

## **Mid Ulster Volunteer Centre**

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

### **TRUSTEES' AND OTHER INFORMATION**

#### **Trustees**

Mrs Mary Devlin  
Mr Gerard Lynch  
Ms Mary Josephine McGuckin  
Mr Michael Murphy  
Mr Joseph Wilson  
Ms Rachael Jane Jeffers

#### **Company Secretary**

Ms Mary Josephine McGuckin

#### **HMRC number**

XR43114

#### **Company Number**

NI040301

#### **Charity Number**

NIC106396

#### **Registered Office and Principal Address**

20 Queen Street  
Magherafelt  
Co Londonderry  
BT45 6AB  
Northern Ireland

#### **Accountants**

R T J Ross & Co  
Chartered Accountants  
44 Molesworth Street  
Cookstown  
Co Tyrone  
BT80 8PA  
Northern Ireland

#### **Bankers**

Bank of Ireland  
11 Market Street  
Magherafelt  
Co Londonderry  
BT45 6EE

# **Mid Ulster Volunteer Centre**

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

## **TRUSTEES ANNUAL REPORT**

for the year ended 31 March 2023

The trustees present their Trustees' Annual Report and the unaudited financial statements for the year ended 31 March 2023. The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the financial statements and comply with the company's Articles of Association, the Companies Act 2006, Part 8 of the Charities Act (Northern Ireland) 2008, other applicable law and the requirements of the Statement of Recommended Practice (SORP), FRS102 and with the financial reporting standards applicable to charities preparing their accounts.

### **GOVERNING DOCUMENT**

The organisation is a private charitable company limited by guarantee, having been incorporated on 28 February 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Article of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

### **Structure, Governance and Management**

The charity is committed to the principles of Corporate Governance; and through the development of various manuals, will capture all internal and external processes and procedures. The detailing of the company's activities in this way will ensure we follow best practice guidelines and demonstrate appropriate openness, transparency and accountability in all of our business activities.

Embracing Corporate Governance ensures that as an organisation we adhere to the highest standards of integrity in carrying out our business and managing our finances. The company is fully aware of its responsibilities and the need for accountability, particularly in relation to the management of public money.

### **Management Committee as at the 31 March 2023**

May Devlin	Chairperson
Gerry Lynch	Vice Chairperson
Michael Murphy	Treasurer
Joseph Wilson	
Josephine McGuckin	
Rachael Jane Jeffers	

### **Principal Risks and Uncertainties**

The directors have conducted a review of the major risks to which the charity is exposed. Appropriate systems and internal controls are in place throughout the charity's processes and procedures to provide clear accountability and to mitigate those risks which the charity faces.

The company seeks to maintain high standards in the management of risk and the processes in place reviewed annually to ensure their relevance.

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for the year ended 31 March 2023

The trustees, who are also the directors of the charity, at the date of this report and those who served during the financial year together with the dates of any changes are set out on page 3 and are listed below.

#### **Trustees**

The trustees who served during the year are as follows:

Mrs Mary Devlin  
Mr Gerard Lynch  
Mr Michael Murphy  
Mr Joseph Wilson  
Ms Mary Josephine McGuckin  
Ms Rachael Jane Jeffers

In accordance with the Constitution, the trustees retire by rotation and, being eligible, offer themselves for re-election.

#### **Objectives and Activities**

The objects of Mid Ulster Volunteer Centre as set out in our Articles are to advance community development by promoting and providing volunteering opportunities and activities for the benefit of individuals and communities throughout Mid Ulster and by supporting and developing the work of community and voluntary groups and organisations in charitable activity which seeks to improve the quality of life of the inhabitants of the Mid Ulster.

Mid Ulster Volunteer Centre aims to advance education and training for the public benefit by delivering training and mentoring to volunteers, staff and directors / management committee members of volunteering-involving organisations in the area of benefit.

Mid Ulster Volunteer Centre also aims to promote personal development with a view to enabling the community to enhance their social and personal skills and develop and participate in valued roles in the community.

#### **Public Benefit Statement**

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure activities have helped to achieve the charity's purpose and provide a benefit to the beneficiaries.

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### Summary of Main Activities

Although Covid was still there during this period we still continued to develop and evolve making sure we provided the right service provision specific to the individual or the group during this time. For those who wish to volunteer we offer a one to one person centred approach which enables us to assess each individual's needs. We advise the individual in choosing the most suitable volunteer placement for both volunteer and organisation.

