581	17,521

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

EAST BELFAST SURE START

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	10	14,864		9,801	
Cash at bank and in hand		43,664		45,425	
		<u>58,528</u>		<u>55,226</u>	
Creditors: amounts falling due within one year	11	<u>(43,262)</u>		<u>(37,705)</u>	
Net current assets			15,266		17,521
Income funds					
Restricted funds			4,906		7,581
Unrestricted funds			10,360		9,940
			<u>15,266</u>		<u>17,521</u>

The financial statements were approved by the Trustees on 20 September 2023


E Westerhuis
Trustee


B McCormick
Trustee

Company registration number NI040618

EAST BELFAST SURE START

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	14		(1,761)		6,873
Net cash used in investing activities			-		-
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(1,761)		6,873
Cash and cash equivalents at beginning of year			45,425		38,552
Cash and cash equivalents at end of year			<u>43,664</u>		<u>45,425</u>

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

East Belfast Sure Start is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 55 Templemore Avenue, Belfast, Co. Antrim, BT5 4FP.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants receivable income, where related to performance and specific deliverables, is accounted for as the Charity earns the right to consideration by its performance. Where income is received in advance of performance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, the income is accrued.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Property improvements	10% straight line
Fixtures and fittings	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Total
	2023 £	2022 £
Donations and gifts	420	-

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	2023	2022
	£	£
DOE SPPG	1,046,840	1,007,182
East Side Partnership	1,459	1,664
East Belfast Community Dev Agency	9,560	4,346
Connswater Homes Grant	-	500
Belfast City Council	1,997	2,500
Solas DOE Funding	18,618	-
Other income	9,016	4,600
	<u>1,087,490</u>	<u>1,020,792</u>

5 Charitable activities

	2023	2022
	£	£
Staff costs	743,764	708,238
Rent and rates	69,696	63,531
Insurance	6,303	3,412
Heat and light	13,734	7,396
Templemore Service Charge	20,480	20,480
Telephone and internet	6,101	4,786
Postage and stationery	11,802	6,889
Repairs and maintenance	18,044	25,980
Computer running costs	2,632	4,291
Travel expenses	2,428	2,238
Health and safety	2,000	1,855
Subscriptions	5,080	3,142
Training	8,161	9,087
Bank charges	819	713
General expenses	1,351	1,686
Other charitable expenditure	174,170	144,608
	<u>1,086,565</u>	<u>1,008,332</u>
Share of governance costs (see note 6)	3,600	4,200
	<u>1,090,165</u>	<u>1,012,532</u>

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Support costs

	Support costs £	Governance costs £	2023 £	2022 £
Audit fees	-	3,600	3,600	4,200
	-	3,600	3,600	4,200
Analysed between Charitable activities	-	3,600	3,600	4,200

Governance costs includes payments to the auditors of £3,600 (2022- £4,200) for audit fees.

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	41	42

Employment costs	2023 £	2022 £
Wages and salaries	666,356	643,391
Social security costs	22,829	18,744
Other pension costs	54,579	46,103
	743,764	708,238

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

10 Debtors							
						2023	2022
						£	£
Amounts falling due within one year:							
Other debtors						14,864	9,801
						<u>14,864</u>	<u>9,801</u>
11 Creditors: amounts falling due within one year						2023	2022
						£	£
Accruals and deferred income						43,262	37,705
						<u>43,262</u>	<u>37,705</u>
12 Analysis of net assets between funds							
	Unrestricted funds	Restricted funds	Total Unrestricted funds	Restricted funds	Total		
	2023	2023	2023	2022	2022		
	£	£	£	£	£		£
Fund balances at 31 March 2023 are represented by:							
Current assets/(liabilities)	10,360	4,906	15,266	9,940	7,581		17,521
	<u>10,360</u>	<u>4,906</u>	<u>15,266</u>	<u>9,940</u>	<u>7,581</u>		<u>17,521</u>
	<u>10,360</u>	<u>4,906</u>	<u>15,266</u>	<u>9,940</u>	<u>7,581</u>		<u>17,521</u>
13 Related party transactions							
There were no disclosable related party transactions during the year (2022 - none).							
14 Cash generated from operations						2023	2022
						£	£
(Deficit)/surplus for the year						(2,255)	8,260
Movements in working capital:							
(Increase) in debtors						(5,063)	(9,448)
Increase in creditors						5,557	8,061
Cash (absorbed by)/generated from operations						<u>(1,761)</u>	<u>6,873</u>
15 Analysis of changes in net funds							
The charity had no debt during the year.							
16 Share capital							
The Company is limited by guarantee and has no share capital.							

East Belfast Sure Start

Northern Ireland - Charity number 102304

Annual report



East Belfast
SureStart

Annual Report

2022 - 2023

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Chairperson Report

I am pleased to report that East Belfast Sure Start, has had another successful year, continuing to deliver quality and timely interventions for families in East Belfast. This report demonstrates how we continue to deliver Sure Start policy outcomes of improving language skills, early identification of developmental delay, improved access to services and enhanced parenting skills. This work can not be done in isolation, requiring a holistic approach. On behalf of the Board, I would like to take the opportunity to express my sincere appreciation and thanks to all the external agencies and stakeholders that continue to work in collaboration with our staff team to ensure we can deliver as full a service as possible.

Whilst we have delivered many positive outcomes, there have been challenging moments for the organisation. We have had to navigate around the uncertainty of budget and allocation of funding. Although this has been very challenging for staff and stakeholders, it was particularly pleasing to see the voice of service users come to the forefront of this. Passionately telling their stories and importance of the Sure Start services #surestartworks.

At a recent parental survey of all Sure Starts, feedback was very positive regarding the impact of Sure Start with 89% of parents rating Sure Start as excellent, and as having had a positive impact on them and their family. These comments wouldn't be possible without the dedication of staff in the delivery of services. I am proud of everything that the team achieves, and we continue to get positive feedback from our inspecting bodies on the quality of our premises and our staff.

I am delighted with what we have achieved this year, and I would like to thank fellow board members for their commitment to Sure Start. We have 'full' meetings, with contributions offered on all agenda items. This level of interest is central to our success as a board. I would also like to take this opportunity to thank the Department of Education and SPPG for their ongoing and continued support of this vital programme.

I wish to finish by relaying the well-known African proverb – "It takes a village to raise a child", we very much look forward to collaborative community working, to make this a reality and to continue with this necessary service that has such a positive impact on so many families.

We hope you enjoy the content of the report and are encouraged by it.

Bridgeen McCormick

Chairperson

Project Co-Ordinator Report

The statistics and the narrative that fill the pages of this report clearly evidence that early intervention in children's lives produce outcomes. This is only achieved with the dedication and professionalism of the staff that work within East Belfast Sure Start. Each year when I gather the reports together I never cease to be amazed by how much a difference they are making here in our community.

The Covid epidemic continues to leave its mark on our service delivery. Recruitment particularly continues to be a challenge with low numbers of applicants to fill posts particularly Early Years Practitioner. We have also at times experience high levels of sickness as a result of low immunity amongst children and staff. As a service we continue to see a growing number of children with challenges especially in relations to their speech and communication and sensory issues. Whilst the early identification is at the heart of what we do in Sure Start and something that we do extremely well it is at times difficult to place children in settings which are suitable to their needs and the higher their needs the higher the ratios of staff are needed to ensure that the children get good outcomes from attending our Developmental Programme for 2 Year Olds and Child Development Sessions.

Our Little Learners Programme, our programme for children aged 2-3 with additional needs entered a pilot with Solas, Kids Together and Glenbrook Sure Start to evaluate the outcomes for the children working in partnership with the child development clinic, SLC's and OT's. This has proved a very productive pilot and it has been helpful to grow and learn alongside other professionals trying to achieve the very best outcomes for children with a wide range of needs.

Our Service Level agreement with Bloomfield Association entered its 2nd year of delivery through the funding of an expansion area of Bloomfield SOA 3. This has alongside our other community partners like Short Strand Community Forum and Ballybeen's Women's Centre and Tullycarnet Family Services embedded our service within communities providing families with a transition of connection once they leave Sure Start to go to Nursery School.

We continue to have very strong partnerships and networks in our area particularly in the Early Years Network which allows us to have mutually supportive relationships with Nursery Schools that our children progress to ensuring smooth transitions and services that value the needs of the children.

We have been delighted to have been fully involved in the formation of an Early Learning Community in East Belfast. This has allowed a process of early years practitioners and commissioners being involved in a process of identifying the change we want to see for our children in East Belfast and making plans to ensure that outcomes are met. Sure Start are central to the delivery of these plans in our geographical area and are particular pleased to be leading on the 'Attuned and Attentive relationship' action plan. We are delighted that the Wonder Words piece of work has been so strongly embedded in this community work and that we have been able with the support of Belfast Trust SLC Sure Start Lead been able to share the Chat with Me resources with our partners ensuring that the universal aspect of Sure Start remains strong.

We have a good following on social media, our face book page has over 2000 followers and we use this and Instagram to promote our message of the month alongside being able to model the behaviours that favour connection between a parent and a child.

The organisation went through a period of restructure in the organisation from February 2023 to October 2023. The aim of this was to align our early year services with our family support services. We began to see the benefits of this in the remaining part of 2022/23. The board took the bold decision to increase staff's wages with no increase in funding by not replacing three empty posts. This has boosted staff's motivation and allowed them to feel more valued for the work that they do.

I have always had the most supportive board and I continue to enjoy working alongside them to see our SureStart thrive.

With thanks

Tracey Ripley McElvogue

East Belfast Sure Start Board of Directors

Management Committee Members/role	Agency/Representative
Bernie McConnell	Short Strand Community Forum Community
Eithne Daly	Independent (retired Nursery School Principal)
Claire Humphrey	Barnardo's Voluntary
Eelco Westerhuis Treasurer	Home Start Voluntary
Bridgeen McCormick Chairperson	Connswater Housing Association Private Sector
Hilary McEvoy Vice Chairperson	Independent (retired from Education Authority)
Ann Martin	Tullycarnet Community Support Services Community
Tanya Hughes	Ballybeen Women's centre Community
Maire Hendron	Independent – Resigned Sept 22 (retired Nursery School Teacher)
Louise McCullough	Independent Parents Representative
Barbara Wallace	Eastside Learning, Eastside Partnership Community

Three Consultant Observers advise and support the board from Belfast Health and Social Care Trust and Belfast City Council.

Staff Team

In April 22 the staff team consisted of 43 staff. During the year the board made the decision to undertake a restructuring exercise leading to the appointment of a Deputy Project Manager alongside other posts. Towards the end of the year Feb 23, in the middle of a recruitment crisis nationally, the board took the decision to increase salaries which meant not replacing 3 empty staff posts. By March 23 the staff team consisted of 37 staff with some staff taking on extra hours.

East Belfast Population Statistics

We operate in nine local areas determined by being in the top 25% areas of deprivation.

Ballymacarrett Ward

Woodstock Ward

Island Ward

The Mount Ward

Bloomfield Ward SOA 1 and SOA 3

Tullycarnet Ward

Cregagh Ward

Ballybeen Estate

Registration 2022-2023	Cumulative Total	Percentage Uptake	Cumulative Percentage
Number of <u>Children</u> registered	1330	% uptake of Children (NI Average 51%)	61%
Number of <u>Mothers</u> registered	1423	% uptake of Mothers (NI Average 53%)	59%
Number of <u>Fathers</u> registered	402	% uptake of Fathers (NI Average 26%)	25%
Number of <u>Families</u> registered	1448	% uptake of Families (NI Average 63%)	62%
Antenatal	137	% uptake of Antenatal	82%

	2022	2023	NI Average
Children	57%	61%	56%
Mothers	62%	59%	59%
Fathers	25%	25%	37%
Families	66%	62%	62%
Antenatal	94%	82%	85%

676 Referrals of which **268** Antenatal

87% Referrals transferred to Registrations

Registrations 2022/23

New Children	510
New Mothers	374
New Dads	144
Pregnant Mums	80

Home Visits

One To One Type	With Access
Home Visits to support Additional Needs Groups	92
Bloomfield SOA 3 Antenatal Support Home Visit.	2
Antenatal Home Visit	53
Breastfeeding Support Home Visit	3
Home visit- Templemore 1	45
Home visit- Templemore 2	36
Home visit- Ballyoran	54
Home visit- Nettlefield	50
Home Visit - Carew	12
Home visits for ethnic minority parents from Bloomfield SOA 3	0
Home Visits delivered to Ethnic Minority Families	71
Ballybean Outreach - Home Visits	91
Home Visits for Bloomfield SOA 3 families	49
Home Visits by Family Support Team	752
Home Visits by Home Start Volunteer	157
Home Visits by Home Start Coordinator	71
Bloomfield SOA 3 Initial Visit for families.	19
Initial Home Visits by Family Support Team	116
Butterflies Home Visits for Child Development Programmes.	46

Short Strand Home Visits for Child Development Programme.	28
First Steps - Home Visits for Child Development Programmes.	29
Postnatal Home visit	56
Bloomfield SOA 3 Postnatal Support Home Visit.	1
Bloomfield SOA 3 Home visits to promote SLC.	1
Home Visits to support Speech and Language Development	81

Signposting

Sign Posting Type	Total Offered
Benefits Advice	32
Breastfeeding Support	1056
Charitable Aid	56
Citizens Advice Bureau	18
Community Services	143
Education Services	32
Financial Advice	5
Health Visitor	2
Mental Health (Parent / Child)	4
Midwife/Antenatal (HSCT)	140
Speech & Language (HSCT)	59

Resources Given

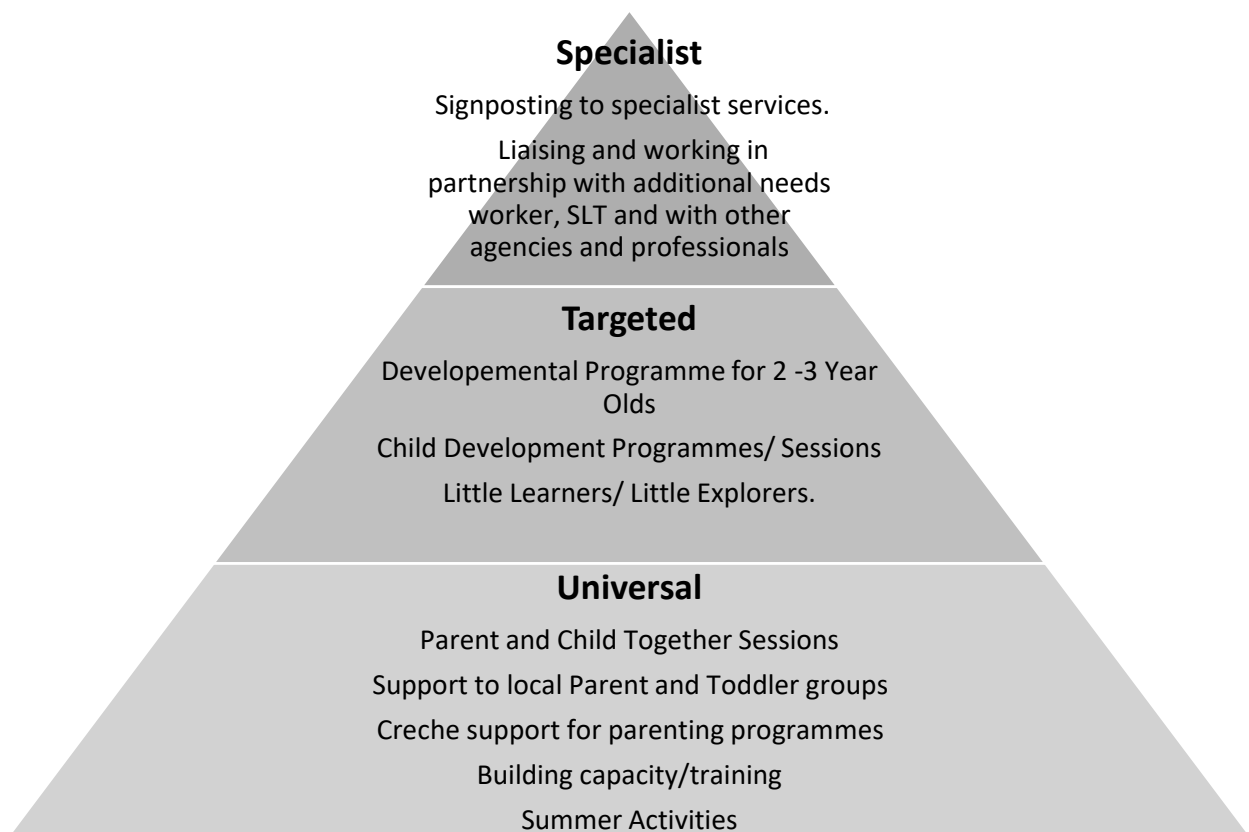
Resource Type	Total Offered
2 Year Old Programme	81
Antenatal	2110
Baby	136
Books	102
Book Start	84
Breastfeeding	1352
Dental	8
Family Support	61
Health Promotion	2269
Home Safety	2
Information	2330
New Registration	123
Parenting	821
Play	389
Postnatal	1472
Smoking	103
Speech and Language	1481
Transition	123

