

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

The trustees present their report and the financial statements for the year ended 31 March 2023. The trustees, who are also directors for the purposes of company law and who served during the year and up to the date of this report are set out below. This report is prepared in accordance with Accounting and Reporting By Charities: Statement of Recognised Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Introduction

The Trustees of Developing Healthy Communities (DHC) are delighted to present our Annual Report and Financial Statement for the year ended 31 March 2023. This report captures the achievements and positive contributions which DHC has made during the period 1st April 2022-30th March 2023 and is testament to the organisation's dedication to improving the health of our population, in partnership with our funders and the wider community and voluntary sector.

DHC as a strategic organisation within the Derry and Strabane district is committed to fostering genuine intersectoral partnerships for health and harnessing our collective assets to tackle health inequalities and improve the quality of life of our local population. Within this report we present evidence of the extent and impact of our work in striving towards making a positive difference to the health and wellbeing of our citizens.

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee not having a share capital (company registration number NI640806). It is recognised as a charity by HM Revenue and Customs and is registered with the NI Charities Commission (registration number NIC105780). The charity's governing document is its Memorandum and Articles of Association.

Organisational Structure

The charitable company is governed and managed by the board of directors, who are also the charity trustees. The Trustees are chosen based on their skills and professional backgrounds so as to ensure a wide range of experience is represented on the Board. The trustees who served the company throughout the year are shown on page 1, together with details of the registered office and other professional advisors.

The board of directors (trustees) carry out their governance role throughout the year by way of meetings on a quarterly basis to review the performance of the charity and to make decisions regarding the charity's financial and operational matters. The trustees also meet from time to time between quarterly meetings in order to perform their role on essential governance matters. The directors govern the activities of the charitable company in line with the objectives set out in the governing documents of the charity, namely the Memorandum and Articles of Association and the charity's constitution.

Developing Healthy Communities (DHC) Limited is managed by the Chief Executive Edel O'Doherty. She is responsible for overseeing the activities carried out by the charitable company. Her responsibilities include the management of all staff and their duties, the provision of a full range of administrative and clerical duties and for the preparation of financial reports to the Board of Directors and Funding Bodies.

Developing Healthy Communities (DHC) Limited is an equal opportunities employer committed to positive policies on recruitment, training and career development for staff members regardless of marital status, religion, colour, race, ethnic origin or disability.

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Appointment and training of trustees

DHC is committed to equity, diversity and inclusion and therefore openly advertises vacancies on the Board in order to attract a range of people with diverse skills and experience which will benefit the people and communities we serve. The Board is committed to providing support and training for Board members to help them to fulfil their role, including for people who have not served on a board before. New trustees are nominated by current trustees.

Induction and training of new trustees is provided by existing trustees and employees. Most trustees, due to their experience and backgrounds, are already familiar with the work of the charitable company.

Principle risks and uncertainties

Management have conducted a review of the major risks to which the charitable company is exposed and systems have been established to mitigate those risks. The trustees continually monitor their exposure to financial risk. Given the size of the charitable company, the trustees have not delegated the responsibility of monitoring financial risk to a sub committee.

Risks identified, such as the financial viability and sustainability of the charitable company, have been reviewed to ensure that a level of funding is maintained that is necessary for the charitable company to continue to meet its objectives. The trustees continually strive to source additional or new funding sources.

Business, cyber and financial risk are managed by ensuring the company have appropriately qualified staff equipped with the necessary skills and experience and that effective and secure ICT systems are in place.

Internal risks are minimised by the implementation of controls and procedures for the authorisation of all transactions.

Key management remuneration policy

The key management personnel of the charitable company are the directors (trustees) and senior management. The trustees are not remunerated for their services and did not receive and were not reimbursed for expenses during the year. The remuneration of senior management is set by the trustees and reviewed annually and is normally increased in line with inflation. The benchmark used in setting remuneration is based on the remuneration of other key management personnel in similar comparable organisations.

Directors

The directors (also the trustees) who served the charity during the period were as follows:

Emma Kevitt	Gerard Deane
Diane Marshall	David Kelly
Amanda Doherty (resigned 13/12/22)	Leona McNicholl
Sharon Williams	
Charlene Shongo	

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Objectives and activities

The principal objectives and activities of the charity during the year continued to be the promotion of health improvement and reduction of health inequality throughout Northern Ireland by the provision of training, support and awareness projects carried out on a multi-sectoral partnership basis.

