

Castlereagh Lifestyle Forum

Northern Ireland · Charity number 104742

Details

Status Overdue

Registered 2016-02-15

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

Contact

Address 28 Newton Park
Belfast
BT8 6lh
BT8 6LH

Phone 028 9070 2088

Activities

Purposes: The Forum is established to promote the relief of elderly people in any manner which now is or hereafter may be deemed by law to be charitable within the area of benefit and in particular but not exclusively by: • The provision of recreational and leisure facilities • The provision of advice and information on benefit entitlement • The provision and dissemination of information about opportunities, services and activities for older people • The provision of education, training and health promotion for older people and their carers • Supplying transport services for elderly people to enable them to live fulfilled lives • Advocating on issues relevant to older people to raise awareness and promote public education • Providing a network for older people and older people's groups that creates connections between them and encourages their mutual support

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

How the charity works: Advice/advocacy/information, Community development, Education/training, Medical/health/sickness, Relief of poverty, Research/evaluation

Who the charity helps: Community safety/crime prevention, Men, Older people, Voluntary and community sector, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2019-03-31	£1,000	£600	£0	0

Trustees

Name	Role	Appointed
Miss Mabel Elizabeth Johnston		
Mr Kenneth Jamison		
Mrs Dolly Misra		
Mrs Indira Laugee		
Mrs Kate Glackin		
Pearl Steele		

Castlereagh Lifestyle Forum

Northern Ireland - Charity number 104742

Accounts

Castlereagh Lifestyle Forum
Annual Statement of Accounts for the year ended 31st March 2019
NIC: 104742

	Restricted	Unrestricted	Total 2018/2019
	£	£	£
Receipts			
Grants LCCC		0.00	0.00
Donations		769.00	769.00
Interest		.28	.28
Total		769.28	769.28
Payments			
Room Hire		235.50	235.50
Travel Costs		135.00	135.00
Insurance		167.10	167.10
LCCC Unspent Grant		1000.63	1000.63
Hospitality		247.50	247.50
Members Information		212.66	212.66
Bank /Fees		22.28	22.28
Total		2020.67	2020.67
Reconciliation at 31st March 2019			
Bank balance at 31 st March 2018			1266.66
Balance at 31st March 2019			15.27

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Annual Statement of Accounts for the year ended 31st March 2018
NIC: 104742

	Restricted	Unrestricted	Total 2017/2018
Receipts	£	£	£
Grants LCCC		2280.00	2280.00
Donations		40.00	40.00
Interest		.78	.78
Total		2320.78	2320.78
 Payments			
Room Hire		325.00	325.00
Travel Costs		240.00	240.00
Insurance		165.53	165.53
Events		355.12	355.12
Hospitality		380.00	380.00
Members Information		150.29	150.29
Bank /Fees		29.31	29.31
Total		1645.25	1645.25
 Reconciliation at 31st March 2018			
Bank balance at 31 st March 2017			591.13
Balance at 31st March 2018			1266.66

Castlereagh Lifestyle Forum

Northern Ireland - Charity number 104742

Annual report

MINUTES OF CASTLEREAGH LIFESTYLE FORUM ANNUAL GENERAL MEETING HELD ON THURSDAY 1ST FEBRUARY 2018 AT BRADFORD COURT AT 11AM

1. CHAIR'S WELCOME

The Chair gave a warm welcome to everyone. Also Martin Towers who is working with Engage with Age to assist us in finding new members.

2. PRESENT

Laurence Ferguson, Adviser, Belfast Health and Social Care Trust

Gareth McCausland, Lisburn and Castlereagh Age Friendly Co-ordinator

Mabel Johnston (Chair) Dolly Misra (Secretary), Isobel Brown, Jean Edgar, Kate Glackin, Kenneth Jamison, Ann Johnston, Jean McMillan, Grace Murphy, Helen Proctor, Connie Rodgers, Pearl Steele, Dorothy Stevenson

3. APOLOGIES

Jean Faulkner, Indira Laugee, Eileen McClure, David McCullough, Jim Steele

4. PREVIOUS AGM MINUTES AGREED

One amendment – (add Helen Proctor's name as present). No other changes - the previous AGM Minutes were proposed by Jean Edgar and seconded by Kenneth Jamison.

5. TREASURER'S REPORT ON FINANCES

Annual Statement of Accounts for year end March 2018 and independent examiner's report circulated at meeting.