Early Learning Report

East Belfast Sure Start Early Years Teams

- 1 x Early Years Lead
- 1 x Early Years Centre Supervisor
- 4 x Developmental Programme for 2-3 Year Old Supervisors
- 8 x Developmental Programme for 2 Year Olds Assistants
- 1 x Little Learners Supervisor
- 2 x Little Learners Assistants
- 1 x Programme for 2 – Little Explorers Supervisor
- 1 x Programme for 2 – Little Explorers Assistant
- 4 x Early Years Workers

Key Areas of Focus for Early Learning Team





Location	Services
Ballyoran (Ballybeen Housing Estate)	<ul style="list-style-type: none"> • Developmental Programme for 2 Year Olds (a.m.) • Child Development session (Wednesday and Thursday p.m.)
East Belfast Network Centre- Room 1	<ul style="list-style-type: none"> • Developmental Programme for 2 Year Olds (a.m.)
East Belfast Network Centre – Room 2	<ul style="list-style-type: none"> • Developmental Programme for 2 Year Olds (a.m.) • Child development session (Mon/ Tuesday p.m. and Wednesday/ Thursday p.m.)
Early Years Centre – Play Away	<ul style="list-style-type: none"> • Child Development Sessions • Parent and Child Together • Crèche for parenting programmes.
Early Years Centre – Crawl 2 Play	<ul style="list-style-type: none"> • Bumps to Babies Café x 2 • Child Development Sessions • Crèche for parenting programmes
Carew Centre Room 1	<ul style="list-style-type: none"> • Programme for 2 year olds (a.m.) • Parent and Toddler Group
Carew Centre Room 2	<ul style="list-style-type: none"> • Little Explorers programme • Child Development Sessions (Monday / Tuesday p.m.)
126 Albertbridge Road	<ul style="list-style-type: none"> • Little Learners am/ p.m. • Play and Discover sessions

Early Years Outcomes

How Much Did We Do?	How Well Did We Do It?
<p>Developmental Programme for 2-3 Year Olds:</p> <p>Ballyoran Programme x 135 sessions x 12 children</p> <p>Nettlefield Programme x 128 sessions x 12 children</p> <p>Templemore 1 Programme x 122 sessions x 12 children</p> <p>Templemore 2 Programme x 109 sessions x 12 children</p> <p>Home Visits Programme for 2 Year Old 192 Home Visits carried out by Programme Staff</p> <p>Transition Reports x 48</p> <p>Stay and Plays x 40</p> <p>Induction workshop x 4</p> <p>Carew Child Development Programme 128 sessions x 12 children</p> <p>Stay and Play x 10 delivered</p> <p>48 x Home Visits</p> <p>Transition Reports x 12</p> <p>Induction Workshop x 1</p>	<ul style="list-style-type: none"> • 90% sessions delivered (closures due to staff shortage) • 48 children registered – 100% target • 100% target achieved. Key workers of each child carried out four home visits per year to provide home/ setting continuity. • 48 transitions sent – 100% target achieved. These provide the children with a seamless transition between sure start and their pre-school nursery place. These high quality transitions recognise the importance of feeling “known”. Key to a high-quality experience for all children in the early years is ensuring continuity between home, key people and all the settings that make up children’s individual learning journeys. • 100% target achieved • 100% target achieved • 92% sessions achieved x 12 children • 100% Target achieved • 100% Target achieved • 100% Target achieved

Child Development Sessions (CDS)	
<p>Ballyoran CDS 151 sessions x 26 children</p> <p>Parent and Child Together x 8</p>	<ul style="list-style-type: none"> • 100%Target achieved
<p>Carew CDS 146 sessions x 24 children</p>	<ul style="list-style-type: none"> • 100% of children achieved 92% sessions achieved
<p>Away 2 Play Templemore CDS 138 sessions x 34 children</p>	<ul style="list-style-type: none"> • 100% Target achieved
<p>Play Away CDS 337 sessions delivered x 61 children.</p>	<ul style="list-style-type: none"> • 100% Target achieved
<p>Parent and Child Together 10 x 28 children.</p>	<ul style="list-style-type: none"> • 100% Target achieved
<p>Crèches for Parenting Courses/Programmes 38 sessions x 22 children</p>	<ul style="list-style-type: none"> • Crèches provided for two in house parenting groups. • 50% target achieved
<p>Summer Transition Programmes 35 sessions x 36 children</p>	<ul style="list-style-type: none"> • Due to staffing issues the summer transition programmes were cut to 2 per week per programme. These sessions keep the Programme for 2 Years Old children in sessions throughout the summer to improve transitions to Nursery settings

How Well Did We Do?

External Evaluation

Developmental Programme for 2-3 Year Old Specialist Visits.

The Programme for 2-3 Year-old Specialist has invited several of the other sure start projects to visit our settings and observe both the environments and the good practice of the early year's practitioners. Termly reports for each settings have all been very positive regarding the practice and experience provided for the children and their families.

Practitioners are sitting on the ground or in chairs so that they are in easy eye contact of the children playing and exploring. They join in and play with the children, many children are at communicator, first word user level and so the practitioners are adding key words to their play. When you chat to the team they know exactly where the children are developmentally and know what the next step in learning for them should be. The practitioners also know the challenges for the families at bringing the children to the programme and have a good relationship with them. A few of the children also have family support as an additional support.



Example of Programme for 2 Specialist Report

Staff Training

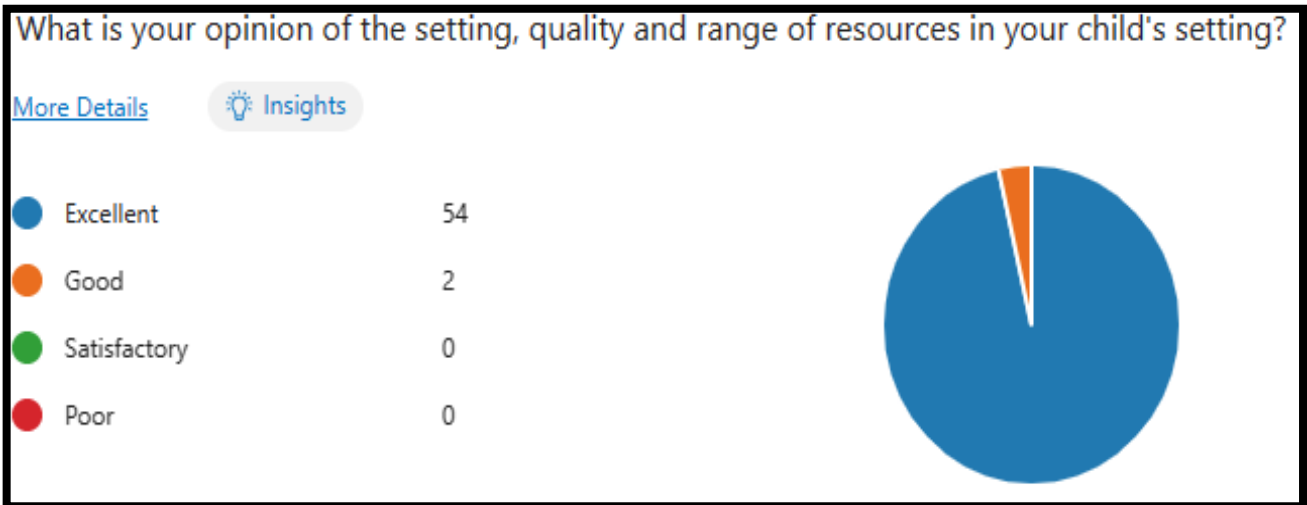
The early years team continue to be upskilled in their practise. Our dedicated staff team are always keen to learn of ways to engage and support the children in their care.

The Training Included:

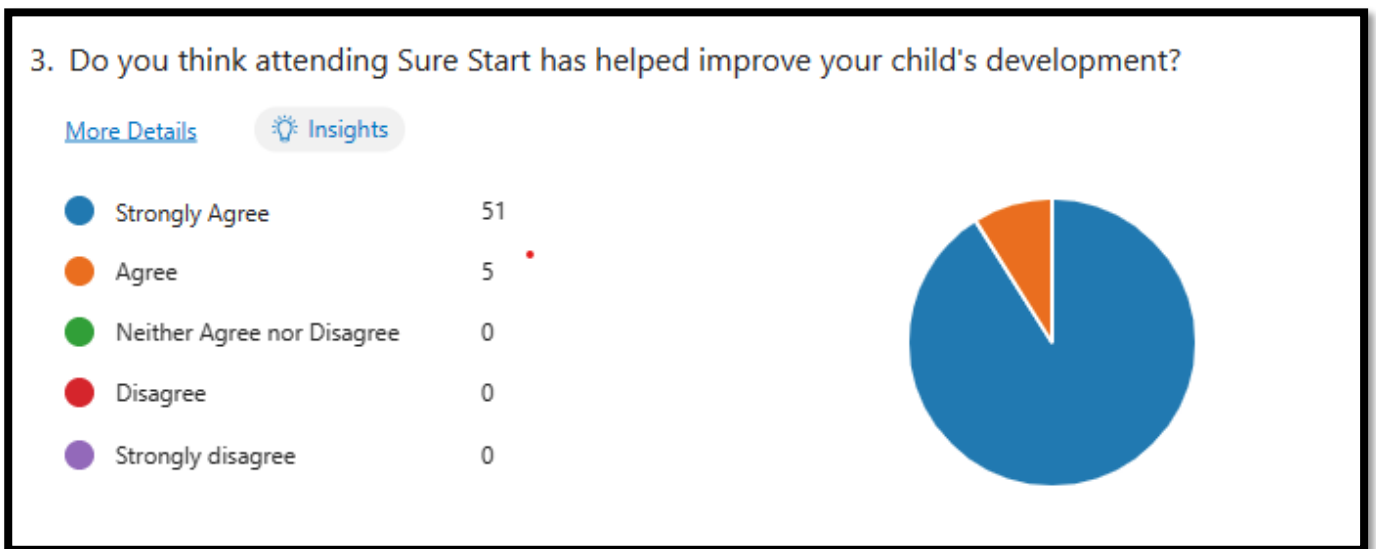
- Developmental Programme for 2-3 year old training for new assistants
- QCF Level 5 – Early Years Supervisor
- Natural Thinkers Training - A programme that supports practitioners in connecting children with nature
- Anytime is Chatting Time
- Breastfeeding/ Responsive Feeding Refresher
- Connecting through Song
- Health and Safety/ Fire Safety
- Solihull Training
- Motivational Interviewing
- Brief but Vivid
- Intensive Interaction

- Jabadao – 4 core body senses

Quality of Environment



Is Anyone Better Off?



What areas in particular do you feel your child has made the most progress in? e.g. Speech, language and communication, social skills, emotional skills etc. or what do you see as the main benefits?



Do you think that your child is more ready to attend nursery/pre-school setting after attending our services?

[More Details](#)

[Insights](#)

Strongly Agree	40
Agree	14
Neither Agree nor Disagree	2
Disagree	0
Strongly disagree	0



How do you feel you as a parent/carer have benefitted from your child attending the programme?

It has made me understand my child needs

The programme has helped immensely for me as a parent in understanding my child's need. This programme is excellent for both parents and children.

Time around other parents and people going through similar milestones like teething etc.

Help with routine, emotional support, play and activities ideas

I feel great about the child development sessions as well as all the parental programmes and information session they have held for us it has been very useful we as a family would be lost without sure start

Gained more confidence and strategies

I feel a lot more settled knowing that my son is reaching his milestones with the help of sure start, as it was a big worry for me before

Lots of information and follow up help

In every way. Our family has benefited from the practical support from Sure Start

I have been able to help my child grow and develop with the advice from the staff and have received invaluable support.

Lana Molloy
Early Years Lead

Family Support Report

The Team

Parent and Family Lead: Lisa Flynn (In post from October 2022)

Family Support Workers:

Vicky Ferguson, Paula Montgomery, Sadie Harper, Courtney Moss and Laura Dan

Family Support Outcomes Home visiting	
<u>How much did we do?</u>	<u>How well did we do?</u>
<p>Home Visits Target - 500 visits for 120 families</p> <p>Family Support 1-1 – significant conversations Target - 500 for 80 adults</p> <p>Ethnic Minority home visits Target 80 families</p> <p>Ethnic minority family needing interpreting service. Target 6</p> <p>Initial Visits Target 130 visits</p> <p>Our team of Family Support have healthy and strong working relationships with local health visitors to ensure maximum support for their families.</p> <p>The team link in constantly with the community around them including professionals to enable resources to be given and signposting to happen.</p> <p>All of our staff team are trained in child protection and pediatric first aid. All of our family support team are trained in Unicef BFI to understand the importance of responsive feeding.</p>	<ul style="list-style-type: none"> • 761 completed for 158 families. • Target overachieved • 86% target achieved. • 89% achieved. <p>7 families received interpreter services for their home visits</p> <ul style="list-style-type: none"> • 89% achieved. <p>This year the team have undergone training such as...</p> <p>Motivational Interviewing Solihull Approach Training Food Hygiene and Fire Safety Equality, Diversity and Inclusion Training Connecting Through Song BFI Refreshers</p>

Is Anyone Better Off?

The Voice of Parents

- *Thank you so much for listening, I feel so much more positive when I talk things through with you. This benefits my child so much that I have been able to have this time talking to you. I feel better for the week.*
- *Because you made me get off my butt and go for a walk that day, have continued to walk and now attending the gym. I honestly would still be sitting in the house in the depths of my mental health. You made me see what I could do to get my mind motivated by simply getting out in the fresh air. Thanks Paula!*
- *Sadie help me so much. She help me from bad husband. She help me with food, she help me with visa, she help me with children, she help me with home, she help me with fire and boiler, she help me when sick, she help me all time. She help me when services from social do not. I am Sadie in my heart.*

How often did you/do you receive a home visit from Sure Start?