In close liaison with placement organisations, volunteer roles are identified and developed in order to match suitable volunteers with suitable volunteer roles. In turn any support needs are recognised and addressed. We are attentive to all new services and initiatives and when appropriate we inform them of who we are and how we can help.

Mid Ulster Volunteer Centre is a registered Umbrella Body with Access NI. The Centre has dedicated and knowledgeable staff who are on hand to provide organisations with the necessary guidance. We are committed to helping volunteers access opportunities, helping to reduce barriers to participation and enabling voluntary groups to make safe recruitment decisions when involving volunteers.

In addition, we provide training to volunteers and volunteer involving organisations within Mid Ulster. We work in partnership with various organisations to help facilitate training relevant to local needs and requirements. The Volunteer Centre provides information, advice and support to:

- people who would like to volunteer or find out more about volunteering
- organisations who engage or want to involve volunteers
- agencies who refer volunteers to our Centre for advice and support.

Further to our database of volunteers, organisations and volunteer opportunities we rely heavily on our website, social media, and volunteer opportunity booklets to deliver the best service possible.

All the work would not be possible without the support of our funders:

- Department for Communities
- Garfield Weston Foundation
- Halifax Foundation NI
- Mid Ulster District Council
- National Lottery Community Fund
- Northern Health and Social Care Trust
- Public Health Agency

The Centre would like to express their sincere gratitude to all the community and voluntary organisations and statutory organisations who liaise on a regular basis and especially for the support offered in various training workshops.

We are eternally grateful to InVOLve (NI) committee for their continued support and dedication to Mid Ulster Volunteer Centre.

The Volunteer Centre has a very committed Management Committee. We sincerely value this input.

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Mid Ulster Volunteer Centre seeks to encourage social inclusion by working with the community to help further personal development through volunteering and/or training.

The Volunteer Centre is a registered Umbrella Body with Access NI, and has been providing a discreet, professional vetting service for volunteer involving organisations since Access NI was introduced in April 2008. The Volunteer Centre adopts an ethos of empowerment, believing this is fundamental for improving health and wellbeing and increasing individuals' and communities' control over their lives and their health.

In addition to recruiting, placing and supporting volunteers with a range of community-based organisations across Mid Ulster. The Volunteer Centre works in partnership with the Northern Health and Social Care Trust to provide an alternative to traditional day-care. 'The Base', which is a project for local people with learning disabilities which empowers them to access local community services and facilities and facilitates social inclusion and the development of friendships.

The 'Carefully Yours' Project, uses a comprehensive programme of activities to promote positive health and wellbeing among older people, including those in the early stage of dementia. It also aims to create awareness of the risks presented to older people as well as to provide support for caregivers.

We were delighted to receive the Strategic Community Development Grant from Mid Ulster District Council. This grant has been invaluable to us in supporting us keep a presence in Cookstown.

### Achievements and Performance

The following is an update on what Mid Ulster Volunteer Centre has achieved during 2022 – 2023.

- 341 new additional volunteers were registered
- Assisted and supported 24 volunteering placement organisations
- Organised 6 "turn up, take part", volunteering opportunities that provide immediate opportunities for people to volunteer
- Promote opportunities for volunteering
- Participated in events recognising the value of volunteering in the Mid Ulster area
- Actively aim to increase the number of volunteers from under-represented groups including persons with a disability; older people; and people from the most disadvantaged areas
- Provide advice to Volunteering Placement Organisations
- Offer training and health checks to all new volunteer placement organisations

Mid Ulster Volunteer Centre continued to promote volunteer opportunities during this time, as well as offering organisations help with policies, volunteer management, procedures and any concerns an organisation may have. We continue to support organisations with information and guidance and refer them to other organisations such as NICVA, RCN, CWSAN, CINI when required for example regarding COVID – risk assessments, return to premises, funding and training.

### Volunteers' Week

Our theme this year was '*Restart – Recruit – Reward*'.

**Restart** – As many organisations were starting to reopen after COVID we organised various training sessions to help them restart their groups etc. A total of 109 participants took part in safeguarding, designated officer training, Makaton and First Aid.

**Recruit** – Throughout the week we also promoted volunteering and opportunities. We created 10 reasons why people volunteer, flyers, shared volunteer stories and videos. We also held information stands to reach new volunteers with our local community

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**Reward** – Throughout the week we presented EPIC Volunteers Awards for 50, 100 and 200 hours and also offered organisations the opportunity to avail of FREE Volunteers' Week Certificates.

