

**Derg Valley Care Limited**  
(A company limited by guarantee, not having a share capital)  
**TRUSTEES' ANNUAL REPORT**  
for the financial year ended 31 March 2023

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 31 March 2023.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the trustees of Derg Valley Care Limited present a summary of its purpose, governance, activities, achievements and finances for the financial year 31 March 2023.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

### **Mission, Objectives and Strategy**

#### **Objectives**

Derg Valley Care Ltd (DVC) is a registered charity formed in 1996 with the vision "making Castlederg a healthy place for healthy people". We exist to address the social and health needs of the most disadvantaged by engaging local people in community development processes aimed at reducing inequalities in health by tackling the root causes. We provide ongoing support to help those that use our services live healthier lives. Our mission is to overcome inequalities in health and improve the health and wellbeing of people in poverty and disadvantage within the rural area of Castlederg and our goal is to empower and support people to improve their health and wellbeing, leading to happier, healthier lives.

The aims of Derg Valley Care are to :

A- Overcome the inequalities in health by tackling the root causes of poor/ill health, improving service delivery and access to services for people living in the rural area who are living in poverty and disadvantage and to support people to develop the confidence to aspire and achieve new goals.

B. Sustain the organisation by working in partnership with local community, other community groups across the Derg DEA and to work with the voluntary ,statutory and private sectors to develop activities, programmes and services promoting the healthy development and growth of all residents from across the area.

The objectives of Derg Valley Care are to :

1. Sustain our Day Care , Luncheon Club and Healthy Living Centre for the delivery of services and programmes addressing both the social and health needs of the local community.

2. Provide sustainable, community-led process to inform and deliver appropriate programmes and services at the right time and in the right place.

3. Enhance partnerships with other community, voluntary and public sector organisations to facilitate accessible service delivery

4. Enhance our monitoring and evaluation tools to demonstrate the impact of the suite of activities and programmes delivered .

#### **Review of Activities, Achievements and Performance**

The centre is a model of good practice for the delivery of community based social and health care services with programmes which engage service users in community development process aimed at reducing inequalities in health by tackling the root causes. The function of the centre are designed to improve service users health, address local and individual needs, build resilience and develop knowledge and skills supporting people to take greater ownership for their own health and well-being.

#### **Staffing**

Both staff and directors are viewed as valuable assets of the organisation. They receive the appropriate training and

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support to enhance their knowledge skills and expertise.

#### **Partnership**

Partnership working underpins the day to day operations of Derg Valley Care. We place great emphasises on the collective responsibility of all in tackling health inequalities by meeting the needs of residents in the Derg DEA.

#### **Achievements and Performance**

Derg Valley Care Ltd (DVC) is a registered charity formed in 1996. We provide a range of health related services and programmes, these include day care services, related staff training, luncheon club, support groups and other community related projects. Our services are open to everyone in the Castlederg and surrounding areas.

DVC works in partnership with PHA, WHSCT, DCSDC, DOH, DFC, DAERA, Community & Voluntary Sector organisations and the regional Healthy Living Centre Alliance as well as funding bodies to deliver a wide range of innovative, services, activities and programmes designed to meet the needs of our service users. These include health & well-being, support groups, older people, physical disability employability and mental health programmes.

Derg Valley Care provides a range of services both directly and indirectly for the community in the Castlederg DEA area and we have seen in the period April 2022 to March 2023 our participant numbers almost get back to pre COVID levels.

The Key Achievements and Outcome areas of delivery for 2022- 23 were :

**Healthy Lifestyles** - Tackling inactivity, poor nutrition and obesity through the delivery of a number of obesity intervention and management programmes aimed at improving the physical and psychological wellbeing of service users . These Included.

- Weight Management programme - Adults obesity programme that adopts a community development approach to motivate, and work with individuals to improve physical activity, raise awareness of a healthy balanced diet in the pursuit of a health life

- Cycling Hub -18- 65 year old cycling group. We have a pool of 15 bikes and two electric bikes. People of all abilities are encouraged to visit the centre and borrow a bike. One of our seven trained cycling leaders then take the service users on daily cycles. The group has now over 70 members that cycle up to three times per week.

- Exercise for all - A community wide programmes of exercise specific for the local community We try and provide for everyone no matter of their age or ability levels. Exercises classes include Beginner Pilates, Yoga Walking group, Chi-Me and dance classes.

**Older Adults** - Provide weekly physical & social support for older people in the forms of the following :

- Day Care - We provide a day care service four days a week (Three for Older People and one for Older Disabled People) from 9 am - 4pm Service Users are referred from the Western Health and Social Care Trust for social support and inclusion.

- Therapeutic - Style approaches such as reminiscence therapy, which aims to recall positive memories from earlier years, leading to enjoyment through discussions with others and through sharing and listening to positive stories.

- Music and Story telling therapy - These are researched approaches that help improve the mental health of the elderly service users. The group format stimulates social interaction, and is an effective tool in developing friendships and reducing loneliness among the elderly.