[More Details](#)

Weekly	5
Fortnightly	4
Monthly	0
As Needed	4
Other	1



In what way do the Sure Start home visits benefit you? (you can tick more than one option)

[More Details](#)

Emotionally/Listening/Mental H...	13
Advice/Information on Child De...	14
Signposting: Advice on Financial...	6
Other	0



In what way do the Sure Start home visits benefit your child/children? (you can tick more than one option)

[More Details](#)

Speech and Language/Commun...	14
Routines: Sleeping/Feeding/Beh...	7
Play and development	12
Emotionally - Confidence/ self e...	13
Other	0



Family Support Outcomes

Peer Support/Young mums
Paula Montgomery

How much did we do?	How well did we do it?
Peer Support – One session per week for 10 mums	100% delivered.
Young Mums	Due to low attendance at both Peer Support the decision was taken to merge this with the Peer Support and use the other session for further training for Mums. We facilitated the health visiting team to deliver the Henry Programme, a health programme tackling nutrition and healthy lifestyle for families for 8 weeks.

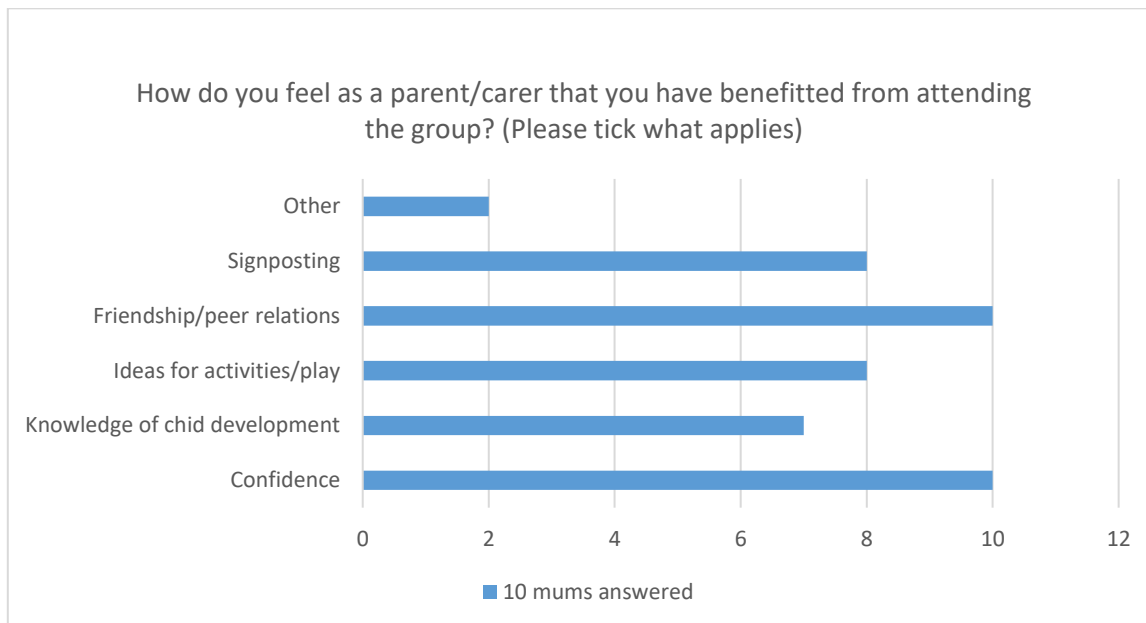
Mothers or female carers of a child meet, discuss issues of common interest, information on child development, health, and education. A range of training courses and personal development opportunities are arranged, and the children are with the Early Years Team in crèche. These courses cover topics identified by the parents themselves. Some fun activities, coffee and chat are also part of the service.

Peer Support Monthly Activities

April 22	Princes Trust
May 22	Managing Stress
June 22	Benefits advice & Sensory Play
Sept 22	Take 5
Oct 22	Coffee and Chat & some Arty Crafts.
Nov 22	Cooking Programme
Dec 22	Christmas Crafting and Visit to Christmas Market
Jan 23	Action Mental health
Feb 23	Mindfulness Awareness
March 23	Games, Card-Making, Coffee & Chat.

Is Anyone Better Off?

What Did the Parents Say?



Family Support Outcomes

Mums & Toddlers & BT3 group

Courtney, Lisa, Sadie, Paula

How Much Did We Do?

Carew P&T target - 25 families

Short Strand target – 16 families

Lagan Village target – 16 families

BT3 Group target – 15 families

Cregagh target – 6 families

How Well Did We Do It?

36 families participated.

29 families participated.

22 families participated.

24 families participated.

9 families participated.

Mums and Tots provide a warm and welcoming space for parents to meet each other and for their children to socialize with other children. Our well trained staff provide curious and welcoming play spaces and provide times where they can model what play looks like.

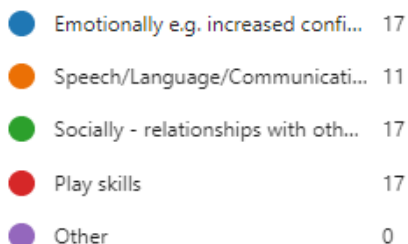
Mums and Tots provide great transitions for our parents who have been with us from Baby Club and Baby Café or are new to Sure Start. It gives us a great way of getting to know them and being able to spot any areas where specialist support may be needed.

Is Anyone Better Off?

What did Mums say?

How do you feel your child has benefitted from attending the group?

[More Details](#)



Family Support Outcomes Baby Café Vicky Ferguson	
How much did we do? Target – to deliver to 12 Mums	How well did we do it? 35 Mums attended throughout the year This group transitions the parents and babies who have attended our Baby Club for 0-6 months.

The Baby Café invites parents with babies aged 6-12 months to enjoy play in a safe, appropriate environment with:

- Support from other mums/parents
- Rhythm & Rhyme
- Age-appropriate toys
- Health Promotion, benefits advice, weaning information.
- Speech & language, child development, additional needs information, sensory room/play sessions
- Visits from pharmacy, dietician and benefits advice

We started a 2nd baby café on Tuesdays due to demand in February 2023

Weaning Programme (supported by the Larder Food Bank)

12 Participants over 5 weeks. We arranged for the dietician to come along to chat to the parents about weaning and to give the relevant educational information. The larder produced the ingredients and Vicky delivered them to the parents along with a blender, bowls, and spoons.

Vicky then uploaded a recipe and video each week on a WhatsApp group and was available to answer any queries.

- Week 1 – Blueberry & banana porridge
- Week 2 – Avocado dessert
- Week 3 – Cheesy pea pasta
- Week 4 – Eggs and mushrooms cups and toasted fingers.

Is Anyone Better Off?

I have been scared to try solids etc, but this gave me the confidence to start.

Thanks for the equipment, I honestly wouldn't have afforded the blender and I will use it so much.

I have learned so much from this and will continue to try other foods.

Thank you Sure Start. Not only for the food, equipment, and recipes, but for the contact with others. Sometimes when it's just you and the baby you miss adult conversations!

Cooking Around the World (supported by Belfast City Council)



Cooking around the world was designed by Tracey & Lisa in 2021 during COVID times, to get more families to converse with others online in a closed Facebook page. Belfast City Council were impressed by the first year and offered support to deliver it to EBSS families. 17 Participants took part over 4 weeks. The families watched a video on a closed Facebook page each Thursday. The ingredients and a piece of equipment were delivered each week prior to the video. There was a final event in week 5 where everyone came together for breakfast and to design a recipe book. Attendance: 15 of the 17 came along.

Four weeks of recipes from around the world given by the participants.

- Week 1 - Starter from China – Chicken noodle soup, or Chinese noodle soup for veggie/vegan.
- Week 2 - Mains from Morocco – Moroccan sausage stew, meat or vegan sausages.
- Week - 3 Dessert from Philippines – Buttery coconut bars – veggie/vegan coconut macaroons.
- Week 4 – Try something different from India – Paneer Korma Curry

Is Anyone Better Off?

What Did Parents Say?

Such a benefit for my family, loved all the different food that we have not used before, I got lots of info on Indian food from a few of the mums, tried dates and paneer for the first time.

Very good programme, learning to cook food from other cultures, thank you for letting me take part in the programme in Sure Start.

Since birthing my son, I have not made very much from scratch cooking. I have really enjoyed this, and it's given me the incentive to continue.

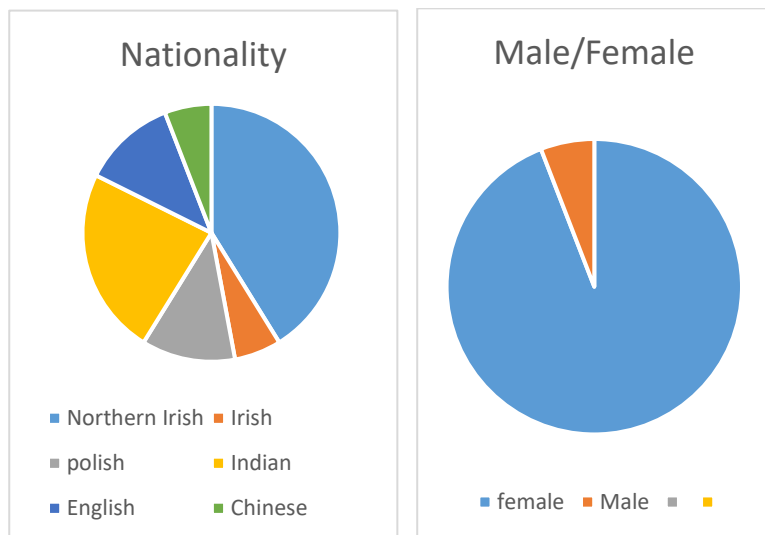
I might know some other cultures and their food but never had the opportunity to cook like this.

Due to home circumstances, I had not been able to cook for a while. This project came at the right time as I just moved into a long-awaited home. We had fun cooking as a family and I also got to meet lovely people. Also, the food was a meal we didn't have to pay for.

The food and the equipment came at such a good time as everyone is struggling at the moment. Lisa was great answering questions and being there if we needed her.

Fresh food was amazing!

It reminded me to let children help and we are making more food as a family. Even the husband is joining in.



Family Support Outcomes
 Play & Discover Mums and Tots
 Courtney

How much did we do?	How well did we do it?
<p>Courtney facilitated a follow-on programme for Play and Discover, a programme to support their children's speech and language. Parents were able to put into practice what they learnt, with Courtney's guidance.</p>	<p>12 sessions with 4 children</p> <p>This is another transition programme, which supports parents moving from one service into another service</p>

Is Anyone Better Off?

What did Parents Say?

You
 Hi everyone,
 Thanks so much for a great year at parents and tots. It was so lovely getting to know you all....

Hi Courtney I will be leaving now [redacted] has a we place in templemore. Can't thank u enough for everything we loved coming 2 ur we group on a Thur we [redacted] loved it and has came on so well because of it we will miss u! ❤️ xx 10:04

[redacted] will be leaving aswell as she got a wee space in Carew, thank you for your sessions they were great she always had a ball it was lovely to meet yous x 10:05

Thank you so much Courtney for everything! [redacted] had an absolute ball with you and met some lovely wee friends 😊 hopefully see you around sometime 🤍 x 10:06

Thank you Courtney for all your help and encouragement with [redacted] at his time in sure start. We both really enjoyed attending the class on a Thursday morning. [redacted] is off to mencap in September. We will miss you and all his little friends ❤️🧡💚💙 10:18

Parent and Child Together Workshops 0-1 & 1-2 (Message of the Month)

Month	Description	0-1 yrs children attending	1-2 yrs children attending
April	Movement is good for my body and my brain	0	7
May	I'm a happy baby when you...	5	8
June	Your love and patience make change easier for me	0	8
September	Sharing Books helps my brain to grow	13	3
October	My brain needs different sorts of play to help it grow	16	5
November	Screen Time – Use it Wisely	8	17
December	My smile is special, let's keep it that way	10	7
January	Healthy foods build a healthy brain	7	10
February	Words build my brain	7	12
March	Encouraging positive behaviour	13	8

These programmes were designed to share the Message of the Month each month. Messages which promote play, emotional regulation and speech and language.

Is Anyone Better Off?

What Did the Parents Say?

How do you feel as a parent/carer that you have benefitted from attending the rolling programmes? (More than one option can be selected)

[More Details](#)

● Confidence	9
● Knowledge on Child Developme...	8
● Ideas for activities/ play	10
● Friendship/ peer relationships	7
● Signposting for support/ advice	4



How do you feel your child has benefitted from attending the programmes? (more than one option can be selected)

[More Details](#)

● Emotionally e.g. increased confi...	6
● Speech, Language and Commu...	9
● Socially - relationships with oth...	10
● Play skills	9



Summer Programmes

Four Wednesdays in Carew Family Centre.

- Baby Day ran by antenatal team.
- Toddler Day
- Family day
- Family day

Trip to the Sea-park x 5 families – Family support BT3 Group

Trip to Castle Espie – Baby Café x 12 adults, 12 children.

Walks and play in the park, walks around titanic, garden days and more with family support workers.



Is Anyone Better Off?

Summer Programme Feedback

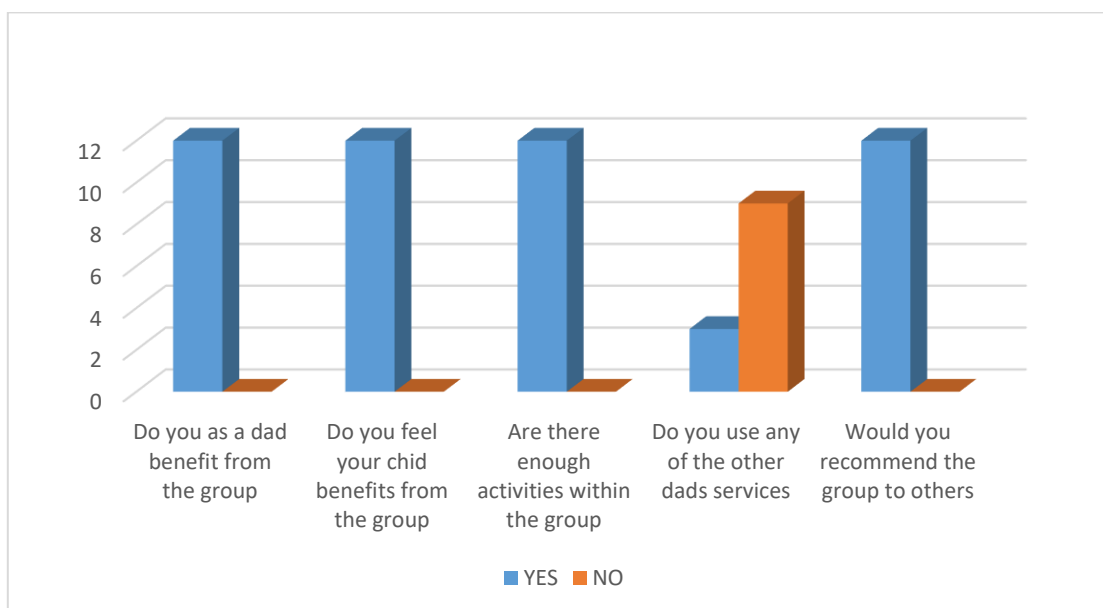
I have always felt guilty that my children's friends tell them stories where they have been in the summer. Because Sure Start had some family trips and days which included older children, my children this year have stories too!