6. CHAIR'S BUSINESS

Mabel thanked the committee for the support they gave throughout the year, also Laurence (BHSCT Adviser) and Gail (LCCC facilitator) and the loyalty of members attending monthly meetings. The Chair went on to say that Castlereagh Lifestyle forum focuses on health and well-being, community safety and social isolation of older people. Speakers and social events are arranged to give variety to the particular needs and self awareness on how to stay healthy and well.

7. ELECTION OF NEW COMMITTEE

At this point Laurence Ferguson took over the Chair for the election of new committee. The present committee were then stood down. Rosemary Ruddy had forwarded her resignation from role as Treasurer due to ill health. Grace Murphy previously mentioned that she did not wish to be elected as Treasurer or any other role. The election of new committee was by voting slips. Laurence collected these and the majority result was Mabel and Dolly were re-elected to their previous role as Chair and

Secretary, Kate Glackin was nominated as Treasurer. Kate declined the offer. Laurence then put it to the floor if anyone was interested in the role of Treasurer. Kenneth Jamison agreed he would accept position of Treasurer. Laurence also asked for a further two members who would support the committee. Kate Glackin and Pearl Steele both agreed that their names go forward.

8. CASTLEREAGH LIFESTYLE NEWLY ELECTED COMMITTEE

Mabel Johnston – Chair, Dolly Misra - Secretary, Kenneth Jamieson - Treasurer
Kate Glackin and Pearl Steele support to the committee.

9 GUEST SPEAKER

Mabel introduced the Chief Executive Officer, Age Sector Platform, responsible for the People's Parliament. Eamon Donaghy gave an overview of the work of People's Parliament and he invited members to ask questions. Everyone found the information informative and useful.

10. ANY OTHER BUSINESS

Trip to Carlingford– final date to be discussed at next meeting.

11. DATE OF NEXT MEETING

Thursday 1st March 2018 at Bradford Court.

12. ANY OTHER BUSINESS

As there was no further business meeting closed at 12.30pm approx.

CLF Activities throughout the year as follows:

Two workshops attended by facilitator, adviser and members on how best to connect with the wider geographical spread of Castlereagh Seniors. Public transport does not link with South and East Castlereagh surrounding areas of Lisburn and Castlereagh City Council. Other alternatives were discussed ie use of mini buses with volunteer drivers and car sharing. Representatives from groups to meet twice per year at Lagan Valley Island where community issues etc could be discussed with service providers, Councillors and others.

Speakers: Living and coping with Dementia. Leaflets and contact information circulated to those attending with sufficient information to bring back to their own groups.

Advice on the importance of Health Eating to sustain good health and well-being. Light chair aerobics followed by a time of meditation to keep mind and body active.

Awareness of Scams, eg cold callers, identity theft etc. After talk there was time for questions and answers. Leaflets explaining scams and contact numbers were circulated to members.

Safety in the Home and keeping warm and well during cold spells.

CLF joined Intercultural group for a taster session of Arts and Crafts and food sampling.

Talk about Funeral Plan with time afterwards for questions and answers. Literature circulated.

CLF 20th Celebration of Two Decades. Invitations were extended to groups throughout South and East Castlereagh. Around 50 Seniors attended the celebration of Afternoon Tea, music, dancing and getting to know one another. Also in attendance Deputy Mayor of LCCC and Castlereagh Councillors.

Visit to meet South West Ageing Partnership (SWAP) (Fermanagh and Omagh) at Visitors Centre, Enniskillen. We heard how their Board works and together we looked at what Castlereagh Lifestyle forum could aspire to. They are skilled at representing views of older people to decision makers. After lunch we were taken on a guided tour of museum.

Castlereagh Lifestyle Forum

Northern Ireland - Charity number 104742

Annual return

Independent Examiner's Report to the Trustees of: Castlereagh Lifestyle Forum

Murray Watt's report on the accounts of the Castlereagh Lifestyle Forum for the year ended 31st March 2017, which are set out on pages 1 – 3

Respective responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (NI) 2008. Independent Examiner's Report to the Trustees of: **Castlereagh Lifestyle Forum**

It is Murray Watt's responsibility to:

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

Basis of Independent Examiner's Statement

Murray Watt has examined your charity accounts as required under section 65 of the Charities Act and an examination was carried out in accordance with the general Directions given by the Charity Commission NI under section 65 (9) (b) of the Charities Act.

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

Murray Watt's role is to state whether any material matters have come to his attention giving cause to believe:

1. that accounting records were not kept in accordance with section 63 of the Charities Act
2. that the accounts do not accord with those accounting records
3. that the accounts do not comply with the accounting requirements of the Charities Act
4. that there is further information needed for a proper understanding of the accounts to be reached

Independent Examiner's Statement

Murray Watt has completed an examination and has no concerns in respect of the matters 1 to 4 listed above and, in connection with following the Directions of the Charity Commission NI has no matters that require drawing to your attention.

