

## **Derg Valley Care Limited**

(A company limited by guarantee, not having a share capital)

### **TRUSTEES' ANNUAL REPORT**

for the financial year ended 31 March 2024

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 2024.

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 2024.

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.

The Key Achievements and Outcome areas of delivery for 2023- 24 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. Our cycling club has seen a significant reduction in participants over the last year. We will be making arrangements to re-launch this activity next year.

- 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 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. The group then enjoy a social cup of tea following the walk.

- Armchair Yoga - This programme provides people with the opportunity to do gentle movement in their chair.

- 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 - Remains a significant issue for clients across the whole Derg DEA. We reintroduced a series of cooking programmes so that people could develop the skills to cook nutritional meals on a budget. This included us providing participants with ingredients to provide a meal for their family that day and the next day's lunch. The six weeks course also allowed those living alone with a warm and safe environment which helped them to reduce some electricity and heating 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, smoking cessation, MS Society, Women's Institute, Cancer Focus and a local counselling organisation.

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**New programme - Carers support** - We are delivering an unpaid carers project designed to address the needs of unpaid carers. Many carers feel socially isolated and need support for their mental and physical health. The project aims to offer the support needed and to date this has included a monthly support group and a range of programmes identified by carers as those that promote self-care and provide much needed time for their health and wellbeing.

Comments from carers have included the following:

'Have been caring for my husband who has Parkinson's and memory problems. I look after him 24/7. Now I get out to socialize and enjoy company of others. Less isolated.'

'I've just recently been bereaved and these classes have helped me get through it.'

'Myself and husband recently move to the area just over a year ago to be closer to my son and family. My husband's health has deteriorated over the last few years and it's been difficult to get time out for me and more recently I've been struggling with my own mental health.'

'It was great getting to know new people and support each other in our endeavours.'

**Regional Services :** SPRING Rural Enhanced Social Prescribing Project - Derg Valley Care led on this regional NI project. The project had ten delivery partners across NI. While monitoring information from the established evidence based tools delivered significant outcomes. Results from Outcome Star showed an 85% improvement while the Short Warwick shed a 93% in participants well-being the funding finished in September 2023

#### Financial Results

At the end of the financial year the company has assets of £1,093,564 (2023 - £1,130,129) and liabilities of £401,132 (2023 - £387,154). The net assets of the company have decreased by £(50,543).

#### 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)

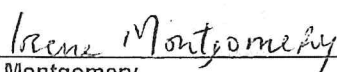
#### Reserves Policy

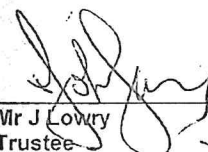
The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should equate to approximately 3 to 6 months of expenditure (approx £300,000) to enable the charity to continue the current activities in the event of a significant drop in fundraising. At 31 March 2024 the unrestricted reserves were £604,996 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.

Approved by the Board of Trustees on 9 December 2024 and signed on its behalf by:

  
Mrs I Montgomery  
Trustee

  
Mr J Lowry  
Trustee