My children were having fun and I had time with other adults.

Having some fun activities really take the pressure off, both money and thinking what to do that will be fun.



Family Support Outcomes Dads Work	
How Much Did We Do?	How Well Did We Do It?
Target – 10 sessions to 8 families	15 sessions to 19 families
1:1 work with dads 12 sessions to 3 families	16 sessions to 4 families



How Do you Benefit?

It's time I have with my child as I work all week, long hours.

No one is looking over me, sometimes I feel like I'm being watched and not doing things properly. It's me time with my child.

I have learnt that my child is learning not just playing. In my culture it looks like the children are just playing, but I now know what the play means.

To be honest it saves me a little money as I see my child on Saturdays, and I don't have to pay money out for so much fun.

How Does your Child Benefit?

Not so clingy with mum, enjoys time with me.

Lovely environment, to play in for all weathers. More choice of toys, lovely garden.

We learn together English and culture.

Knowing my child knows I was with them, and we did fun stuff together.



What Our Parents Think About the Work Our Family Support Team Does

Thank you for all the support from Vicky. All our time in group you have been there for us. You've been so helpful to me; this service is so vital.

East Belfast Sure Start have helped me so much. I was an addict, living on the streets in my past and had my children adopted. I made changes in my life and found a new partner. When my son was born social services were heavily involved. Now just under 2 years later with the support of

sure start I have no SS involvement and I go to as much as possible within Sure Start. It is my lifeline.

You have been a god send, everything you have done for us was precious. Thank you so much for always making us feel welcome. We will miss our Fridays.

Lisa Flynn – Family Support Lead

Additional Needs Support Report

How Much Did We Do?	How Well Did We Do It?
<p>Little Learners</p> <p>April 2022-August 2022</p> <ul style="list-style-type: none"> • 2 Groups - Monday and Tuesday afternoon (6 children) and Wednesday and Thursday afternoon (6 children) <p>September 2022-March 2023</p> <ul style="list-style-type: none"> • 2 Groups Monday/Tuesday/Wednesday morning – 6 children Monday/Tuesday/Wednesday afternoon – 6 children <p>Parent And Child Together Sessions Aug 2022 – 2023 Graduations From September 2022 - Monthly Stay and Play sessions, Graduation in June and 2 Stay and Play sessions over summer</p> <p>Little Explorers April 2022 - August 2022 3 sessions a week for 7 children</p> <p>Attention Builders Little Learners</p> <p>Little Explorers 11 sessions delivered April - August 2022</p> <p>Play and Discover</p> <p>Parents' Support Group Introductory workshop Make and take workshop SENAC workshop -wellbeing workshops -workshops on feeding, sleeping and toilet training facilitated by student health visitors and Contact – for families with disabled children -supporting transitions workshop</p>	<ul style="list-style-type: none"> • 194 sessions • 88% of target <ul style="list-style-type: none"> • 16 sessions • 100% target delivered <ul style="list-style-type: none"> • 41 sessions • 80% target delivered <ul style="list-style-type: none"> • 100% target delivered <p>2 programmes 5 weeks Sept and Jan</p> <ul style="list-style-type: none"> • Planned to support 10 parents, supported 24 • Delivered 22 sessions <ul style="list-style-type: none"> • 100% target achieved

<p>Home Visits</p> <p>1:1 Support Sessions with Parents</p> <p>Sensory play workshops</p> <ul style="list-style-type: none"> • Postnatal sensory play workshops for Baby Club, Breast Start group and 6-12 months group • Rolling programmes focusing on sensory play in December and March • 1 x sensory play workshop for First Steps Stay and Play • 1 x sensory play workshop for Short Strand Child Development Programme • 1 x sensory play workshop for Short Strand Parent and Toddler <p>Internal Support Visits To Children In Our Settings Target 60 visits to 30 children</p> <p>Outreach support visits to our partner settings – Ballybeen Women’s Centre, Short Strand and First Steps.</p>	<ul style="list-style-type: none"> • Planned to support 30 children and 30 adults, supported 49. • Planned 60 home visits, delivered 92 • Planned to complete 100 sessions, delivered 120 • Planned to support 45 adults, supported 52 • 13 sessions delivered • 70 children and adults supported • Delivered 46 visits to 30 children
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How Well Did We Do It?

We work alongside professionals to provide holistic help

We work closely with professionals involved with children, including Occupational Therapists, Speech and Language Therapists, Physiotherapists, Health Visitors, Social Workers, Educational Psychologists and the Special Education Needs Early Years Inclusion Service team. The Additional Needs Support Worker also links in with Solas, Mencap and Little Learners programmes in other Sure Starts to share strategies and approaches.

Highly Trained Staff – Including Completed Courses

- Sound for Wellbeing
- Motivational Interviewing
- Solihull Approach

Supported Individual Needs

We have supported children with developmental differences, sensory differences, social and communication needs, attention differences, play skills, emotional and behavioural needs, English as an additional language and medical conditions, such as heart conditions, cerebral palsy, seizures and allergies.

The Additional Needs Support Worker has worked closely with the staff in various programmes and roles in East Belfast Sure Start, giving advice and support to ensure that we are providing the appropriate resources and implementing strategies that will support the children.

Little Explorers

Little Explorers ran until August 2022. This group supported 7 children and nurtured their social skills, play, communication and attention. It did not continue in September 2022 as we took on additional sessions for Little Learners and increased our Play and Discover sessions to support the families through Stay and Play sessions.

Little Learners

Little Learners has provided a high level of support to 12 children and their families, supporting children with developmental, communication, social, play and sensory differences.

Little Learners programmes have been part of the Belfast Wide Early Years pilot project alongside Glenbrook Sure Start, Solas and Kids Together. We have received funding from the Department for Education and had evaluation work highlighting the impact and good outcomes of the programme. We have benefited from partnership with the Child Development Speech and Language Therapy team and Occupational Therapy team. This project has helped our children to receive support for their needs and statutory assessment through the Education Authority for their special educational needs. The allied health professionals have provided regular support visits to the group, observed and assessed the children, worked with the parents and supported the staff with training and advice.

Little Learners provides a communication rich play environment with highly skilled staff. Using elements of the TEACCH approach, visual aids, physical structure and other strategies, children are encouraged in their development, communication and interaction, confidence and independence of daily routines. We work closely with the parents to ensure that they feel empowered and equipped to nurture their child's development at home.

Monthly stay and play sessions have been a really valuable way to connect with parents and provide opportunities for staff to share what they do in the sessions with the children, show them resources used and model interaction strategies.

Parent workshops have also been an integral part of the programme, giving parents information, advice and a chance to connect with each other through peer support.

The morning group benefited from music therapy sessions and the afternoon group received sound therapy sessions. Through these experiences the children have developed their attention, self-regulation and social communication skills.

The music therapist developed some lovely back and forth communication through music with some of the children. In the Sound Therapy sessions some of the children really connected with the instruments and they became quite calm and relaxed. For example, one child loved the bells and the vibration of the rain stick; whilst another the noise and movement of the giant gong.



Play and Discover

The Play and Discover programme provides 5 weekly play sessions for parents and their children where the children have significant social communication needs. The programme aims to develop parent confidence in supporting their child's communication development and to develop parent skills using adult-child interaction strategies. Each week there is a 'top tip' such as 'follow your child's lead' that is a focus point for conversations and coaching in the sessions. There are also links to pre-recorded videos sent out to parents each week before the session which link in with the

weekly 'top tip'. The programme allows for detailed and child-focused conversations with practical modelling from those running the sessions. Quite often, especially when children have more severe social communication needs the strategies which are most effective in supporting their child are those which can be difficult to convey over the phone. These sessions provide a unique environment for the children and their parents to get practical examples of how to support engagement and the strategies to use with their children.

Our Rich Learning Environments

Our additional needs room follows the Curiosity Approach, creating a low-arousal, calming and nurturing environment with natural materials, real items, loose parts, items to stimulate interest and exploration. The room layout has been carefully thought about and there is structure to create play areas to help focus and guide the children's play and attention.



Sensory play is an important element of our practice. The sensory room on Albertbridge Road has been updated and redeveloped during this period and it creates a mesmerising calming sensory experience for the children and families. The room is used by our services as well as other early years providers.



In addition, each programme has an area in the room with various resources to support the children's development and sensory needs, including bubble tubes, fibre optics, colour changing and light up toys and resources to explore.



The outdoor space on the Albertbridge Road continues to be developed and some new additions have been added over this period, including a swing, boat and various interesting plants.

The children have really benefited from the outdoor play opportunities, helping them to calm and regulate themselves, experience different sensations and textures and develop their gross motor skills and spatial awareness.



Sensory Play Workshops

The Additional Needs Support Worker has provided baby sensory play workshops for the Baby Club, Breast Start and the 6-12 months baby group. Parents have been given ideas that they can try at home to give their babies' sensory play experiences, helping support their child's brain development, senses, curiosity and strengthen the bond between parent and child.

The Additional Needs Support Worker has also facilitated sensory play rolling programmes in December and March for children under 1 years and their parents. Each week focused on a different sense and there were lots of interesting materials for the babies and parents to explore.



We Have Supported Parents

The Additional Needs Support Worker has supported families in many different ways. Examples include modelling strategies and providing activities and tools to support children's communication and areas of development and giving guidance on issues, such as behaviour, sleep, toilet training. Nurturing parents through the journey of understanding their child's additional needs and supporting them with any onward referrals to specialist services is an important aspect of the role of the Additional Needs Support Worker. Parents have been assisted with nursery application, making requests for statutory assessments for Special Educational Needs and completing forms for DLA applications. Parents have also been given support for financial needs, including support with Christmas food and toy hampers, referrals to St Vincent de Paul, support through the Scaffolding Project for help with gas and electric top-ups and applications to the Family Fund for equipment, resources and house alterations. The Additional Needs Support Worker has supported some parents with mental health and anxiety by offering emotional support, sharing self-care tips and signposting to specialist services.

Is Anyone Better Off as a Result?

Children and families have received specialist support and early intervention to help nurture children's individual needs and help children reach their potential.

This has resulted in the children across our various programmes in East Belfast Sure Start have made some lovely progress during the year.

Some Examples:

Communication - being able to request “more” by vocal sounds or gestures, using choice boards to request food or play items

Attention – being able to sit for increasing numbers of motivating objects during our Attention Builders bucket time sessions

Social skills – showing more interest in peers, initiating interactions with an adult, tolerating sitting beside peers for snack and group activities

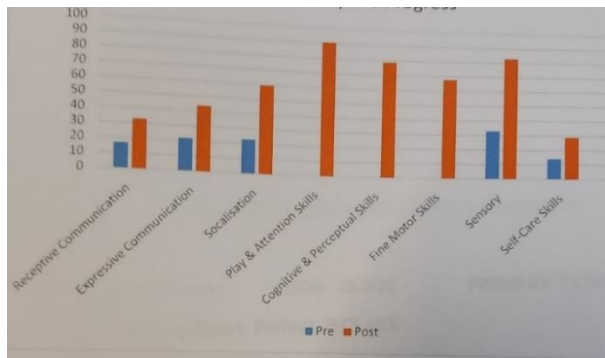
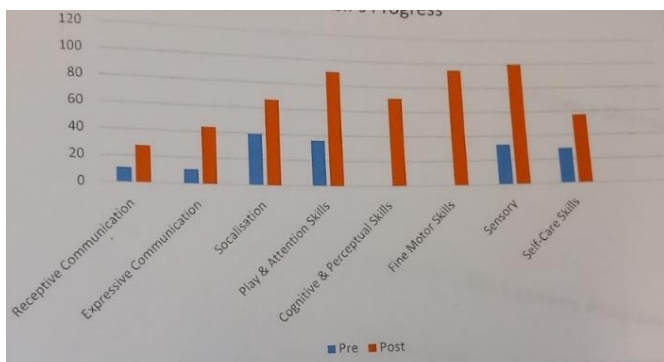
Self-care skills – learning to drink from an open cup, holding a spoon, self feeding

Completing structured tasks at the workstation - developing their cognitive, listening and concentration skills along with fine motor and hand-eye co-ordination skills

In Addition:

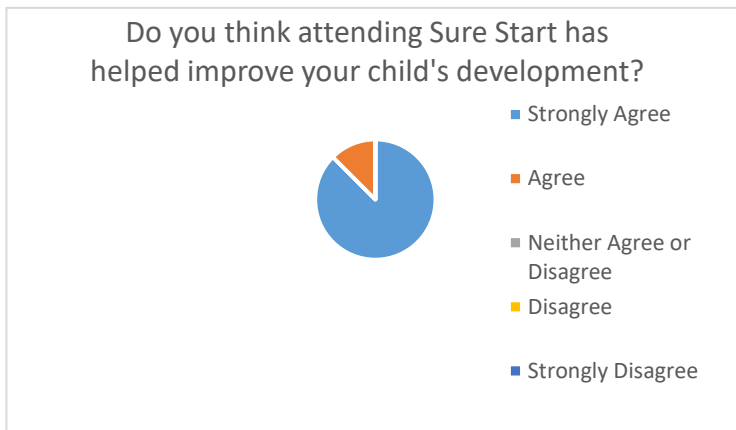
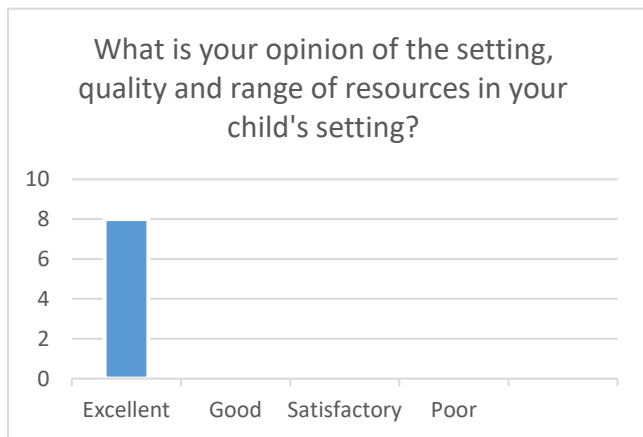
- Children have been referred to services, some have had ASD assessments and a number have had a statutory assessment of special educational needs. One child from Little Learners will be going to a special school, one child will be going to a unit within a mainstream nursery school, three will be going to mainstream and seven will be going to Solas Sunflowers bespoke specialist 3-4 year old programme.
- Some of our children in our 1-2 year old programmes will be moving on to Mencap to receive support for their additional needs.
- Staff and parents have worked in partnership. Parents have been empowered and encouraged in their parenting and how to support their children’s individual needs and development.
- The nurturing environment of Little Learners has provided an excellent foundation for the children and helped their development. The partnership with the BHSCT Child Development Speech and Language Therapy and Occupational Therapy teams has been fantastic. Here are a few graphs charting the children’s progress from October to May.

Feedback From The Little Learners Programme



The improvement in H is amazing...He hasn't had to wait for support; I believe this Programme has made such a difference for H...I've not had to see H sitting on a waiting list, making so many phone calls as it is so horrible having to sit and watch while your child struggles. The support and input from everyone on this Programme, the health professionals and the SureStart team. coming with so many different areas of expertise has been fantastic

Some responses from our East Belfast Early Years Survey 2022/23



How do you feel you as a parent/carer have benefitted from your child attending the programme?

