

BOGSIDE AND BRANDYWELL HEALTH FORUM
(A company limited by guarantee)

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BOGSIDE AND BRANDYWELL HEALTH FORUM
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Legal and Administrative Information

Charity Name	Bogside and Brandywell Health Forum
Charity Number	NIC105248 / XT1867
Company Registration Number	NI064504
Registered Office and Operational Address	The Gasyard Centre 128 Lecky Road Derry BT48 6NP

Directors of Bogside and Brandywell Health Forum

Ann Mc Duff
Maureen Collins
Liam Quigley
John Mullan
Caomhan Logue
Craig Johnston (Appointed 1 November 2023)
Dermot O'Hara (Appointed 1 November 2023)
Laura Webb (Appointed 1 November 2023)
Robin Percival (Resigned 1 November 2023)
Jeanette Hutton (Resigned 1 November 2023)
Clare Gallagher (Resigned 1 November 2023)

Secretary	Brid Coyle (Appointed 1 November 2023) Majella Quigley (Resigned 31 October 2023)
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Auditors	McGroarty McCafferty & Co Accountants and Registered Auditors 2 Carlisle Terrace Derry BT48 6JX
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Bankers	AIB (NI) Meadowbank Derry BT48 7TN
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Solicitors	MacDermott, McGurk & Partners 12 Clarendon Street Derry BT48 7ET
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The Board of Directors present their report and audited financial statements for the year ended 31 March 2023.

Principal activity

The principal activity of the company in the year under review is to improve the health & well being of the Bogside and Brandywell community.

Company Number NI064504

Charity Number XT1867

Charity Commission Number NIC105248

Directors and their interests

The directors of the charity for the purposes of charity law and throughout this report are collectively referred to as the directors.

The directors serving during the year and since the year end were as follows:

Ann Mc Duff
Maureen Collins
Caomhan Logue
Liam Quigley
John Mullan
Craig Johnston (Appointed 1 November 2023)
Dermot O'Hara (Appointed 1 November 2023)
Laura Webb (Appointed 1 November 2023)
Clare Gallagher (Resigned 1 November 2023)
Jeanette Hutton (Resigned 1 November 2023)
Robin Percival (Resigned 1 November 2023)

Company Secretary

Brid Coyle

Management Team

Aileen McGuinness	General Manager
Aisling Hutton	Health Programme Manager
Michaela O'Hagan	Youth Programme Co-ordinator
Bronagh Cooper	Mental Health Co-ordinator
Clare Cook	Social Prescribing Manager
Mary Breslin	Older People & Adults Programme Manager

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HOW OUR ACTIVITIES DELIVER PUBLIC BENEFIT

Purposes and Aims

The Health Forum is established to advance education, relieve sickness, assist vulnerable people such as those with a disability and the aged and to promote the preservation and protection of health among the inhabitants of the Bogside and Brandywell areas of Derry, their environs in the Derry area and the Western Health & Social Care Trust area (hereinafter called "the area of benefit") without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion by associating the statutory authorities, voluntary organisations and inhabitants in a common effort to advance education about health issues and in particular to:

- a) Promote healthy living and encourage the general public in the area of benefit to live a healthier life for the benefit of the general public in the area of benefit;
- b) Provide or assist in the provision of facilities in the interests of education, with the object of improving the conditions of life for the inhabitants of the area of benefit.

Our activities

Our main activities and who we try to help are described below. All charitable activities focus on the advertisement of education and preventative approaches in the promotion of healthy living and are undertaken to further our charitable purposes for the public benefit.

- Health Forum Programmes - Providing a range of healthy living services and facilities to the population of the greater Bogside & Brandywell neighbours, the Triax Neighbourhood Renewal area, and, to an extent, across wider N. Ireland We engage with local and regional business, schools and communities to provide health checks, Open College Network qualifications and health fairs to address health inequalities, promote ways of self-care through health literacy and information to make better life choices. Key health initiatives we aim to address are:

- * Sedentary lifestyles
- * Nutrition and diet
- * Mental Health
- * Smoking

- Youth Programmes - Projects include Urban Villages Resilience Project, and the FACT Project funded through various bodies: National Lottery Community Fund - Empowering Young People, private and Department of Communities funding with Neighbourhood Partnership (FACT Project) that are designed to support young people to strive, and aspire to achieve their full potential.

- Older Peoples & Adult Activities - including Rethink, Neighbourhood Health Improvement Project, Active Citizenship, Older people clubs and other projects - to build resilience of older people and adults and reduce risk of social isolation and ill-health.

- Social Prescribing Programme - with funding from National Lottery Community Fund & NI Housing Executive to address the social, emotional and practical needs of those aged over 18 by linking them to sources of support and activities within their community, as the lead partner for the Healthy Living Centre Alliance and Scottish Communities for Health and Wellbeing.

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- Mental health activities - The Right Time, Right Place project aims to provide front-line community support, connecting individuals of all ages to suitable sources of emotional, practical, and social mental health support through a variety of one to one therapeutic interventions, bespoke small group mental health and emotional well-being programmes, mental health promotion and awareness events and mental health training options, bring services that people could not afford, to their own community.

