

Trustee Annual Report

Charity Name : Royal Scottish Country Dance Society Belfast Branch

Charity no. 108858

This report relates to financial year: 2023-2024

The principal address of the charity is 68 Church Road, Belfast BT16 2LW

The following individuals served as charity trustees during the year:

Linda Harley, Chairman

John Campbell, Hon Secretary

Jessica White, Hon Treasurer

Heather McKaig, Trustee

Colin Barnes, Trustee

Rosemary Greer, Trustee

Anne Graham, Trustee

Gwynne Donnell, Trustee

The branch was established in 1946, and was registered as a Charity on 28 September 2022. The Charity is governed by a Constitution. The Charity is constituted as an unincorporated association.

The Charitable purposes of charity are the benefits of preserving and furthering the practice of traditional SCD are raising public awareness, learning new skills and remaining faithful to this traditional form of dance while at the same time responding to the demands of a living and growing tradition. Further benefits are improved mobility and social interaction. b. The benefits of providing instruction in the dancing of SCD are increasing the knowledge and skill of dancers. It is well established that regular physical activity can improve health. SCD can help maintain/improve mobility, prevent disease eg high blood pressure, obesity, heart disease, type 2 diabetes and some forms of cancer. As a weight-bearing exercise, SCD has been shown to help reduce the risk of osteoporosis. c. The benefits of promoting the enjoyment and appreciation of SCD are improved mental health in that it can prevent/reduce depression, promote/maintain positive self-esteem, be of benefit to the bereaved and reduce risk of Alzheimer's disease or other forms of dementia. The social component of SCD promotes teamwork, empathy and develops a sense of community and enjoyment, encourages further participation and long-term involvement in physical activity. This form of dance does not require participants to be accompanied by a partner and benefits both single and partnered attendees alike. Research has shown that SCD is superior to many other forms of physical activity in building levels of fitness and that it is an effective

recreational exercise for particular types of fitness in later life. d. The benefits of raising wider public knowledge and awareness of SCD are increased participation in SCD in Northern Ireland.

To further these purposes for the public benefit, we carried out the following activities:

- Held weekly, fortnightly and monthly dance classes across the greater Belfast area and promoted the same via our website.
- Held a St Andrews dance with music provided by Marian Anderson and her band.
- Marked the centenary of the RSCDS with a special "Roaring Twenties" dance.
- Celebrated the coronation of His Majesty King Charles III with a themed evening dance
- Performed demonstrations at various venues including at the Railway Preservation Society of Ireland, all of which included public participation.
- Entered the Society's "Virtual festival", with a routine based on a Dancing Through Life theme

The main achievements of the charity in the year were:

- Number of members – new members were generated
- Number of classes maintained
- Migrated to a new website to aid public communication
- Produced 2 issues of our newsletter "Dancing Matters"

The trustees have read the Commission's Public Benefit requirement statutory guidance, and have had regard to this when running the charity.

A review of the charity's financial position at the end of the year:

In the financial 20[23]to 20[24]. The Charity had an income of £[21022] and an expenditure of £[17693].

There are no funds held by the charity that are materially in deficit.

Signature

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Print Name

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Date

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