- Older Adults Well-Being - Providing a wide range of physical and social activity with the aim of increasing physical activity and overcoming social isolation. These include bingo, word searches, armchair aerobics, Chi- Me, flower arranging and arts and crafts.

**Long Term Conditions and Pain Management** - Provide a range of holistic programmes of well-being to those living within the community that are living with one or more of a combination of long term conditions . The types of activities include physical, educational, social and emotional support some examples are :

- Rural Ramblers - A walking groups specifically developed to suit people with a long term condition. Small scale walks on flat ground and when possible in areas of interest.

- Paint Your Pain - Painting programme that is designed to take service users minds of their pain during the two hour classes.

- Stepping On Programme - A community Falls Prevention programme for people over the age of 65 who have already experienced a fall or who are at risk of falling.

- Otago Exercise Programme- Follow on from the Stepping on Programme designed to improve strength and balance.

- Better Days Pain Management programme - Award winning programme that provides participants with coping mechanisms to deal with their day to day pain.

**Cost of Living (New Initiative)** - The rising cost of living is affecting everyone including those in rural communities.

- Participants received support during the winter and were provided with ingredients to provide a meal for their family. They were also provided with knowledge and skills to produce nutritious meals on a budget. The tips on smart cooking, avoiding food waste and planning meals that are cooked using fresh produce sourced locally helped reduce the extent of food poverty locally. Comments from participants included

"More confident preparing meals and making things from scratch"

"Confidence growing in the kitchen"

"Becoming more aware of value for money when doing my weekly shop"

"Cooking on a budget"

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"Trying out new ideas and recipes and some great tips"

"Reintroduced to the joys of cooking to help with rising costs"

Access - Provide rooms for a range of support groups delivered by our facilitators statutory providers, and voluntary organisations. Service providers include RNID, advice organisations, cardiac rehab, smoking cessation, medicine management, fibromyalgia and MS support

SPRING Rural Enhanced Social Prescribing Project - Derg Valley Care leads on this regional NI project. The project has ten delivery partners.- Explaining Social Prescribing, the King's Fund (2020), notes.

"Social prescribing ...is a means of enabling health professionals to refer people to a range of local, non-clinical services. The referrals generally... come from professionals working in primary care settings, for example, GPs or practice nurses.

- Recognising that people's health and wellbeing are determined mostly by a range of social, economic, and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

- Schemes delivering social prescribing can involve a range of activities that are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports".

- Social Prescribers serve communities in socially deprived areas throughout NI and are attached to delivery partners. Delivery partners are community-led organisations and members of the Healthy Living Centre Alliance (HLCA), operating from Healthy Living Centres across NI.

- In common with the King's Fund description above, the SPRING model takes a holistic approach to addressing the needs of people, creating a link between the health service and the community. SPRING works with individuals to ask the question 'what matters to you?', rather than 'what is the matter with you?'. This enables Health and Social Care professionals to refer patients who are experiencing; social isolation, low mood, mild depression, chronic pain, long term conditions or physical inactivity to appropriate community-based support programmes and activities.

- A social prescriber spends time engaging with each person referred to the SPRING projects, listening to their needs and exploring services and activities that can help them improve their health and well-being. Using a co-production approach, the person chooses which supports to avail of, and a health pathway called a social prescription is developed.

- The project uses established evidence based monitoring tools to evaluate the outcomes of the project "Outcome Star" and the "Short Warwick Mental Health Tool". Results from Outcome Star shown an 85% improvement while the Short Warwick showed a 93% in participants well-being.

#### **Financial Results**

At the end of the financial year the company has assets of £1,130,129 (2022 - £1,170,001) and liabilities of £387,154 (2022 - £310,242). The net assets of the company have decreased by £(116,784).

#### **Trustees**

The trustees who served throughout the financial year, except as noted, were as follows:

Dr W Stewart  
Mrs I Montgomery  
Mr J Byrne  
Mr J Lowry

#### **Compliance with Sector-Wide Legislation and Standards**

The company engages pro-actively with legislation, standards and codes which are developed for the sector. Derg Valley Care Limited subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

#### **Reserves Policy**

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should equate to approximately 3 to 6 months of expenditure (approx £500,000) to enable the charity to continue the current activities in the event of a significant drop in fundraising. At 31 March 2023 the unrestricted reserves were £617,686 and as such the target has been achieved.

#### **Risk Management**

Derg Valley Care carries out regular reviews of the major risks to which the organisation is exposed and is compliant with SORPS requirements including strategic risk management. A risk register has been established and is updated at least annually. Where appropriate, systems or procedures have been established to migrate the risk the organisation faces. Internal controls are in place for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, service users and all visitors. All policies and procedures are reviewed three yearly to meet the needs of the organisation.

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Approved by the Board of Trustees on 14 December 2023 and signed on its behalf by:

*Irene Montgomery*

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**Mrs I Montgomery**  
Trustee



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**Mr J Lowry**  
Trustee