Public Benefit-

In setting these objectives the trustees' have considered the Charity Commission for Northern Ireland's guidance on public benefit to ensure that its activities have helped to achieve its principal objective of public benefit for its beneficiaries.

Developing Healthy Communities (DHC) Limited is a charitable organisation registered with Northern Ireland Charities Commission.

The company commenced activities on 1 April 2018 on which date all assets and liabilities of 'The Derry Healthy Cities Project' were transferred to the company.

The company is a charitable company limited by guarantee. It is governed by a memorandum and articles of association.

During the year, the charity carried out a number of activities and projects in the furtherance of its objectives:

1. DHC continued to lead Derry City and Strabane's designation to the World Health Organisation's European Healthy Cities Network.
2. DHC's CLEAR Project administered small grants on behalf of the PHA to build health and wellbeing capacity within small community organisations, in support of the NI Mental Health Strategy and the NI Suicide Prevention Strategy 'Protect Life'. The Clear project also delivered training to improve mental health and emotional wellbeing and prevent suicide. Through this project DHC also continued to oversee the PHA's quality standards for the delivery of services in this field.
3. Through DHC's Health@WorkNI 'Work Well, Live Well' programme we delivered support, training and awareness raising to improve health and well being in workplaces, adhering to the World Health Organisation's Workplace Health Model.
4. DHC initiated the 'Team Health' Social Enterprise providing a range of simple diagnostic health checks for a wide range of workplaces.
5. DHC continued to facilitate the Families Voices Forum through our regional Bereaved by Suicide project, which enabled family members bereaved by suicide to contribute effectively to discussion and decision making in relation to suicide prevention.
6. DHC continued to co-ordinate and administer Neighbourhood Health Improvement Programme (NHIP) grants on behalf of the PHA to six Neighbourhood Renewal Partnerships.
7. DHC worked in partnership with the NW Community Network and Ulster University the UK wide 'Ideas Fund' to support a range of mental health and wellbeing projects in local communities.

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

Strategic Developments

Transformation - Staffing and Systems

The year 2022-23 was one of transformation for DHC with the departure of our highly respected Chief Executive, Erin McFeely at the end of September 2022. Erin presided over DHC for 4 years, working to build and consolidate relationships with funders and partners across the community, voluntary and private sectors. She brought to DHC her own innovative and highly participative style of management and was very successful in raising the profile and impact of the organisation within the North West. Edel O'Doherty commenced the role of CE in early November 2022, after an extensive career working as a senior manager within health and social care and a primary focus on health improvement and community development.

In addition, the Clear Team moved from Strabane to the new Ebrington Offices, which consolidated the team in one location.

DHC invested heavily in a new Grant Management System (Salesforce) during the year in support of the administration of the PHA's Small Grants programme.

DHC have worked intensively during the Spring to enhance our ICT cyber-security to reduce the risk of cyber-crime.

DHC conducted a HR restructuring of the Clear Project team in January 2023 culminating in the appointment of a Deputy Project Manager, a Project Coordinator, and a full-time Administrative Assistant. In March 2023, in alignment with the Bereaved by Suicide Contract, DHC recruited an Information and Communications Officer.

30th Anniversary Celebrations

There were many causes for celebration during the year and the Autumn period featured a number highly successful events which included:

As part of the Derry and Strabane Healthy City and District initiative, DHC held a very successful joint conference with Ulster University Centering health. Building for better outcomes' on the 30th of September. The event celebrated Derry City & Strabane becoming a designated WHO Healthy City for the third time and brought together an inspiring array of speakers to explore how the council, community and enterprise can put healthy lives at the core of decision making across the sectors.

The DHC's Clear Forum hosted a major event 'Turning ambition into reality: Focusing on early intervention and prevention within mental health in the Western Area'. The conference was presented by journalist and mental health advocate Lynda Bryans and focused on early intervention and looking beyond crisis response. The event brought together statutory and community voices to seek opportunities to join the dots between mental health community and statutory provision of services.

DHC celebrated its 30th anniversary by hosting a gathering of invited guests, including current and former Board members and staff and a wide range of supporters of DHC over the years. This very successful event provided an opportunity to reflect on the growth, development and impact of DHC since its inception.

