

The Junction Club Annual Report 2024

Annual Report for year ending December 2024

The Trustees of the Junction Club are happy to submit their Annual Report and summary of accounts for the period January 2024 – December 2024.

During the year the members were involved in a number of projects and activities.

Ongoing Projects/Partnerships

- **Arts Care** – The Junction Club have continued to work with Carmel from Arts Care who facilitates Dance & Relaxation sessions for us on a Thursday morning. Arts Care have recently moved to their new Creative Space in Connswater and the members have enjoyed using the dance studio there. We attended the Arts Care annual Christmas show at Knockbracken where we got the opportunity to display some of our wonderful dance moves.
- **Belfast Hills Partnership** – We have also continued working with Jim Bradley and Tara who facilitate weekly walks in and around the Belfast area as well as weekly talks on Zoom. The Club members thoroughly enjoy getting to explore the outdoors on a regular basis and we look forward to joining more sessions in 2025.
- **Disability Sports NI** - at the beginning of the year we attended more sport sessions at Lough Moss every Friday with DSNi. We took part in different activities each week including Pickle Ball, Boccia, New Age Curling and Ability Bikes.
- **Health Improvement team** - Barbara Redmond from the Belfast H&SC Trust Health Improvement team continued to attend the Junction Club on a Monday to facilitate gentle exercise sessions. The members enjoy getting active and participating in chair based exercise.
- **Engage with Age** – Anna from Engage with Age has provided us with some more arts & crafts workshops this year. We also played healthy eating bingo which everyone thoroughly enjoyed.
- **Strand Arts Partnership** – Strand Arts Partnership's Festival of Light by participating in a lantern making workshop. Ali, and artist from SAP, facilitated these workshops at the Junction Club. We have worked with Ali on a number of projects and it was lovely to welcome her back.
- **Outings** – We enjoyed a number of outings throughout the year including: Belfast Christmas market, The Pantomime at The Grand Opera house as well as days enjoying a shopping trip to Abbey Centre and spending some afternoons in Refresh café for coffee.

New Projects in 2024

- **Tennis & Squash** – The Junction Club began tennis and squash Lessons at Belfast Boat Club facilitated by Enjoy Tennis Ireland. The members have thoroughly enjoyed these session, gaining skills and growing in confidence throughout the project. We look forward to continuing these sessions in 2025.
- **Gamelan** – The group completed six weeks of Gamelan sessions in Connswater. We really enjoyed learning some history of the Indonesian instruments, how to play them and using them to make beautiful pieces of music together. We particularly enjoyed the relaxing sound baths at the end.
- **Wellbeing Workshops** – Tara McCaughan facilitated 3 weeks of wellbeing workshops in the Junction Club. We learned about the benefits of essential oils and had the opportunity to make our own personalised bottles tailored to our individual needs. We learned about the importance of positive affirmations and designed our own positive affirmation cards. Tara also led us in some meditation and relaxation.
- **Oil Painting & Flower Arranging** – The Junction Club were successful in their application for £1000 through the “Making Life Better Through Short Term Funding Programme”. This has allowed us to hire artist Fiona Rainey to facilitate Oil Painting and Flower Arranging workshops which were requested by the members. We have completed the first part of this project which the members have thoroughly enjoyed. We have learned the basic skills required for oil painting and flower arranging and have produced beautiful painting and floral arrangements to date. We look forward to completing the second part of the project in the New Year.
- **Circus Skills** – We have been working alongside Streetwise Community Circus who are facilitating Circus Skills Workshops at The Junction Club. We have really enjoyed learning all the fun skills and tricks and look forward to continuing the project in the New Year. This project has been partially funded by the Arts Council who are covering 75% of the cost with Junction Club paying the remaining 25%.
- **Safe Eating Workshops** – Hannah Tracey, a Speech & Language Therapist from Belfast H&SC Trust, provided us with a 6 week course in safe eating. We learned about high risk foods, how to make food safer to eat, the importance of posture during meal times and how to make the environment a safer place to consume meals. This was of great benefit to all members, particularly those with swallowing difficulties.
- **Communication Passport Workshop** – Hannah Tracey and Jenny Busby, Speech & Language Therapists from Belfast H&SC Trust, brought SLT students to the Junction Club to complete a Communication Passport project. The students spent a number of weeks getting to know the group members and gathering information about their communication needs as well as their likes and dislikes etc. They collated this information into a Communication Passport for each member to keep.

Fundraising

- **Christmas Craft Fair** – This year the members took part in the L’Arche Christmas Craft Fair at St. John’s Church. The members worked very hard preparing Christmas decorations, Christmas cards, gift bags, gift tags and Reindeer food to sell at the Fair. This was very successful and we raised a total of £180.

Upcoming projects

- **Ongoing partnerships** - In the New Year we look forward to working with a number of our current partners. We will continue to access Belfast Hills walks, Arts Care dance and movement workshops and gentle exercise workshops with Barbara Redmond and the Health Improvement team on a weekly basis.
- **Ongoing Projects** - We will also be completing the second half of our oil painting, flower arranging and circus skills projects.
- **Travel Training** - Orchardville Society will be facilitating a 6 week travel training course beginning in February.

We also hope to begin sourcing new activities and funding opportunities as requested by the members and committee members of The Junction Club.

The Junction Club Summary of Accounts 2024

Opening Balance:	£3006.26
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Receipts

Donations:	£25.00
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Grants:	£800.00
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Fundraising:	£180.00
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Club Member Contributions	£327.00
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Total:	£1332.00
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Payments

Projects & Events:	£2012.00
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Club Resources:	£150.72
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Miscellaneous Club Purchases:	£64.43
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Bank fees:	£31.82
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Total:	£2258.97
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Closing Balance 31/12/2024:	£2079.29
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We currently have no assets or liabilities.

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