I feel great about little learners as well as all the parental programmes and information session they have held for us it has been very useful we as a family would be lost without sure start

I've been able to help my child grow and develop with the advice from the staff and have received invaluable support

Lots of information and follow up help

It's made me understand my child needs more

What areas in particular do you feel your child has made the most progress in?



Quote From a Parent During a Phone Call to Ashlea

Thank you, you have supported me mentally when at my lowest and I wanted to cry, you were the only person I could talk to and you listened to me

Some Responses from the Play and Discover Evaluations:

Since attending the group, is there anything else that is different about the way you interact with your child?

*I talk more to my child about what they are interested in at that moment;
I join in with my child's interests*

"I give my child time to take their turn in the interaction; I join in with my child's interests; I wait and see what my child is interested in; I talk more to my child about what they are interested in at that moment

What is different about the way you are interacting with your child now?

Waiting to see if he will respond

I am more interactive with him

I let my daughter make more independent decisions during play time

What have you noticed about how your child responds when you interact in this way?

She gives me more eye contact and wants

to involve me more when she is playing

If you had to tell another parent one thing you learnt from the group, what would it be?

That if it doesn't work first time don't give up

I have learnt how to encourage my son to interact

Be patient with your child and help them find ways to communicate with you

Feedback From The Sensory Play Workshops And Programmes

Helen (not her real name) described how she loves the sensory workshops as she gets to see the kinds of things her baby enjoys and can then provide those type of play experiences at home – e.g. musical toys, shiny materials to explore, water play and crushed up cereal.

Great! Kids loved getting messy. Shaving foam was a big hit for the boys

S enjoyed the spaghetti. Very good

Brilliant. E loved it

R loved the stay and play, plenty to do

Speech, Language and Communication (SLC) Report



2022-2023

The Speech, Language and Communication model for Sure Start continues to be Universal, Targeted and Specialist intervention. The support provided to East Belfast Sure Start over this academic year is evidenced throughout this report.

The SLT post is now a job share between Rebecca Carey (x3 days) and Michelle Maguire (x2 days).

There has also been additional funding for 0.5 of a day due to project expansion which Michelle has been covering. Michelle was on maternity leave for the majority of the April 2022-23 year. We have received some support from Anne McKee (SLT lead) while Michelle was on Maternity leave but have not had a full time equivalent for most of the year.

SLC Outcomes- April 2022 – March 2023

How Much Did We Do?	How Well Did We Do It?
<p>Home Visits: 82 visits to support SLC skills in the home environment</p> <p>SLC Support in Developmental Programme for Two Year Olds (DP42YO)</p> <p>Centre-based visits providing parents with advice around child's SLC – 19 visits for 14 individual children</p> <p>Telephone based support for parents for 16 families</p>	<ul style="list-style-type: none"> • Target achieved • 95% achieved (no. of visits) • Target achieved (no. of unique families) • Target achieved

<p>x8 educational workshops: x2 SLC workshops for parents in each programme at the beginning and end of year to provide information around 'Chat with me' and 'Chat with me about preschool'</p> <p>All families received x3 Chat with me books- in September, the Christmas book and the moving to Preschool book.</p> <p>48 children supported with their transition to nursery/preschool</p> <p>All children attending the DP42YO are screened at the beginning and end of the year to help identify children who need support and measure progress. Most children are screened using the Wellcomm and children who use English as an additional language are screened using the Bilingual language profile</p> <p>SLC support in Child development sessions/Early years/community partner groups:</p> <p>63 visits to provide SLC support to staff for children attending child development programmes, including community partner groups</p> <p>33 contacts with parents to provide SLC support to parents for children attending child development programmes, including community partner groups</p> <p>100 children supported with their transition to nursery school</p> <p>X 9 Educational workshops for parents delivered in child development sessions and community partner groups with 43 parents attending</p> <p>Wellcomm screening in Butterflies group and community partners</p>	<p>Target achieved (workshops offered and delivered) 47% attendance – you would rarely expect full attendance for various reasons however this has decreased further since Covid.</p> <ul style="list-style-type: none"> • 48 families received Chat with me book series <p>SLT supported staff with transition reports and ensured children who required additional support were signposted to appropriate services in addition to the 'Chat with me about preschool' sessions for parents</p> <ul style="list-style-type: none"> • 81% children screened using the Wellcomm. Those not screened had either left the programme or EAL children and were therefore screened using the Bilingual language profile <ul style="list-style-type: none"> • Target achieved • Target achieved <p>All families received 'Chat with me about preschool' book and were offered educational workshop on this topic.</p> <ul style="list-style-type: none"> • Target achieved • 100% of children were screened in Butterflies • 1 child screened in Ballybeen • 7 children screened in Bloomfield playgroup
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<p>x1 rolling programme for 1-2 year olds</p> <p>SLC support in Antenatal/baby services:</p> <p>1 antenatal evening</p> <p>X2 rolling programmes for under 1s (song and rhyme and words build my brain)</p> <p>X10 educational workshops delivered in Baby club/café and Breast feeding support group</p> <p>SLC support in Additional needs groups: X 2 play and discover programmes delivered</p> <p>487 Collaborative conversations with parents, staff and other professionals</p> <p>Signposting:</p> <p>Referrals made by SLT 22 Speech and language referrals (22% increase) 4 Child development clinic referrals 2 Autism Assessment services 9 Occupational therapist referrals (89% increase) 16 primary care (GP/health visiting) 10 Educational Psychology referrals (900% increase)</p> <p>Some services have an open referral system therefore family support and early years staff are able to make referrals independently following advice sought from SLT. 37 additional SLT referrals made by other Surestart staff</p> <p>Staff Training: Hanen Learning Language and Loving it Intensive interaction Wellcomm Screening tool training Chatting Time training for early years practitioners Supporting Reluctant communicators Introduction to 'Chat with me about preschool'</p>	<ul style="list-style-type: none"> • 3 families attended • Targets achieved • 12 parents attended • 14 families attended • 61 families attended • 11 families attended <p>Surestart staff and parents continue to contact the SLT to discuss ideas and ask for advice regarding children's development. This happens regularly and often does not require a SLC visit where we meet the child. We also have collaborative conversations with health visitors and SLTs to discuss the child's care.</p> <p>Children are signposted to other services in a timely manner when additional support is required.</p> <p>59 children referred for SLT</p> <p>Number trained: 6 6 1 21 14 22</p>
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Is Anyone Better off as a Result

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Despite reduced SLT time during maternity leave and increased developmental needs of the children (as evidenced by the increase in signposting), families were still signposted to appropriate services. We continued to build capacity within the Surestart team to ensure families and children's SLC needs were supported, through a combination of staff training and regular liaison with staff regarding children's needs.

Some evaluations:

Staff Training:

94% said they felt confident or very confident in supporting parents to interact with their child

69% of staff reported they were supporting parents and children in a different way since attending the training

I am more confident to ask parents to notice how their children are communicating with them. I also don't feel as bad to ask a parent to wait for some time especially when turn taking and copying what their child is doing.

It reminded me also to look out for even the smallest detail especially around communication. I also copy sounds more and wait for my turn and not to rush in with something to fill a gap

SLC support in Early Years:

R.....'s speech and response skills have drastically improved throughout the year. She loves going in to Sure Start for her morning, and was very comfortable going into open day at nursery. Her improvement in these areas is down to the hard work and dedication

I've been able to help my child grow and develop with the advice from the staff and have received invaluable support

SLC Educational Workshops:

79% of parents report they interact differently with their child since the workshop e.g.

"I feel more confident and I have learnt a routine of wee songs and rhymes that my baby really enjoys"

"singing songs more, using ideas for playing together"

"more songs and sitting up playing together"

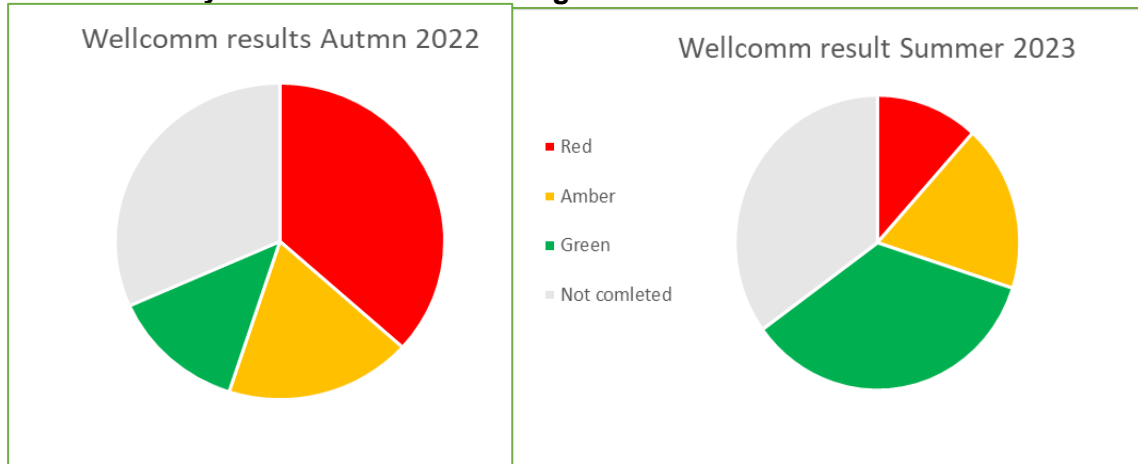
Chat with Me Books

98% of parents say they share books with their child more often since receiving the “Chat with me” book and information.

100% of parents say they chat more with their child during book sharing

98% of parents said the “Chat with me” book gave them ideas of activities they can do with their child

SLC screening of the children attending the DP42-3YOs and Carew at the beginning and end of the year showed the following results:

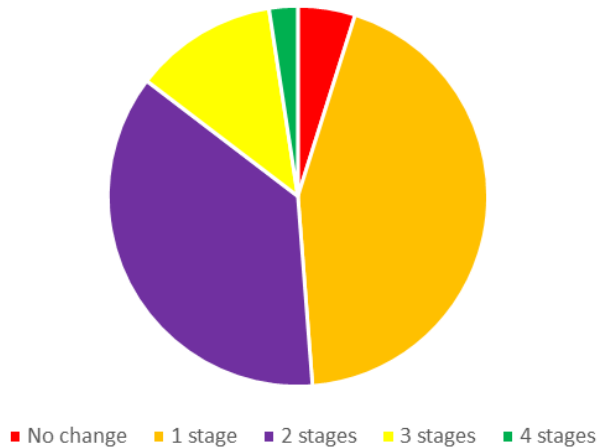


The wellcomm provides scores using a traffic light system, where ‘Red’ indicates a high level of SLC need, ‘amber’ indicates moderate SLC needs and ‘green’ suggests the child’s SLC is typically developing. Improvements could be seen in Summer 2022, with more children scoring green and a decrease in the number of children scoring red. All children requiring additional support were signposted to appropriate services. The children who weren’t screened had either left the setting or their progress was monitored using the Bilingual screening tool:

100% bilingual children showed progress in at least one area of development including attention, play and expressive language. 83% of children progressed in their expressive language

There are various factors that can affect the child’s score in the Wellcomm such as their attention and listening skills and their communication style, and so we also use the Hanen Language Stages as a way of measuring the children’s progress. Hanen Language Stages help to map the stage of language development a child is at based on practitioner observations. These stages identify the very early stages of communication (e.g. not sending intentional messages to others), to the later stages (where children can hold a conversation with others).

Progress in Hanen Language Stages



96% of children progressed by at least 1 stage and some progressed by as many as 4 stages. For those who did not progress there was onward referral/support given as required.

Universal Support

#yourwordsworkwonders #anytimeischattingtime

SLC messaging is weaved through all aspects of Surestart service delivery. The SLT team has continued to upskill staff through training, modelling in practice and discussions.

Examples Include:

- **Social Media Messaging**
- **Message of the Month**
- **Connecting Through Song**

Staff have attended workshops on how to include more singing in their practice and encourage parents to sing more with their children. There has been a noticeable change in groups, with very intentional use of songs to promote parent-child interactions.

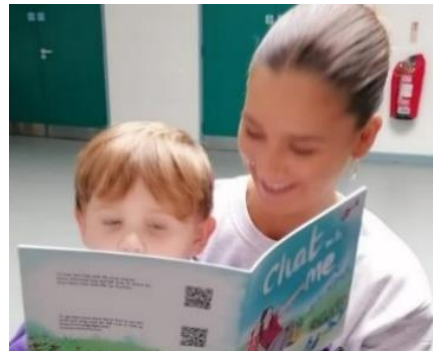
- **Chatting Time Initiative:**

'Chatting time training' continues to be rolled to all staff.

Chatting Time messages are communicated through programmes, groups, rolling programmes, home visiting and on social media platforms.

The Chat with me book series is given to families alongside educational workshops For All Children In Their Pre-Preschool Year.

- **Play Days and Fairs:** SLT often contributes to community events where she shares SLC messaging through resources and in conversations with parents at the events.



Targeted Support



Programme Delivery: SLT supported the delivery of various programmes alongside other Surestart staff, including antenatal and baby groups and play and discover programmes. The aim of joint delivery with the antenatal, family support and early years teams is to build capacity within the teams and continue to model and weave messaging regarding brain development and supporting communication development into the delivery of all programmes.

Work with Early Years Staff: In addition to staff training, SLT continued to support the Early years team on a needs led basis, providing advice and support regarding whole groups (e.g. ways to adapt the environment) and individual children (e.g. specific ways to support each child's SLC needs). This support was offered to our partners in Ballybeen, Bloomfield, First Steps and Short Strand as well as our Surestart groups. All children attending the DP42-3YOs and Carew are screened at the beginning and end of the year, using either the Wellcomm and Hanen language stages or the Bilingual screening tool. This is a helpful process to identify children's needs, and monitor progress. The SLT oversees this and supports staff on goal setting and planning (results detailed above.)

Work with the Family Support Team: The family support workers play such a huge role in supporting parents to support their child's SLC skills in the home environment. SLT continues to be available to discuss a child's development and provide advice as required. Joint visits are often carried out and the family support team use a suite of SLC resources and programmes to support their work e.g. Building Blocks programme, Anytime is Chatting Time videos.



Work with Parents: We recognise that the person who has a strong relationship with the family is the person best placed to support our parents, which is why majority of the SLTs work focuses on capacity building. However when it is appropriate, the SLT provides advice and support to parents via phone calls and face to face meetings/home visits. They have also been supported through the SLT led programmes and educational workshops.

Specialist Support

The capacity building model helps to ensure early identification and appropriate signposting of children. This year we made 84 referrals to Specialist services. The SLT maintains strong links with health visitors and speech and language therapy teams, to discuss children's SLC needs.

Play and Discover: This group provides support to children and their parents who require high levels of support particularly around their communication. It has been delivered on a termly basis and has provided invaluable support to families, ensuring they have been referred to the correct

services and/or offering advice and support to families whilst on long waiting lists. Further details of this programme can be found in the Additional Needs section of the report.



Hopes and Priorities for Next Year Include:

- ❖ Continue the roll out of 'Chatting time' initiative throughout Surestart and the wider community.
- ❖ With some staff turnover recently it feels important to spend lots of time in the settings focusing on capacity building through modelling and real time discussion and embedding existing SLC resources/tools to support their work
- ❖ We would love to spend more time in parent and toddler groups, getting out in the community more and meeting more parents who could benefit from our message.