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Strategic Objectives

Developing Healthy Communities (DHC) continued to work in line with the objectives set out in the Strategic Plan for 2019-2022, reflecting its charitable objects and to further the aims of providing public benefit.

The strategic objectives for 2020-2023 were to provide:

1. **Leadership and Influence**
We are a valued agency that identifies and articulates the health and well being needs of our communities.
2. **Capacity building and Training**
We deliver capacity building and training opportunities, empowering people and communities to make positive choices about health and wellbeing.
3. **Health Innovation**
We are a catalyst for the development and delivery of evidence based, community led, health and wellbeing initiatives.

During 2022/23 Developing Healthy Communities continued to support people and communities including listening and responding to the changing needs of people during the year. We identified and articulated these needs, and brought leaders in health, community, business, and academia together to highlight both challenges and opportunities to tackle issues associated with entrenched health inequalities. Through our charitable activities, we delivered health and wellbeing programmes, provided training, support and advocacy for the promotion of health and wellbeing and the furtherance of the WHO Healthy Cities agenda in Derry and Strabane.

DHC continued to administer short term funding on behalf of the PHA and support community and voluntary sector organisations to make necessary adaptations to successfully deliver on funded projects.

The organisation continued to invest in our relationships with key funders including the PHA, DCSDC, the Ideas Fund, The Community Fund and the Rank Foundation and a number of new partnerships in order to increase its impact and sustainability. Most notably, DHC was successful in its joint application with the North West Community Network, to the British Science Association to act as the local Development Co-ordinator for delivery of the 'Ideas Fund' in Derry and Strabane.

Key Performance Indicators

Through our principal funder, the Public Health Agency, DHC has continued to deliver a range of strategic and inter agency initiatives which support the achievement of our charitable objectives which are to:

- (a) Promote a more positive and inclusive attitude to health from policy and planning by initiating and encouraging inter-agency and inter-sector working and supporting and developing practical initiatives;
- (b) Advance education relating to benefits of good health and to the implications of poor health through the provision of advice, information, guidance, support and training;
- (c) Promote and encourage public participation in healthy exercise and physical activity;
- (d) Promote, develop and support those organisations offering health care services and support in the area of benefit.

The main achievements of the charity during the year were as follows:

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Support for Community and Voluntary Sectors

- In 2022/23 DHC's CLEAR Project administered over £1.6 million worth of small grants between £500 and £13,426 to community and voluntary organisations across Northern Ireland, on behalf of the Public Health Agency. This supported 364 projects which delivered a range of activities linked to supporting emotional health and wellbeing, to over 31,000 individuals.
- 10,000 participants completed pre and post questionnaires and 89% reported a positive change to their health and wellbeing.
- We also held a Clear Forum event themed 'Turning ambition into reality: Focusing on early intervention and prevention within mental health in the Western Area' which was attended by 46 participants.
- The CLEAR Project continued to work closely with Sports Clubs, this year supporting 23 groups. Over £7,000 being distributed for purchasing of sports equipment. A total of 58 sports club members attended SafeTALK and 15 attended either Sports NI Mental Health Awareness or Zero Suicide online training.

Mental Health and Suicide Prevention Training

- Through DHC's CLEAR Project, the organisation delivered training opportunities related to mental health, emotional well being and suicide prevention, principally to people working in community and voluntary sector organisations.
- 401 participants accessed training from a range of 32 courses.
- Courses included; SafeTALK, ASIST, Mental Health First Aid, Self Care, Hope Matters, Motivational Interviewing, Impact of Alcohol on Self Harm and Crisis Intervention, Impact of Alcohol on Self-Harm and the Family, Self-Harm and Autism and Anger Management.
- Evaluation evidenced outcomes which included increased skills, knowledge, understanding and confidence in the range of issues covered.
- Feedback from participants included;
"Really good training course which made me feel more confident in dealing with suicide."
"This course is unreal and I am happy to be part of it."

Quality Standards

- Through the CLEAR Project, DHC continued to provide a vital leadership role in overseeing the PHA's quality and governance standards for community and voluntary sector organisations.
- The Standards online portal was used for the first time for the independent assessment against the Standards.
- Five organisations underwent independent assessment and 227 organisations registered for self-assessment.
- The 13-minute standards awareness raising video was viewed over 140 times.
- Held 2 Referral Procedures workshops with 19 participants from 19 different organisations.