During the week we launched our Mid Ulster Volunteer Centre Promotional video and a video with other members of Volunteer Centres NI explaining who we are as a collective group and why we collaborate together for the greater good of volunteering in Northern Ireland.

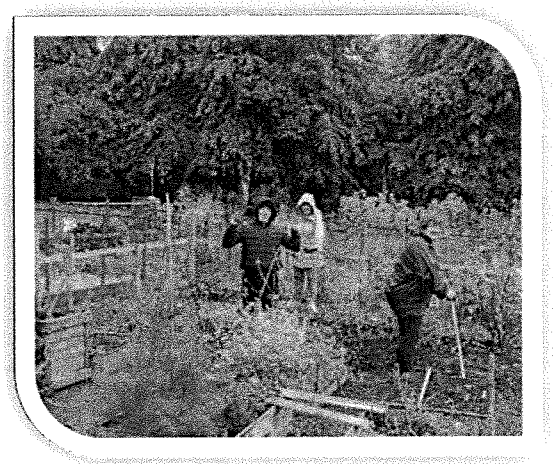
#### Northern Health and Social Care Trust

The Volunteer Centre works in partnership with the Northern Health and Social Care Trust to provide an alternative to traditional day-care. 'The Base', which is a project for local people with learning disabilities which empowers them to access local community services and facilities and facilitates social inclusion and the development of friendships.

Throughout the year Magherafelt and Cookstown Base members, Day Opportunities Service Users and Volunteer Centre Staff and volunteers took part in group volunteering with various organisations.

The Magherafelt Base enjoy volunteering weekly with our Carefully Yours Luncheon Club setting up for their weekly lunch for those over 60's, some Base members also enjoy serving and helping out during the lunch.

In October six members of the Base Cookstown and Volunteer Centre Staff enjoyed a morning volunteering with Sunflower Support NI at their allotments based at Springhill. Shauna from Sunflower Support NI said, *"Lovely having the Cookstown Base over to volunteer with us this morning. We had a great morning despite the rain, the wildlife are happy with all the bird feeders and bug hotel created and all the weeding and the lovely sign to brighten up the space"*.



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*"I just loved today and thank you so much for organising and any other days planned volunteering let me know" -- Base Member*

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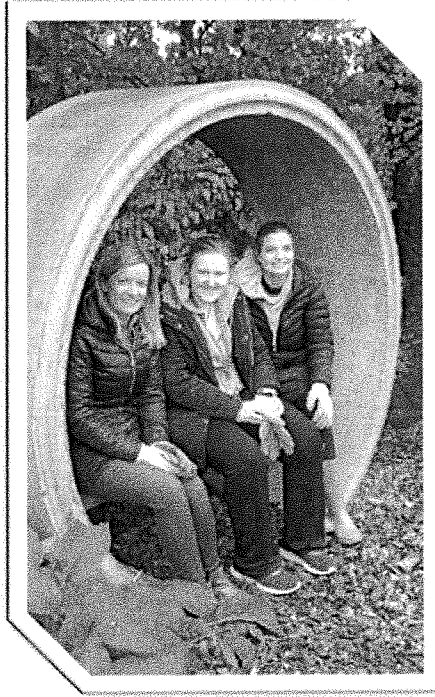
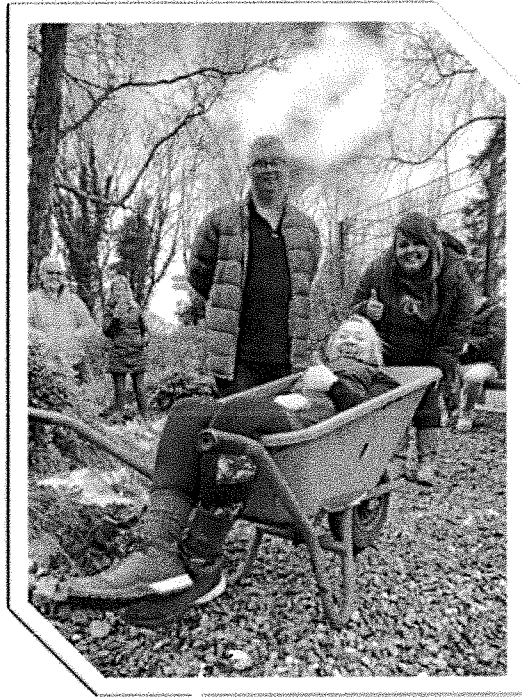
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November saw 10 Magherafelt Base members, 5 NHSCT Day Opportunities staff and Volunteer Centre staff join Upperlands Community Development to help clean up their community garden.