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Murray Watt
15 Sandhill Gardens
Belfast BT5 6FF

Signed;

Date;

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Date; 16th January 2018

Castlereagh Lifestyle Forum

Annual Statement of Accounts for the year ended 31st March 2017

NIC: 104742

	Restricted	Unrestricted	Total 2016/2017
Receipts	£	£	£
Grants LCCC		1459.50	1459.50
Subscriptions		319.00	319.00
Interest		1.10	1.10
Total		2620.19	2620.19
Payments			
Room Hire		276.19	276.19
Travel Costs		1000.00	1000.00
Insurance		182.47	182.47
Events		458.00	458.00
Bank /Fees		82.85	82.85
Total		2029.06	2029.06
Reconciliation at 31st March 2017			
Bank balance at 31 st March 2016			840.59
Balance at 31st March 2017			591.13

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Northern Ireland - Charity number 104742

Annual report

CASTLEREAGH LIFESTYLER FORUM ANNUAL REPORT

Castlereagh Lifestyle forum is made up of older people's groups across the Lisburn and Castlereagh area and one or two representatives attend our monthly meetings. We are cross community and intercultural forum and our aim is to alleviate isolation and look at the public transport situation. We meet at Lough Moss Leisure Centre, Carryduff approx. 9 times in the year on the first Thursday of each month. We do not meet during July and August. The committee along with two facilitators one from Belfast Health and Social Care Trust and Lisburn and Castlereagh Community Development officer also meet before members meeting to discuss Chair's business and arrange speakers etc .

The forum is more than just an old people's group it is a voice for them. Our aim is to look at the best way for Castlereagh to connect with Lisburn and how to build a single point of contact for the Greater Lisburn and Castlereagh area. Castlereagh Lifestyle forum focuses on health and well-being, community safety and speakers and events are arranged to give the members information and knowledge to pass to their own groups. The emphasis now is about scams and we provide speakers and information to make older people scam wise and stop them unwittingly signing up to false information.

The distance between the connecting areas does cause difficulties in recruiting new members. We do advertise our forum at events through use of pop up stand and flyers as well as seeking help and advice from Age NI and other agencies. Samples of some of our events/speakers are as follows:

Chest Heart and Stroke gave a talk on the work they carry out. The speaker explained the heart was a muscle and emphasised the importance of exercise and diet to maintain a healthy functioning heart. Members were given an opportunity for those who wished to have blood pressure taken.

A speaker from Belfast Health and Social Care Trust gave useful advice on the amount of sugar added to different types of food and drinks. She passed a cup round which was at least half full of sugar cubes. Everyone was amazed to think they would be consuming so much sugar through their favourite food and drinks. Members appreciated the information and sample recipes were handed out for their respective groups.

.Active Aging event run by PSNI/Fire Service/Public Health Agency and other agencies provided information and guidance on personal security and scams, medication management, fire safety in the home, health checks and armchair aerobics.

Two Workshops were held with Age NI to look at the best way forward for the Lifestyle forum, Members were given Options Choices – remain as a forum and change the name, change to a social group for Belfast and LCCC members, meet only three or four times per year. The overall response was that the forum should continue with improvements made to increase membership and find a more central point for meeting.

Taster session of light exercise which was a choice - if anyone felt unable to stand for long could use the movements sitting. The more fitter were able to stand and afterwards everyone had a short time of meditation to relax them. The choice of exercise was suitable for those attending. Everyone enjoyed.

Discussion time about what speakers were of interest to members and if anyone had any ideas these would be noted and where possible included in some of the monthly meetings.

Two social events - one engaging with the local primary school at Carryduff who provided music at Christmas event. The pupils were in the 8-9 age bracket and they brought along their violins. They played Christmas music accompanied by teacher playing piano and afterwards we all joined in a sing-a-long. Our engagement with the pupils was much appreciated by the Headmaster of St Joseph's Primary School, Carryduff as it gave the pupils confidence to provide entertainment for older people.

We shared a St Patrick's event with a different flavour along with our intercultural friends sharing and exchanging culture and food. Our Indian and Chinese provided food tasting of their specialities and we arranged young people between 8 – 12 years to show off their Irish dancing skills, steps and costumes. We also had a short talk about the life of Percy French followed by an elegant dance performance by one lady using the sign language to demonstrate the words of the song Mountains of Mourne. Our third person gave a talk about Gaelic language and the meaning of some townlands and other places.

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