**Rebecca Carey and Michelle Maguire
East Belfast Sure Start Speech and Language Therapists**


Antenatal and Postnatal Report

EBSS antenatal/ postnatal team has supported families, by home visiting, telephone and text messaging, WhatsApp groups and online support.

We have a host of weekly face to face groups offering safe spaces for community connection and information sharing. These groups are offered to antenatal and postnatal families and up to babies aged six months.

Antenatal

What Did We Do?	How Well Did We Do It?
<p>Antenatal Home visits to pregnant mothers for registration and advice</p>	<p>Target</p> <ul style="list-style-type: none"> • 35 visits • 53 achieved <ul style="list-style-type: none"> • 35 unique mums • 46 mums were visited <p>Target exceeded</p> <p>Each newly registered pregnant mum receives a welcome gift bag containing goodies and information on all our services. Antenatal Support Packages are available for mums who need extra support.in pregnancy.</p>
<p>Significant Antenatal Conversations in pregnancy.</p>	<p>Target</p> <ul style="list-style-type: none"> • 50 conversations • 80 achieved <ul style="list-style-type: none"> • 45 unique mums • 60 mums had conversations <p>Target exceeded</p>
<p>Antenatal Online Support Group</p>	<p>Target</p> <ul style="list-style-type: none"> • 200 Mums • 226 Mums were on the group during the year <p>Pregnancy and Beyond group provides ongoing health promotion information and focuses on responsive parenting, support with and improving mental health. There is access to Solihull approach online programme in our place Understanding your child.</p>

<p>Antenatal Yoga Groups</p> <p>Antenatal Educational Workshops</p> <p>Ante/Postnatal Drop-in Antenatal Art workshop Led by Nicola Stormont Baby Fair</p> <p>Breastfeeding Support for Antenatal Mums</p>	<p>Extra information about nutrition, exercising, smoking cessation, and Mental Health in Pregnancy.</p> <p>Message of the month is delivered</p> <p>Changing Time is Chatting Time video as part of the programme.</p> <p>Offer of personal phone calls and messaging are also available.</p> <p>Delivered by Midwife x 2 11 sessions 12 mums benefited</p> <p>9 sessions delivered 27 mums and dads benefited</p>  <p>8 Mums supported before birth to breastfeed</p>
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<p>How Well Did We Do It?</p> <p>The Antenatal/Postnatal (AN/PN) team felt better prepared for engaging with parents and more confident when delivering programme with parents.</p> <p>The midwife and the antenatal/postnatal support worker are registered with NMC and as part of this keep up with their CPD. Alongside this both staff members attend conferences and training to keep their skill current.</p>	<p>Is Anyone Better Off?</p> <p>Antenatal Yoga Survey</p> <p>100% participants felt more connected to the community and were made to feel very welcome.</p> <p>One woman commented: <i>Thanks to you I had a natural birth and it was amazing</i></p>
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<p>Staff Training Undertaken</p> <p>Midwives Training</p> <p>Tiny Life Conference. 20/10/22 BFI Online Conference Training 23/24 Nov 2022 Enjoy Your Baby Training 15/02/23 Perinatal Yoga Diploma Nov 2022 Connecting Through Song. Brief But Vivid 13/02/23 Child Protection Training 05/04/23 Postnatal Yoga Certificate September 2023</p> <p>Training Completed by Jen Norton.</p> <p>TinyLife conference/Info on Prematurity 20/10/22 10-4.30p.m. Home safety (5hrs) 25/10/22 BFI training (2hts) 2/11/22 Connecting through song (2.5hrs) 3/11/22 Cultural diversity training (2hrs) 12/1/23 Solihull parents' facilitators course (6.75hrs) 7/2/23 Connecting through Song reflective workshop (1.5hrs) 8/2/23 Enjoy your baby course (6.5) 15/2/23 Brief but vivid "Helping parents tell their story" (2hrs) 13/2/23</p> <p>East Belfast Sure Start (EBSS) staff update training maintained via online Dorset Health Care Breastfeeding course to comply with UNICEF BFI Standards.</p> <p>Postnatal</p> <p>What Did We Do?</p> <p>Postnatal Home Visits</p>	<p>Antenatal Workshops Evaluation</p> <p><i>It was such a helpful meeting and the whole team seem so lovely.</i></p> <p><i>It was a great experience with detailed explanation and amazing atmosphere</i></p> <p>How Well Did We Do?</p> <p>Target</p> <ul style="list-style-type: none"> • 50 visits • 56 visits achieved • 30 unique mums • 50 mums visits
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Breastfeeding Support

Home visits for breastfeeding support

Meaningful Conversations/Phone Calls

For breastfeeding support or any other postnatal concern. Signposted when necessary.

Breastfeeding Online Support

Breastfeeding Group (BreastStart)



Target Exceeded

Parents receive a baby resource and information and often receive knitted items donated by community groups

Target

- 10 visits
- 3 visits achieved
- 6 unique mums
- 2 mums visits

Target

- 20 conversations
- 15 conversations achieved
- 16 unique mums
- 12 mums received a phone call

Target 65 mums to be reached with online support

113 mums actually received online support

A poll asked if the WhatsApp group was useful. All respondents agreed, yes it was useful for information and connection. A range of information is posted to inform the group.

There is access for immediate support via other users as well as the midwife.

Delivered weekly

- Target 40 mums
- 52 mums attended throughout the year

BreastStart promotes and informs healthy starts and relationship building between baby and parents.

Promotes peer support and friendship forming outside group. A swim group has formed from this, and the groups meet outside of BreastStart, it is an inclusive group.

Breastfeeding audits for BFI ensure that meeting the UNICEF standards for the promotion of responsive feeding.

20 parents and 10 staff were audited.



Training by Midwife on BFI for staff completed.

Antenatal invitation to come along to group.
From birth to the end of breastfeeding.
The group has guests from outside the organisation covering a range of information from weaning, home safety, healthy relationships, financial support. SLT and additional needs team compliment learning within the group.

Breastfeeding mothers supported to maximize breastfeeding by:
one to one support at groups,
staff listening to mothers' experiences and concerns,
observations of feeding,
demonstrations of practical skills using appropriate props, videos and literature.

Mothers referred to Belfast Health and Social Care Trust (BHSCT) specialist breastfeeding support when appropriate as an extra support via online access..

Delivered Weekly
Target: 40 mums and Babies
Delivered: 47 mums and 49 babies attended this group

Baby Club – 0 - 6 Months



**Connecting through song and early speech and language development.
Soft and sensory play.
Championing responsive parenting.
Peer support.**

The baby club continues to be a positive space where parents with their babies 0-6 months can find a relaxing environment to meet other families, share experiences and be together.

The baby club has seen regular speakers come into the group from EBCDA, Employers for Childcare, Belfast City Council & the Hospital Trust, Paediatric Dietician.

At the heart of baby club is the intentional inclusion of song and rhyme and stories and the importance of connecting with baby through these mediums.

<p>Baby Massage sessions resumed April 2022 Delivered by Midwife, Antenatal Postnatal support worker and Claire from Happy Hatchlings.</p> <p>Baby Yoga</p> <p>Pramtastics</p>	<p>This has seen intentional song & Rhyme involvement in weekly groups and encouraging parents to make up songs and have a go.</p> <ul style="list-style-type: none"> • 4 groups delivered • Target 36 mums and babies • Delivered: 42 mums and babies benefitted <p>Regular baby massage courses have been organised for families throughout the year. These continue to be popular with parents and babies who enjoy learning massage techniques in a relaxed environment. Many of the techniques are taught through singing and so again the importance of connecting with baby through this medium is reiterated.</p> <ul style="list-style-type: none"> • 4 baby yoga groups of 5 sessions. • Target 48 mums • Delivered 27 mums <ul style="list-style-type: none"> • 6 week programme • Target 6 mums • 10 mums attended <p>Delivered by Happy Hatchlings from June 2022</p> <p>Outdoor exercise programme Victoria park</p>
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How Well Did We Do?

Parents supported with practical needs:-

Families were allocated Tesco Token and Electricity vouchers and Save The Children Grants where there was family need.

Families were referred to local foodbanks or/and given food parcels when in need.

Bookstart book packages were distributed to many new postnatal mothers at home visits

Staff Training – see antenatal information

Staff provided mothers with containment and reciprocity whilst offering postnatal support.

Mothers informed of local support services/groups, telephone helplines and reputable on-line services.

We gather case studies to evidence the outcomes for families.

User feedback from audits, written evaluations, conversations and attendances to inform future practice.

Is Anyone Better Off?

Breastfeeding Support Group

One mother described the group as *“like gold dust”*

Another mother described the breastfeeding group as somewhere *“my baby loves it here, she feels so comfortable and at ease”*

Another commented that she found the group useful because *“there are so many different health topics covered”*

Another mother said

Baby massage supports infant parent connection and can have physical benefits for baby.

One parent commented *“The classes were very helpful in making me feel relaxed and in turn the baby relaxed too”*.

Another said, *“It helped me bond with baby better and helped my confidence as I was able to meet other mums”*.

Baby Club

One parent commented *Baby club is so easy to come along to, even when I have a difficult night up with my baby I find my mood is better when I get out to see other families”*

Another said *“I find myself singing the hello song that is sung ever week at group and my baby loves it”*

Baby Yoga can support baby parent connection and bring comfort, relief and learning to baby.

One parent commented *“I found that the baby yoga was very calming for my baby”*

Another comment was that *“the baby yoga class has offered a lovely opportunity to connect with him”*

Containment and Reciprocity is witnessed by staff between parents and babies, during group sessions and home visits.

<p>Baby Club (continued)</p>	<p>Responsive feeding leading to increased bonding and attachment between mothers and babies. Results from UNICEF BFI yearly audits provides evidence.</p> <p>All our services provide connection between mums who are often isolated. Many mums comment on the benefit of that and interaction on the Breastfeeding online group makes this evident. There is also evidence that the mums connect outside the group socially meaning that they building their own networks of support.</p>
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Case Study by Antenatal and Postnatal Team

The family registered antenatally, expecting their first child. The family had moved to Northern Ireland.

Mum's partner worked away from home considerably and during this antenatal period, Mum often expressed feelings of loneliness when attending antenatal face to face groups with midwife and team. Mum had no family close by to rely on for additional support and had not found a significant friendship group to wrap around her for company and support.

During the antenatal period Mum was registered with East Belfast Sure Start (EBSS) and was immediately linked in with the EBSS midwife and Antenatal/Postnatal team. Mum connected-in with face-to-face antenatal opportunities to meet the midwife and have access to advice and support as she needed it.

Mum accessed the Antenatal Yoga programme delivered by the EBSS midwife, during these sessions there was opportunity to talk with other families, share experiences and build community. These sessions were a valuable space in the week to access professional healthcare support and make new friendships.

Once baby was born, Mum's relationship broke down and she found herself further isolated. Mum reached out to the Antenatal/Postnatal team again as she brought baby along to the first baby groups, including the Breastfeeding Group, Mum and Baby Yoga.

Mum disclosed that she was feeling very isolated and down. The SureStart midwife took time to meet with Mum outside of group and offer her one to one support.

With encouragement from the antenatal/postnatal team the woman started to come regularly to SureStart groups.

She attended the Breastfeeding Group where she found a community that could support her breastfeeding journey. Both online and face to face groups offered a wraparound support, where queries could be appropriately addressed and answered by a supportive group of women led by the EBSS midwife and AN/PN team.

Mum also enjoyed Mum and Baby Yoga in the first 6 months, which again afforded her an opportunity to meet a different group of woman and time to chat through the challenges of early parenting.

The Family also enjoyed coming to Baby Massage and had opportunities to marry song and rhyme into techniques to soothe baby and promote maternal/baby bond.

The family have been linked in with the Imagination Library scheme to receive a childrens' book regularly for a number of years.

After 6 months of engagement with EBSS, Juliet now independently comes along to groups. She is confidently interacting with other parents and babies and actively encourages and supports other parents as they voice challenges with parenting and other issues.

Services accessed:

EBSS Midwife availability phone/home visits

Antenatal/postnatal team availability phone/home visits

Antenatal yoga

Online antenatal/postnatal WhatsApp groups

Online WhatsApp group

Baby 0–6-month face to face group

Breastfeeding face to face group

Baby massage

Postnatal mum & baby yoga

Signed up to Imagination library.

Christine McFarlane – Community Midwife

Jenny Norton – Antenatal and Postnatal Worker

First Steps Child Development Programme Report

First steps Child Development Programme began a new term in September 2022 and catered for 12 children from Tullycarnet Ward based in Grace Baptist Church in Tullycarnet Monday to Thursday 2.30 hour per session for the Surestart children.

The children are phased into the setting according to their birthdays as the children must be 2yrs and 10 months at the beginning of their start enrolment period, the child initially stays for an hour to see how they cope away from parents and this time is extended over a few days until the children are happy staying the full time.

During their time in the child development programme the children are provided with activities to have fun while also stimulating the children to think for themselves and encourage them to engage with others socially and teach them how to share.

Many of these children would have had development issues due to their lack of interactions with children and other family as they were not able to mix with others of a similar age during Covid pandemic. This inadvertently caused a higher than usual separation anxiety within the setting.

Home visits were carried out to listen to the mother and observe the child in their home environment. The home visits continue throughout the year as the visits allow staff to give feedback to the parents/carers as to how their children have settled in and allows them the opportunity to discuss any aspect their child's development.

During the experience the children are encourage as independent as possible with their personal hygiene, snack time etc. Staff keep the parent/carer informed of their child's development and encourage them to interact with the staff and let us know if anything has been bothering the child such a passing of a pet or separations at home as an example. This information helps us to understand the child emotions and work with the child parent/carer to ease the issue.

During their time in the setting we interchange activities such as a hospital theme, hairdressers, outer space adventure shop. All backed up with storytelling around these themes and dressing up clothes and play equipment to match the theme. These sessions allow the child to use their imagination and create stories to act out with their friends in the setting.

A number of boys decided they were looking after the baby in the home corner whilst mummy was out shopping. One child wanted to be baby but a mischievous one. They fed him with the dolls bottle set him down to sleep however the baby was naughty and decided he was crawling around on the floor as he was not going to sleep. The boys were corralling him back to his bed whilst their

backs were turned he did it again. It was amusing to observe just their reactions and facial expressions to the problem, a puzzled look came to mind when one boy just didn't understand why he would not stay in his bed. "The joys of parenting "

Once per year their preschool photos are taken and we prepared the children for this event by playing a photographer. A photo booth is set up and the child can pick props like sunglasses fancy hats handbags dressing up outfit. The children take turns at being the pretend photographer and getting their photo taken fun is had by all.

Other activities available to the children are craft session, drawing / colouring in pages and puzzles to coincide with the themes, Holiday events also take place with session set up for events such as such as Halloween Christmas and Easter themes that run through the year.

At Christmas the parents were invited at the end of the term to see their children perform songs that they had been taught in previous weeks, this also gave staff the opportunity to thank the parents for allowing us to be part of the children's learning. These occasion allow the children hours of practice allowing the children through fun children improve their memory, speech and language skills.

The sessions also provides water and sand play daily. Other activities involve a range of tabletop and floor such as cars trucks garages airport planes pirate ships, play dough and small world figures to help improve fine motor skills puzzles beading to thread on laces Lego and much more While outside we would use hoops and balls, bikes and mini cars encouraging gross motor skills too.