*There are days that are 'successful' and there are days that are not.*

*But then there are very rare days that are so positive, it does your heart good.*

*WE LOVED OUR MORNING WITH YOU GUYS!! “*

***Garry - Upperlands Community Development***

November was a busy month for the Base Magherafelt members and staff as they took the challenge of wrapping 400 PJ's and blankets to help out Hope Magherafelt with their Christmas Appeal. They also were joined for a day by 6 employees from a local business CDE who donated their time to help out their community. In total 16 base members, 4 NHSCT staff and 1 volunteer took part. CDE Employees said *“We all had a fantastic time, thank you for welcoming us into your centre, and pass on our thanks to the base for our friendly welcome, and letting us help out with the wrapping. We all thoroughly enjoyed the day!”*

## Mid Ulster Volunteer Centre

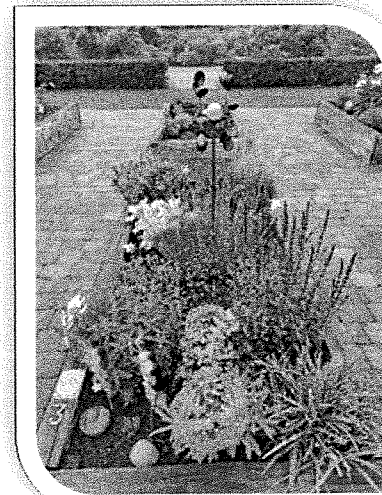
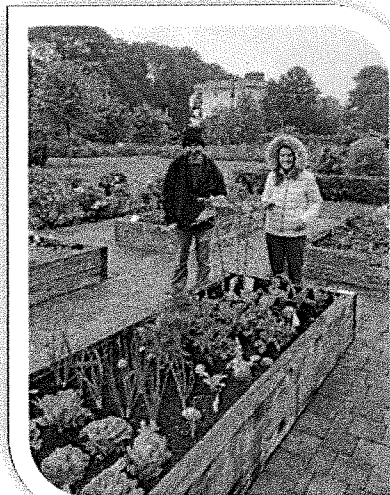
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Throughout the year we continued to work fortnightly on our Kindness Rock Garden based at Maghera Walled Garden. We have two regular volunteers from Day Opportunities and also both Cookstown and Magherafelt Base members helped to create Kindness Rocks. During the summer we planted and harvested tomatoes, broad beans, onions, lettuce, kale, courgettes and broccoli. Next year we hope to plant Potatoes and cabbage as requested by the volunteers.



The two volunteers and staff also attended an outdoor community gardening event at Maghera Walled Garden in conjunction with The Conservation Volunteers and Y.Z. 'Feels to be True'. The event promoted environmentally friendly gardening and encouraged gardeners to start growing fruit and veg in a wildlife friendly manner. Our thanks to Mid Ulster District Council for organising.

We would like to take this opportunity to thank all volunteers for their commitment and contribution in their support of The Base service users in Cookstown and Magherafelt.



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### **Carefully Yours Project**

Over the course of five years, the Carefully Yours project has made consistent gains in reaching a wide cross section on the community over the age of 55 in the Magherafelt area and providing an attractive and engaging programme of activities and services to meet needs. Staff have been flexible in their approach to service delivery and open to changing things that are not working or have limited benefit and appeal

The project has engaged high numbers of participants on an annual basis. Evaluation feedback from participants is overwhelmingly positive, with people reporting;

- Improved physical health
- Improved mental health and wellbeing
- Increased social interaction
- Increased connections and friendships
- Reductions in loneliness and isolation
- Enjoying life and feeling positive about the future
- Reduced reliance on medications and primary health services
- Increased skills and knowledge
- Greater awareness of issues affecting and services for older people
- Feeling safe and valued

All of these positive impacts contribute to improving quality of life and the two main programme outcomes whereby people feel and are able to make changes that improve their lives and feel confident to develop and build on their skills and strengths which in turn enhances a sense of wellbeing and independence.

The majority of participants who engaged with the evaluation stated that they did not know what they would do without the project. But to have both statutory and other community and voluntary sector stakeholders say the same thing is hugely significant. One participant described the project as a Godsend. It is very clearly a lifeline.