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Support for Workplaces

"Health@Work NI" continued to target workplaces where health inequalities are likely to be most prevalent, including those with a high proportion of; low paid, manual, male, sedentary and migrant workers.

- In 2022/23, through DHC's "Work Well Live Well" Programme(funded by the Public Health Agency), 40 new workplaces were signed up to our Workplace Health Support Service, accessing information, and support to develop a healthier workplace.
- 30 new Workplace Health Champions were trained online through the Work Well Live Well Programme.
- 15 organisations were supported to complete workplace health and wellbeing surveys. These 15 organisations accessed intensive consultancy and mentoring support to develop and complete health and wellbeing action plans based on the findings of their survey.
- 28 employees completed Mental Health First Aid Training online.
- Health@WorkNI also delivered network learning events including Financial Wellbeing, Burn Out and Fatigue and Stress Management Standards. We continue to mentor the champions to deliver on wellbeing plans.
- Health@Work NI works in partnership with WHSCT, AWARE, Recovery Colleges, HSENI and many others to deliver and promote training, health promotion initiatives and campaigns to workplaces at all levels of the programme.
- An Annual Celebration event took place to recognize and reward those workplaces that have completed all levels of the programme and that have shown commitment to wellbeing at work.

Team Health

Additionally, DHC's Team Health social enterprise delivers interventions to promote employee well-being within workplaces. This initiative seeks to generate income to support sustainability and extension of workplace health programmes in the wider community. As 2022-2023 was the first year of this initiative, and after investment in equipment and payment of nursing staff, £3,589 income was generated.

- Since February 2022, a total of 300 workers have participated in Health Checks across 25 workplaces in the Western Trust region. These interventions are in line with the World Health Organisation's focus on workplace 'settings' to improve health by providing workers with personalised information on their health status ie cholesterol, blood pressure, etc and advising them on proactive steps to take to improve their health and wellbeing.
- Team Health have invested significant time into branding, promotion and networking to build awareness of the programme and secure further contracts. Pilot programmes and workshops were held to consult with workplaces the Team Health webpage.

WHO European Healthy Cities Network

- DHC has continued to work with local partners including Derry City and Strabane District Council, the PHA and the Western Health and Social Care Trust to promote the Healthy Cities Phase VII Framework and themes of; People, Place, Planet, Prosperity, Peace and Participation.
- DHC has continued to represent Derry and Strabane at regional, national and international Healthy Cities Forums, including at the European Healthy Cities Annual Business and Technical Conference where we secured a place on the agenda for a presentation by ARC Fitness's. DHC has established Derry City & Strabane as a founding member of the network's working group on alcohol.
- DHC has worked to establish or partner on the delivery of programmes under the six themes and priorities identified by the cross-sector healthy cities leadership group, notably partnering with DCSDC and the Community Foundation on the development of a healthy and sustainable cooking programme for the Acorn Farm project.
- DHC has grown a healthy cities digital community achieving 300% growth in its email list and supporting key PHA and WHO campaigns across email and social media.

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Health Leadership

- DHC continued to participate in a range of civic, strategic and policy making forums to promote inclusive and equitable approaches to health.
- This includes taking part in the DCSDC Strategic Growth Partnership meetings and facilitated a Consultation Coffee event in April 2022 including 33 participants in support of the work of the Partnership.
- DHC inputs into the Protect Life Strategy's Implementation Group. As part of this work a consultation event on the Department of Health's Postvention Support for Families Bereaved By Suicide was hosted in March 2023 (13 attendees).
- DHC links closely with the DCSDC Mayor and local politicians to ensure that health and wellbeing are profiled within the City Council Area.
- DHC's social media channels are used extensively to highlight relevant topic areas in health. Regular mailouts to our Health Communities list have featured content on topics ranging from Air Quality in Schools to Female Participation in Sport, to name but a few.