There have 3 children who are nonverbal, and parents were very concerned when their child started playgroup if they would manage on a daily basis we as staff have noticed how these children have progressed in finding ways to communicate with us and also trying to talk and say a few words which is has been very encouraging and welcomed by parent/carers and staff alike.

Feedback from parents is also very positive and they have both seen and told staff how much their child has benefited from being with in our setting. We have one child that is hoping to return for a second year as her mother sees how happy she is within the setting and how much progress she has made this year this child would be facilitated by the First Steps section.

As we follow the sure start 2 year old programme we hold sessions known as a "stay and play "once a month were parents can come to the setting and play with their child and see what they enjoy on a daily basis, again we have had very positive feedback with this.

On these occasions staff and parents are able to build up a rapport much more easily and it provides an opportunity for everyone to speak informally if they are concerned about their child in anyway. We also provide a parenting programme in which parents can gain information and be sign posted to the right professional if they have concerns about their child's development.

Visits From Professionals to The Setting Were:

A speech and language therapist which has been beneficial to those parents of the, children with limited speech they also provided books throughout the year called read with me.

A therapist dealing with sensory play provided parents with ways in which to help their child at home, this was welcomed by the parent/carers.

A welfare worker/benefit adviser to inform and assist parent/carers to apply for relevant finances to aid their family's budget in these difficult times due to cost of living rises.

A paramedic that gave a talk and demonstration to the parents should a situation of choking and other minor medical issues arise in the home and how to deal with these.

The parents were delighted with these visits and again gave positive feedback. Staff have been delighted to see both mums, dads and carers attend these Stay and Play sessions and Parenting Programmes.

We had one last visit from Speech and Language June and this session was aimed at children transitioning to nursery in September and how parents can help prepare their children for this new experience.

We also had a visit from local community police where they brought a police car to show the children and by doing this we are showing children not to be afraid and that they there to help us within our community. The children were able to speak to the constables and sit in the car for a short time taking turns with their preschool friends.

The last home visit took place in June allowing us the opportunity to speak to the parents ensuring they had a chance to give us feedback about their child's experience in playgroup. Many sent WhatsApp texts expressing their gratitude for the children time at the programme and how their children enjoyed it.

Our last parenting programme took place on the 22nd of June and a speech and language therapist came to the setting and held an informal chat with the parents regarding their children transitioning to nursery

The parents really appreciated this visit from the therapist, they received a book to read with their children and they felt this helped them gain some insight into this transition.

Since the children have started in September both parents and staff have watched the children grow in confidence gaining new skills and becoming more independent and ready for the next stage in their educational journey and to be able to be part of this we as playgroup assistants count this a privilege and wish them all the very best for the future.

Anne Martin – First Steps Child Development Programme

Home-Start South and East Belfast Report

What Did We Do?	How Much Did We Do?
Support for families	Target 15 Achieved 17
Visits by Coord	Target 30 Achieved 71
Visits by FS worker/Volunteer	Target 270 Achieved 157
Telephone support	Target 50 Achieved 40

Home-Start South and East Belfast has continued to work and support families with young children with the Sure Start area. With the changes in the economy and the continued increases affecting the cost of living we have noticed a shift in family needs where many are indicating that basic essentials such as heat and light are no longer to be taken for granted and that their budgeting has become very tight and in many cases they are dependent on food banks and charities.

This is universal and while we are geared towards emotional and practical support we cannot ignore the needs of families and working were possible in partnership with other agencies including Sure Start we have made applications for families to receive both goods and vouchers towards household expenses.

While our main aim is still to provide volunteers to support families through home visiting we also note that post covid some families are more keen to have supports over telephone or zoom which they experienced during Covid. And as we go forwards we will explore how we can facilitate both kinds of support.

Over the period 22/23 we worked with 15 families directly within the Sure Start area providing a mix off regular home visiting, supporting through vouchers, whitegoods and foodbanks, and some being visited and telephone supported alternately.

Throughout the year Sure Start has assisted and supported some of our families through obtaining white goods which was highly appreciated by all who benefitted.

Our Children's Charity Shop has continued to operate on the Albert Bridge Road and has been able to provide affordable clothing and toys for younger children. The shop resources have also been used to provide clothes etc to referred families who were in need. One way of reaching out into the wider community.

Eelco Weisterhous – Coordinator Home Start

Short Strand Child Development Programme Report

Short Strand Community Development Programme is housed in Short Strand Community Centre. We work in partnership with East Belfast Sure start to provide 16 places for children aged over 2 years and 10 months. Attendance is excellent and the programme provides quality early years play provision and training for early year's students.

We have three core workers consisting of a leader and two assistants and the group is also supported by trainees, volunteers and bank staff. We operate a key worker system and our priority during the settling in period is the emotional wellbeing of the children. We have a strong, supportive relationship with parents and promote parental involvement from the beginning by creating a warm, friendly, environment and inviting parents to attend Stay and Plays sessions during the year and training.

Events

We had several events that took place over the year:

- | | |
|-----------------------|---|
| June/July 2022 | Registration forms completed.
Home visits – met children and provided information to parents on Playgroup etc. |
| August 2022 | Play Development Programme induction morning.
Parents and children invited along to have fun in playroom. Met staff and got booklet on Development Programme. Uniform available to purchase.
Questions and answers. Children got treat bag. |
| Sept- Nov 2022 | Children settling in period.
Healthy Eating. |
| October 2022 | Halloween Party Playgroup very well attended with children/parents.
Stay & Play Parents came along to a workshop where they made Halloween cupcakes and sweet trees and children's iced biscuits and gave out party bags. |
| November 2022 | Inspection, excellent report.
Sure Start welcome pack with children. |
| December 2022 | Christmas party with Santa in attendance. Nativity play.
Play & stay parents made sock snowmen with heir child. |

January 2023	Queens Student Placement – Dental Health Programme.
February 2023	Home visits – update on child’s progress. 11 th - Play & Stay, sensory morning with Ashley (Sure Start). 21 st – Lynn from Trust give a Dental health talk, Story/puppets etc. Each child given toothbrush and toothpaste pack for setting and home.
March 2023	1 st – Parent workshop supported by playboard, based on children’s mental health through play. 2 nd – World Book Day. Children dressed up in their favourite costume. Parents invited along for Storytime. Children all received a book/treat bag. 7 th – photographer visited. Took photos of children in their uniforms.
April 2023	Stay & Play - Easter Hats Crafts with Parent/Children. Easter Hat Parade this was an excellent morning everyone had a great time. Parents workshop – Communicating with your child, supported by Parenting NI.
May 2023	Stay & Plays parents making dough taking home ingredients to make at home with their child. 2 mornings when parents came along and stayed to play with their children, Hand painting with parents. Parenting workshop – Managing your child’s emotions. Supported by parenting NI.
June 2023	Visit to Ark Farm for children and parents Transitions - End of year visit to St Matthew’s Nursery, Parents involved. Graduation – Children’s ‘diplomas’ were presented by the Lord Mayor, Ryan Murphy and Councillor Padraig Donnelly – very well attended. Home visits done.

Home Visits

Home Visits where done throughout the year. Parents welcomed the support and guidance.

Parenting Training

Well attended throughout the year. Facilitated by Playboard and Parenting NI. Certificate presented at graduation.

Parent & Toddler Group

Short Stand Parent and Toddler Group also run in partnership with Sure start was well attended during 2022-2023 meeting every Thursday morning. We also had the support of Sadie (Family Support) from Sure Start. We also help provide a parent with a much-needed pram, kind donation from another parent. On 4th April we held an Easter party and ended the year with a trip to Funky Monkeys – fun had by all.

We worked alongside Michelle, Speech and Language Therapist from Sure Start with three of our families who met for six weeks in the Butterfly room, Albertbride Road. In doing so this has helped parents/children. These children have now been signposted to the help needed. This is a great service for the children/parents which we can acquire when necessary.

The group also participated in:

Women's Health Day Event

St Patricks Day community event by working on banners and community party.

Dental Hygiene Programme.

Community 2 x fun days in park.

Agnes McGinley

Sure Start Child Development Leader

Staff Training

Anne Hughes halfway through Level 5 Early years.

Bloomfield Community Association Report

Project Outcomes

What Did We Do?	How Well Did We Do It?
<p>✓ Provide 1:1 support for at least 8 children with additional needs on an ongoing basis</p> <p>Sessions</p> <p>Child Development Sessions x 4 mornings per week (target introduced in Dec 22)</p>	<ul style="list-style-type: none"> • Attendances 250 • Achieved 350 • Unique Children 16 (over 2 intakes) • Achieved 31 <p>Sessions 12</p> <p>Achieved 12</p> <p>Unique Children 7</p> <p>Unique Children 12</p>
<p>✓ Provide 2 programmes per year for parents e.g. Solihull and Wellbeing/Advice</p>	<ul style="list-style-type: none"> • Sessions 12 • Achieved 6 • Unique Adults 20 • Unique Adults 3
<p>✓ Provide 60 Home Visits to 20 families</p>	<ul style="list-style-type: none"> • Visits 60 • Achieved 68 • Unique Adult 20 • Achieved 31
<p>✓ Provide 20 1:1 telephone support sessions to 20 families</p>	<ul style="list-style-type: none"> • Calls 20 • Achieved 5 • Unique Children 10 • Achieved 5
<p>✓ Provide 20 Parent and Child together sessions to families ages 0-4 years</p>	<ul style="list-style-type: none"> • Sessions 20 • Achieved 20 • Unique Children 15 • Unique Children 36

Is Anyone Better Off as a Result?

Family Support continues to be a vital service for families in the Bloomfield area. I began this role in July 2021 and during this time, I have supported families with many issues eg- financial difficulties support including form filling, SEN needs, medical needs, mental health, help with gas and electric, referral to the Lader and general support and signposting. I am finding that a lot of families need overall support and guidance on everyday life. I feel by having me offering the tiniest bit of support can really help families. I work closely with parents and staff to ensure guidance and support on areas such as behaviour, speech development and toilet training is being carried out across home life and within play programmes. I have supported quite a few families who are new to Northern Ireland to help get their children enrolled in nurseries or schools. Families are very thankful for the support and guidance.

I ran a "Getting to know you" programme in the Bloomfield area and it has been great seeing parents becoming more confident and making relationships with each other within the group. I delivered sensory play sessions, songs and rhyme sessions and general play time and story sessions. This programme has helped families improve their relationship with their children and have learnt how to use different techniques on dealing with situations.

I ran a Solihull programme for parents and they all really enjoyed it and didn't want it to end. The parents enjoyed getting together and realising they weren't the only parent with problems or concerns about parenting or the child.

One Parent Commented:

' I now have a better understanding of my child's developmental stages and emotions and how much of an impact my emotions can have on my kids. This group has given me invaluable tips that I wish I had been armed with as a new Parent to my now 10 year old. The information we have been given has been so much more beneficial to me than any new Parenting class ever was. It has opened my eyes to a new style of Parenting that is so different to how I was Parented and will help me build stronger relationships with better communication skills with my whole Family and help me teach my children how to better understand and process their own feelings & emotions'

I have been able to continue with family trips and its great to see the parents interacting with their child and other parents. I have been able to offer these families to join our Bloomfield Family Programme which took place during summer. The parents were so grateful and thankful that they had the opportunity to take their children out to places they wouldn't have been able to take them themselves due to money issues or no transport or not having confidence to go alone with their child. Many ethnic minority Families attended and it was great to see them gain confidence and find their feet in a social setting.

Outcome 1- To Support the Inclusion of Children with Additional Needs In Bloomfield Community Association.

At Bloomfield playgroup I support many children with additional needs. I have supported children with developmental delays, social and communication difficulties, limited attention and emotional and behavioural needs. I do this by doing 1:1 with the child playing simple games, short stories etc. or by simply doing an activity that interests the child and gets them engaging with me. I have given support to ESOL children and their families. I do this by using visual aids with the child and having familiar things from their home/ country in the playgroup. I also used the Mantralingua PENpal to reassure children with familiar words and phrases in their own language.

Some children with additional needs find it harder with toilet training so I support the family to try and achieve this. On some occasions parents aren't aware of the child having additional needs and I help the whole family on this journey.

Outcome 2 - To Support Parents and Carers in their Role as Educators by Providing Parenting Programmes, Training and Education Opportunities.

When meeting with new families and carrying out Home Visits I aim to build a trusting relationship with each family and encouraged them to talk to me about any concerns or worries they may have. Through regular contact with a family, I hope that Parents will become more open and honest with me and accepting of advice given to them. I have built up some good relationships with Families and they regularly come to programmes and to any trips I offer. They sometimes just need a chat to ask a few questions and I'm happy they feel they can come to me.

I offer advice to help support Language Development to Parents for their children along with helpful interactive songs, stories, and games. Parents have expressed how they find

this to be useful in the home. I signpost to internal services through Sure Start to help me with speech and language.

Family Support Plans are made in partnership with the Parents so they understand the vital contribution they make to their children's development, care and wellbeing. I ensure I allow the parents to make their own suggestions on play opportunities, asking their opinions on favourite toys, cartoons characters and praising them for the ideas being put forward.

Outcome 3- To Signpost Families to Specialist Services as Appropriate.

We continue to offer support to all families through sign posting to local food banks, Scaffolding project and Uniform Recycle Scheme. Other signposting and referrals have been made to St. Vincent de Paul, and Family Support Hub. I also share Facebook pages to Parents about tips and ideas on different play activities and offering advice on weaning etc. any local events that are happening I share this with families.

Outcome 4- To Liaise with Additional Needs Support Worker, Midwife and SLT at EBSS to Ensure Holistic Service.

When I do initial home visits, I assess what the family needs and do an in-house referral if needed. The speech and language therapist comes into Bloomfield playgroup to offer advice and support with any child I have concerns about. I make parents aware of this service and if they have concerns, they can speak to the therapist if needed. I refer families to the midwife if they need advice or want to join the breast-feeding support groups.

Outcome 5- To Report on Outcomes Achieved to EBBSS on a Quarterly Basis.

I report all outcomes to East Belfast Sure Start.

Ballybeen Womens Centre Report

Project Outcomes	
What did we do?	How well did we do it?
<ul style="list-style-type: none"> ✓ Provide 1:1 support for approx. 15 children with complex needs on an ongoing basis Sessions ✓ Provide Chatter Box Programme x 2 ✓ Provide 12 sessions of programmes that support parents in the community ✓ Provide 60 Home Visits to 20 families ✓ Provide 120 1:1 support sessions to 40 families ✓ Wellcom Assessments 	<ul style="list-style-type: none"> • Attendances 160 • Achieved 150 • Unique Children 15 • Achieved 31 • 2 Sessions Weekly • Achieved • Unique Children 15 • Achieved 16 • Sessions 12 • Achieved 19 • Unique Adults 16 • Achieved 24 • Sessions 60 • Achieved 91 • Unique Children 20 • Achieved 37 • Contacts 120 • Achieved 115 • Unique Children 15 • Achieved 37 • Monitor 8 children x 2 per year in Autumn and May

Is Anyone Better Off as a Result?

I am delighted to have had the opportunity to complete another year in my role of Family Support Worker for East Belfast Sure Start, here at Ballybeen Women's Centre. I have been very fortunate to have met and worked with amazing parents, children, and their extended families.