180+ registered users attended various activities each week, such as:

- Chair Exercise
- Crochet
- Luncheon Club
- Yoga
- Afternoon Tea
- Information Sessions

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*"I am 90 years of age and live on my own. I value my independence but now I'm confined to using a mobility scooter. Without it I wouldn't be out of the house at all.*

*I've been coming here for over 5 years. When the grand children were young, they'd come into the house during term-time and my wife would feed them. She was a good cook. They would show me how to use the laptop and iPad but when they went off to University, I realised I'd been relying on them. Thought I'd better do something about it so I came to all the iPad classes. The objectives weren't extensive! Send/receive emails, order online and look up bit and pieces of information for gardening and woodwork.*

*When my wife died it was the classes that got me out of the house twice a week, the value was the outing. I've also been coming to the Luncheon Club on a Tuesday and the monthly Afternoon Teas and meet a lot of people that way.*

*If I wasn't here, I would be sitting in the house like a hermit. I was always an active person with a great interest in gardening and fruit growing. I can't do so much gardening now but still grow fruit. My hearing's not so good and I wear a hearing aid. Age NI come out and help with any phone problems and the Good Morning calls 5 days a week are a great outlet if I'm feeling grumpy! Without these agencies I would have been lost.*

*I've lost a lot of friends in recent years and don't have many left. But I have made some excellent new friends by coming here. One gentleman I met here visits me every Saturday night.*

*The staff here look after me like I'm their Grandpa. Coming here keeps me active and has given me the oomph to get up and go and never short of energy to do the things I want to. I say "Stay positive. Never say die."*

Participant

*"As an elderly person who lives alone, the project has been a life saver in many ways. It has given me something to look forward to every week, improve my mood, sense of wellbeing and introduced me to cherished friends."*

Participant

*"It has helped me to develop a routine in the week, to keep me more alert and physically and mentally more active. Give me companionship as I am alone, so it's a bit of normality in my life. Keeps me informed of that which is available in the area and the general kindness of the people."*

Participant

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#### **Financial Review**

In 2022/23, total incoming resources were £243,027 (2021/22 £205,117)

During the year the charity was fortunate enough to receive support from a number of sources including Northern Health and Social Care Trust, Mid Ulster Council, Department for Communities, The National lottery Community Fund and Tesco bags for help.

Total expenditure for 2022/23 was £230,651 (2021/2022 £215,379)

The Charity was in a healthy financial position at the year-end, with current assets of £114,638.

The trustees confirm that since the year-end, it is not aware of any events that would have a material detrimental impact on its position.

#### **Reserves Policy**

The trustees of Mid Ulster Volunteer Centre have set a reserves policy which requires:

The charity to maintain a level of reserves which meets the needs of the project both at the current time and in the foreseeable future. The level of reserves held are based on the need to fund unexpected expenditure and to ensure that it can fund any shortfalls in income, should income not reach expected levels.

The Board of Directors will be responsible for monitoring the level of reserves on a monthly basis.

#### **Principal Funding Sources**

The principal funding sources for Mid Ulster Volunteer Centre is currently by way of grant and contract income.

#### **Related Party Transactions**

None of our trustees receive remuneration or other benefit from their work with the charity. They are only reimbursed for charitable expenses. During the year none of the trustees were reimbursed.

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## STATEMENT OF TRUSTEES' RESPONSIBILITIES AND DECLARATION ON UNAUDITED FINANCIAL STATEMENTS

### General responsibilities

The trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as the directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under charitable company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the net income or expenditure of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- Observe the methods and principles in the Charities SORP.
- state whether the Charities SORP (effective January 2015) in accordance with FRS 102 has been followed;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with, and all Regulations to be construed as one with that Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### Trustees' declaration on unaudited financial statements

In relation to the financial statements comprising the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Accounting Policies and the related notes:

The trustees approve these financial statements and confirm that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have been prepared on the going concern basis on the grounds that the charity will continue in operation.

The trustees confirm that they have made available to R T J Ross & Co, Chartered Accountants, all the charity's accounting records and provided all the information, books and documents necessary for the compilation of the financial statements.

The trustees confirm that to the best of their knowledge and belief, the accounting records reflect all the transactions of the charity for the year ended 31 March 2023.

### Special provisions relating to small companies

The above report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

On behalf of the Board

  
Mrs Mary Devlin

Date: 5<sup>th</sup> December 2023