Our achievements

As the holder of the GSK IMPACT Award the Bogside and Brandywell Health Forum strive to maintain a high level of standards across all services. This has seen the Bogside and Brandywell Health Forum increase service provision with a new capital build 'The Shed' where people can come and socialise in the world of woodcraft to reduce isolation and promote wellbeing. We hosted the first mental health summit in Derry and have opened the first referral pathway with Grangewood Acute Mental Health Hospital to support people at discharge to intergrade back into community life. These efforts all play a vital role in improving people's health and wellbeing, reducing the number of people accessing the NHS and statutory services and promoting social interactions to build community capacity.

Bogside Brandywell Health Forum use a range of validated monitoring tools to measure the success of programmes in improving the Health and Wellbeing of participants. Over the year the Bogside Brandywell Health Forum engaged with a number of participants improving health and wellbeing through attendance at physical activity, nutrition, mental health and family health programmes.

Beneficiaries

Bogside Brandywell Health Forum offer health improvement services for all in our community. Services are offered in a number of venues to ensure maximum accessibility. Bogside Brandywell Health Forum work in partnership with Primary and Post Primary Schools, Youth Service, Business Sectors, Community partners, and Voluntary partners, GP Practices and statutory partners in our programme delivery. On occasions participants pay a nominal fee for programmes however our social economy service is the income generation for the organisation.

Ensuring our purpose is beneficial and not harmful

Bogside Brandywell Health Forum work closely with our statutory partners and funders to ensure the benefit of our work outweighs any harm. We ensure our work has sound research and validation and use validated tools to measure changes in participants.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we have achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key health improvement initiative and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the Directors consider how planned activities will contribute to the aims and objectives they have set.

FINANCIAL REVIEW

The Health Forum has, through the Finance and Employment Sub Group monitored and reviewed the Financial procedures within the Health Forum. In doing so it has updated its policies and adopted new policies in respect of redundancy and financial reserves which have served to benefit the organisation. The Health Forum continues to seek funding opportunities that can help sustain the project.

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Principal funding sources

The principal funding sources for the Health Forum are currently by way of grant aid and contracts with a range of external bodies. The principal funders are: Public Health Agency, National Lottery Community Fund (NLCF), Western Health & Social Care Trust, BBC Children in Need, Urban Villages (TEO) and a variety of other small funders and income generation.

Reserves Status

Overall reserves for the financial year amounted to £224,010. Reserves for the year are split £205,700 unrestricted and £18,310 restricted reserves.

The Board of Directors have examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should represent up to six months of the expenditure and provide for redundancy for all staff in the event of a gap or withdrawal of funding, this would total £170,242 (see note 10 for total unrestricted reserves). The remainder of unrestricted reserves would be used for other programmes and salaries that may be a risk in future financial periods.

The reserves are needed to meet the working capital requirement of the charity and the Board are confident that at this level they would be able to continue the current activities of the charity in the event of a significant drop in funding for three months.

PLANS FOR FUTURE PERIODS

Bogside Brandywell Health Forum plans to continue the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. Bogside Brandywell Health Forum will ensure continued effort is to be made to bolster our capacity to deliver and innovate in respect of health improvement within the immediate target area which may require the securing of additional income from grant aid or contract with an external body or bodies.

Bogside Brandywell Health Forum will continue to work with funders and grant makers to promote health improvement through partnerships in the area of benefit.

Neighbourhood Health Improvement Project - The Neighbourhood Health Improvement Project (NHIP) provides support to 6 locations: Limavady, Strabane, four areas within Derry: Outer West, Outer North, Triax, Waterside with the overall aim to improve community health and wellbeing.

Social Prescribing - work in partnership with Healthy Living Centres in N. Ireland and Community Groups associated with the Scottish Communities for Health and Wellbeing to scale our Social Prescribing Project to other communities.

Right Time, Right Place project is the first community mental health project in the Derry / Strabane District aimed at building a partnership approach across NRA's to improve the mental health of people in communities. The project is aiming to build community capacity and ensure the District is the first Trauma Informed District.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

The organisation is a charitable company limited by guarantee, incorporated on 4 May 2007 and registered as a charity on 26 July 2007. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of management committee (Board of Directors)

The Directors of the company are also charity trustees for the purposes of charity law and under the company's articles are known as members of the Management Committee. Under the requirements of the Memorandum and Articles of Association the members of the Management Committee are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee give their time voluntarily and received no benefits from the Charity.

A number of Directors will retire by rotation and, being eligible, offer themselves for re-election.

Directors Induction and Training

Directors are already familiar with the practical work of the Charity having been involved in a range of activities and events over several years. New directors receive a full induction. There is also a Staff Induction pack which is useful in terms of providing a good grounding in the management structure and working parts of the organisation.

Risk Assessment and Management

The Board of Directors are duty-bound to review the major risks to which the charity is exposed.

Internal Financial Risks are already minimised by the authorisation of all transactions for project expenditure. All financial matters are scrutinised by the Finance and Employment Sub Group on a regular basis, minutes are taken of the proceedings and relayed to the Board of Directors. Procedures are in place to ensure compliance with health & safety of staff, volunteers and service users.

Organisational Structure

The organisation has a Board of eight Directors who meet at least eight times a year to receive Progress Reports from the General Manager relative to the various projects. The Board alternated its meetings between Project Progress meetings and Corporate meeting to ensure a healthy balance between progress on operational matters and building the corporate strength of the organisation.

The Board are responsible for ensuring the strategic direction and policies of the Charity. At present there are eight Directors on the Board from a range of backgrounds.

In an effort to maintain a good skills mix, directors are requested to provide a list of their skills and update it each year. Membership of the Board is reviewed on an ongoing basis by an ad-hoc Membership Committee.