As with previous years I have seen a great increase in families seeking support and advice with financial issues, food and baby bank requests, mental health support and signposting to relevant Health Professionals and agencies for medical and additional needs. This year I was incredibly fortunate to not only carry on the established link with Dundonald Food Bank, I was also able to link in with Lisburn Food Bank and their Social Supermarket. This was a valuable opportunity for many families who not only gained support with weekly, basic shopping but with benefit, debt and budgeting support also. In regard to financial support I have also been able to refer families to Family Support Hub for Tesco, Asda shopping vouchers.

To further support for families, I attended information sessions and training through the Belfast Health and Social Care Trust in regarding to cooking with a slow cooker, bulk cooking and cooking on a budget. This information was then passed onto families via leaflets, WhatsApp and email. Another information session which proved to be useful was a session held by National Energy Action (NEA NI). From this I was able to pass on practical information on energy use, how to save and which companies offered best rates.

Aside from financial support, I also provided information on Mental Health, Wellbeing, Looking after Yourself and numerous signposting to family events that could be attended for free.

Home Visiting with families have been going well, with some set up with weekly visits. These visits have had a focus on play development, speech and language support and general support for parents in the home. Many parents do still avail of information being shared via WhatsApp and email and with signposting and occasional check ins.

I have continued working alongside very closely this year with Social Services with some of my families and the end results I am pleased to say have been positive. One on one parenting programmes continue here at Ballybeen Women's Centre, which provide a space and time to develop and nurture parent/child play skills, communication and language development and a better understanding of child development and meeting milestones. Alongside this we have worked together with other agencies such as Kiltonga Christian Centre and St. Vincent de Paul in acquiring household goods for the families.

NIMATS referrals have paved the way to make connections with expecting parents from an early stage. This has been successful in then signposting onto the Midwife team at EBSS for support and advice and to also signpost early for new baby programmes here at Ballybeen Women's Centre. Many expectant parents this past year has expressed their worry on the expense on new baby items and the essentials they may need. Once again, I have been fortunate in establishing links with various charities who I can make referrals to in order to gain these much-needed items.

Speech, Language and Communication along with concerns of delayed development were the concerns most raised by parents. A small selection of children who fell into these categories were offered a space at 'Chatter Box' one afternoon per week. The purpose of this programme is to provide a play space environment for peer interaction, displaying of good language skills and a working partnership with EBSS Speech and Language Team. I based play opportunities around Sure Starts message of the month and regularly gave parents tips and ideas on different areas of development. These areas ranged from toileting, behaviour, routines, and communication. These parents joined a WhatsApp Group, and this was used to share information passed on from Rebecca and Michelle for Tiny Happy People, Chat with me videos and other relevant signposting.

I continue to work in partnership with the childcare staff at Ballybeen Women's Centre in providing support for children registered with Sure Start. Support has been provided in the form of one-on-one settling in, play, speech and language, toileting, and behaviour. Alongside home visits with these children and seeing them in their play sessions, good relationships were formed. In some cases, this paved the way and allowed for conversations with the SENCO of BWC and parents in identifying any developmental delays and then for any referrals to be made.

In partnership with the Training and Education Co-Ordinator and the Health and Wellbeing Co-ordinator here at Ballybeen Women's Centre I have continued to signpost parents to educational and training opportunities. With the added availability in creche for children, these were a success. These programmes included:

- Open University Access Programme
- The 'MAS' Project (The Maternal Advocacy Support Group)
- Baby Massage
- Baby Movers
- Essential Skills – Numeracy, Literacy and ICT
- Classroom Assistant Academy
- SENAC (Special Educational Needs Advice Centre)
- Monthly Benefit Advice Sessions

- First Aid Defibrillator Training
- Developing Women in the Community
- Facials, Gel Nails and Reflexology
- Heal your life
- Driving Theory
- Creative Connections
- Level 1 Childcare
- Knitting and Crocheting

Alongside these I was extremely fortunate to be able to host the wonderful Health Visiting Team in the delivery of the HENRY Programme. This was hugely successful and due to take place once again in September 2023.

Amy Wightman

Family Support

Many Families Benefited from Support from the Social Supermarket Scheme via Lisburn Foodbank



Children Enjoying their Sessions at Chatter Box



Company No. NI 040618

Charity No. NIC 102304

55 Templemore Avenue, Belfast BT5 4FP

Tel: 028 90735686

coord@surestarteast.org.uk

East Belfast Sure Start Ltd

East Belfast Sure Start

Northern Ireland - Charity number 102304

Annual return

Charity registration number NIC102304

Company registration number NI040618 (Northern Ireland)

**EAST BELFAST SURE START
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

EAST BELFAST SURE START

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	B McConnell E Westerhuis M Martin T Hughes E Daly M Hendron A Kelly L McCullough
Secretary	C Humphrey
Charity number	NIC102304
Company number	NI040618
Registered office	55 Templemore Avenue Belfast Co. Antrim BT5 4FP
Auditor	Kearney & Co Suite 1, Fountain Centre College Street Belfast BT1 6ET

EAST BELFAST SURE START

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Statement of cash flows	10
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EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing documents, a deed of trust, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

East Belfast Sure Start is a Government initiative targeting 0-3 year olds and their families, recognising the importance of supporting parents and carers, and the value of quality experiences to very young children.

The purpose of East Belfast Sure Start is to work with parents and children to promote the physical, intellectual, social and emotional development of pre-school children - particularly those who are disadvantaged - to ensure they can flourish at home and when they get to school.

There has been no change in the charity's objectives during the year.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Significant activities:

The core services of East Belfast Sure Start are:

Outreach and home visiting services, to make contact as early as possible in the child's life and draw families into using other services.

Family support, including befriending, social support and parenting information, both group and home based.

Good quality play, learning and child care experiences for children, both group and home based.

Primary and community health-care and advice.

Support for children with special needs, both within the Sure Start services offered and through signposting to more specialised services where necessary.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Public benefit

The purposes of East Belfast Sure Start are to promote the benefit of the inhabitants of East Belfast, and in particular but not exclusively children under four years of age and their families, without distinction of sex, age, special needs, race, political, religious or other opinions by associating together the said inhabitants, local authorities, public agencies, voluntary and other organisations in a common effort, to relieve poverty, sickness and disablement.

The direct benefits which flow from this purpose include:

- Children prepared for school/education
- Parents aware and informed of entitlement to social benefit system, inclusion of children with special needs, accessible, low cost childcare.

These benefits can be demonstrated by:

- Verbal feedback from parents whose children attend childcare programmes
- Evaluation reports, questionnaires and surveys completed by parents using a range of services, to preserve and protect health.

Parents can be made aware and informed of general healthcare issues for them and their family and signposted to relevant specialist support services such as child development clinics, autism services and health and social care services in the voluntary and community sectors.

These benefits can be demonstrated by:

- The number of children referred to specialist support services who will receive early intervention and better health care
- Improved health and social care provided for and by families.

The Sure Start data base provides statistical returns of beneficiaries to advance education. The direct benefits which flow from this purpose include:

- Children are able to flourish at home and when they get to school
- Parents participating in training and development programmes that enhance their skills, knowledge and parenting abilities.

These benefits can be demonstrated by:

- Following training courses and parenting programmes evaluations carried out with parents
- Children receiving quality care and education at Sure Start will leave with transitions reports to share with nurseries and primary schools. This will provide facilities in the interest of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for the said inhabitants.

The direct benefits which flow from this purpose include:

- Families able to access social and leisure facilities to improve the health and wellbeing of all the family
- These benefits can be demonstrated by: Monthly reports recorded on number of families who use the service and have improved access to recreation and leisure facilities.

The beneficiaries are families with pre-school children aged 0-3 and expectant parents, who live in the designated area for Sure Start in the 25% most disadvantaged wards of N.I.

All early years settings have been registered with social services and are inspected annually. Routine risk assessments are carried out on all activities to ensure health and safety for participants, by a qualified team. Policies and procedures are followed with due regard to ensure the health and safety of user groups.

The only private benefit flowing from this purpose is that the Board employ a staff team to carry out all services and provisions. This is incidental and necessary to ensure the organisation provides benefit to its beneficiaries. Policies and procedures are in place to safeguard the organisation and staff in terms of proper governance and accountability.

Achievements and performance

Financial review

The results for the year are set out on the Statement of Financial Activities.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Principal funding sources

The main source of grant funding for the charity has been and is currently the D.E (through HSCB). This is supplemented by a number of smaller grants.

Review of the year

East Belfast Sure Start gained valuable insights from our virtual delivery to families during the lockdown periods in 2020 and 2021 and we have used this learning to implement new ways of working combining both face to face delivery with virtual delivery to provide a full and varied programme. It has been a joy for our organization to see the children return to our settings but also a challenge as we have witnessed firsthand the effect on young children's development particular on their speech and language skills.

We have over 2,000 people registered on our system and this year the engagement figures were as follows:

Children	57%
Mothers	63%
Fathers	25%
Families	66%
Antenatal	94%

Staff turnover continues to remain low however with an entirely female workforce we have experienced a particularly high level of maternity leaves this year. We recruited a new Midwife and Family Support worker and Early Years assistant into post during the year.

We have had a challenging year administratively with a change over in database and monitoring requirements but were able to report at the end of the year that all our services had been delivered with excellent attendance.

We continue to value staff training as a means of developing our staff and making sure the service we deliver is current and relevant. We have also concentrated on staff wellbeing ensuring that there were opportunities for staff to connect and have enjoyable experiences together.

We have successfully expanded our delivery into Bloomfield SOA3 and have enjoyed partnership working with a community organization to make this possible.

We continue to be grateful to the Department of Education for our annual budget and also thankful for the uplift in budget which has helped us an organization continue to maintain our level of delivery of services.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Plans for future periods

Future plans

We have found recruitment difficult in the past year which seems to have been an impact of the Covid pandemic. We are hoping for this to ease in the year to come so that we can operate with a full staff team and give the families in our area and full and vital service.

Structure, governance and management

The charity is a company limited by guarantee, as defined by Companies Act 2006.

EAST BELFAST SURE START

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

B McConnell
E Westerhuis
M Martin
T Hughes
E Daly
M Hendron
A Kelly
L McCullough

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Auditor

In accordance with the company's articles, a resolution proposing that Kearney & Co be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.



C Humphrey
Secretary

Date: 14th September 2022

EAST BELFAST SURE START

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also the directors of East Belfast Sure Start for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF EAST BELFAST SURE START

Opinion

We have audited the financial statements of East Belfast Sure Start (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

EAST BELFAST SURE START

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF EAST BELFAST SURE START

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Sarah Louise Lynch

Sarah Louise Lynch
Senior Statutory Auditor

for and on behalf of Kearney & Co

Chartered Accountants

14/09/2022

Suite 1, Fountain Centre
College Street
Belfast
BT1 6ET

EAST BELFAST SURE START

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
<u>Income from:</u>							
Donations and legacies	3	-	-	-	400	-	400
Charitable activities	4	-	1,020,792	1,020,792	-	950,749	950,749
Total income		-	1,020,792	1,020,792	400	950,749	951,149
<u>Expenditure on:</u>							
Charitable activities	5	-	1,012,532	1,012,532	-	952,475	952,475
Net income/(expenditure) for the year/ Net movement in funds		-	8,260	8,260	400	(1,726)	(1,326)
Fund balances at 1 April 2021		9,940	(679)	9,261	9,540	1,047	10,587
Fund balances at 31 March 2022		9,940	7,581	17,521	9,940	(679)	9,261

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

EAST BELFAST SURE START

BALANCE SHEET

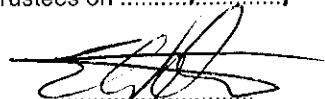
AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Debtors	9	9,801		353	
Cash at bank and in hand		45,425		38,552	
		<u>55,226</u>		<u>38,905</u>	
Creditors: amounts falling due within one year					
	10	(37,705)		(29,644)	
Net current assets			<u>17,521</u>		<u>9,261</u>
Income funds					
Restricted funds			7,581		(679)
Unrestricted funds			9,940		9,940
			<u>17,521</u>		<u>9,261</u>

The financial statements were approved by the Trustees on 14/09/2022.



B McConnell
Trustee



E Westerhuis
Trustee

Company registration number NI040618

EAST BELFAST SURE START

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Cash flows from operating activities					
Cash generated from operations	13		6,873		1,853
Net cash used in investing activities			-		-
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			6,873		1,853
Cash and cash equivalents at beginning of year			38,552		36,699
Cash and cash equivalents at end of year			<u>45,425</u>		<u>38,552</u>

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

East Belfast Sure Start is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 55 Templemore Avenue, Belfast, Co. Antrim, BT5 4FP.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Property improvements	10% straight line
Fixtures and fittings	20% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Total	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	-	400
	<u> </u>	<u> </u>

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	2022	2021
	£	£
HSCB	1,007,182	943,997
East Side Partnership	1,664	3,415
East Belfast Community Dev Agency	4,346	2,539
Connswater Homes Grant	500	798
Belfast City Council	2,500	-
Other income	4,600	-
	<u>1,020,792</u>	<u>950,749</u>

5 Charitable activities

	2022	2021
	£	£
Staff costs	708,238	697,827
Rent and rates	63,531	55,409
Insurance	3,412	3,266
Heat and light	7,396	6,338
Templemore Service Charge	20,480	20,480
Telephone and internet	4,786	6,052
Postage and stationery	6,889	7,088
Repairs and maintenance	25,980	20,151
Computer running costs	4,291	11,660
Travel expenses	2,238	1,021
Health and safety	1,855	1,750
Subscriptions	3,142	2,904
Training	9,087	3,832
Bank charges	713	577
General expenses	1,686	1,646
Other charitable expenditure	144,608	109,552
	<u>1,008,332</u>	<u>949,553</u>
Share of governance costs (see note 6)	4,200	2,922
	<u>1,012,532</u>	<u>952,475</u>

EAST BELFAST SURE START

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

6 Support costs

	Support costs £	Governance costs £	2022 £	2021 £
Audit fees	-	4,200	4,200	2,922
	-	4,200	4,200	2,922
Analysed between Charitable activities	-	4,200	4,200	2,922

Governance costs includes payments to the auditors of £4,200 (2021- £2,922) for audit fees.

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	42	39
Employment costs	2022 £	2021 £
Wages and salaries	643,391	611,117
Social security costs	18,744	30,177
Other pension costs	46,103	47,556
	708,238	688,850

There were no employees whose annual remuneration was more than £60,000.

9 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Other debtors	9,801	353

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

10 Creditors: amounts falling due within one year						
				2022	2021	
				£	£	
	Accruals and deferred income			37,705	29,644	
				<u> </u>	<u> </u>	
11 Analysis of net assets between funds						
	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Fund balances at 31 March 2022 are represented by:						
Current assets/(liabilities)						
	9,940	7,581	17,521	9,940	(679)	9,261
	<u>9,940</u>	<u>7,581</u>	<u>17,521</u>	<u>9,940</u>	<u>(679)</u>	<u>9,261</u>
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
12 Related party transactions						
There were no disclosable related party transactions during the year (2021 - none).						
13 Cash generated from operations						
				2022	2021	
				£	£	
	Surplus/(deficit) for the year			8,260	(1,326)	
Movements in working capital:						
(Increase) in debtors						
				(9,448)	(296)	
Increase in creditors						
				8,061	3,475	
	Cash generated from operations			<u>6,873</u>	<u>1,853</u>	
				<u> </u>	<u> </u>	
14 Analysis of changes in net funds						
The charity had no debt during the year.						
15 Share capital						
The Company is limited by guarantee and has no share capital.						