Family Voices Forum (FVF)

- DHC Family Voices Forum project launched their Manifesto 'Turning Grief into Hope' in January 2023. The highly successful event was held in Belfast City Hall and attended by the NI Mental Health Champion, Prof Siobhan O'Neill, Prof Rory O'Connor (Health Psychology/Suicide Behavioural Research Lab) and the Chief Medical Officer, Dr Michael McBride, as well as families bereaved by suicide. The purpose of the Manifesto is to ensure that the voices of people bereaved by suicide are heard in policy and decision making forums.
- Six new members have joined the FVF with the total number of members now reaching 71.
- Family members held 11 meetings during 2022-23 and 14 one-to-one sessions were held in support of individual members to build their confidence and skills to contribute to the group.
- Four Consultation workstreams were facilitated with the FVF on a range of themes to inform the development of the Manifesto and nine panel and conference engagements were held to plan and prepare for the Manifesto Launch.
- The Family Voices Forum has participated in each of the Trusts as a Protect Life Implementation Groups.
- Families Voices Forum regularly engaged with the Chief Medical Officer and the Mental Health Champion for NI on the impact of COVID-19 on the mental health and emotional well being of people and communities.

The Ideas Fund

- The Ideas Fund' was launched in January 2021. Since then Developing Healthy Communities have continued in their role as local Development Coordinator, in partnership with the Northwest Community Network. Sixteen community-researcher partnerships were funded over two rounds, including some extension grants to allow projects to expand or share and embed learning, over £1m has been awarded in Derry and Strabane from 2021-2023. Developing Health Communities, Northwest Community Network and Ulster University secured £90k in March 2023 to run a pilot that will seek to address systemic challenges faced by community groups and researchers, taking a more strategic approach to creating systems which support community partners and university-based researchers' collaboration more effectively.

Benefits to the end users and wider society

- The directors are satisfied that the performance of the company during the year as detailed in the foregoing paragraphs, in terms of both financial and operational results, is in line with the charity's constitution and key objectives.

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED

(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report) for the year ended 31 March 2023

Financial review (including reserves policy)

The net income for the year was £59,523 (31 March 2022 - net income £47,375). The net income for the year will be added to the funds brought forward. Total funds and reserves at the end of the financial year were £402,928.

The charity aims to ensure that liquid funds held at any point in time are sufficient to cover expenditure equivalent to 6 months core running costs and all winding up liabilities.

At the year-end date, the charity held cash at bank (on current or short-term deposit accounts) of £864,769. Total expenditure for the year was £2,413,640 (excluding depreciation). Expenditure included ring fenced funds of £1,677,627 which were distributed in small grants. The charity, therefore, has adequate funds in line with its reserves policy. The directors are satisfied with this outcome and will continue to prudently review the level of reserves held by the charity in line with current levels of funding and operating costs.

Plans for future periods

In the forthcoming financial year the directors will continue to govern the company in line with the constitution in order to achieve the objectives noted above. In particular the directors will focus on diversifying income sources to support the long term sustainability of the organisation. They plan to complete the designation process to achieve WHO European Healthy City status for Derry and Strabane. They plan to continue to strengthen online systems and operations to ensure the organisation is future proofed. This includes the launch of the PHA Quality Standards and Training online portal and the development of an online booking system for training and events.

Post Balance Sheet Events

The impact of COVID, the political instability in Northern Ireland combined with the cost-of-living crisis continues to create instability and uncertainty across all of the sectors within Northern Ireland with potential ramifications to the climate for funding. These societal pressures have simultaneously driven demand for health and wellbeing support within our communities.

In spite of these challenges, DHC remained financially and operationally stable during 2022-23, although it is impossible to predict the risks to longer term funding in the future.

Statement of Trustees' responsibilities

The trustees, who are also the directors of the company for the purposes of company law, are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102),
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

DEVELOPING HEALTHY COMMUNITIES (DHC) LIMITED
(A company limited by guarantee)

Trustees' Annual Report (including Directors' Report & Strategic Report)
for the year ended 31 March 2023

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement of disclosure of information to auditors

We, the trustees of the charitable company, who held office at the date of approval of these financial statements, each confirm, so far as we are aware, that:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- we have taken all steps that we ought to have taken as trustees in order to make ourselves aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

A resolution proposing that McDaid McCullough Moore be reappointed as auditors of the charity will be put to the Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

On behalf of the Board

Emma Kevitt (Chair)
Trustee

12 October 2023

