



Carers Unite Carers Support Group

Northern Ireland

Registered Charity No. 109866

TRUSTEE REPORT

FOR FINANCIAL YEAR 10th March 2025 to 11th March 2026

Carers Unite Carers Support Group

Registered Address 45 Drumnacanvy Road Portadown, BT63 5LX

NI Charity No 109866

Trustees:- Mrs Tracey Gilliland

Mrs Janet Compston

Mrs Rhoda Brown

Mrs Cathy McCormick

Our group meets monthly in the Regenerate Community Centre, Portadown, offering a range of daytime and evening classes. Meetings take place on the second Tuesday of each month, excluding July and August. Throughout this financial year, the Trustees have continued to act in accordance with Charity Commission guidance and the principles of public benefit. The Board has met regularly to organise speakers, secure funding, and address matters arising.

A key focus this year has been the pursuit of additional funding. Despite submitting numerous grant applications, we were unsuccessful, resulting in significantly reduced funds. As a committee, we made the difficult but necessary decision to ask families to contribute towards the cost of classes. This measure was introduced to ensure the sustainability of the support group. Carers now contribute approximately 25% of the cost of classes and outings.

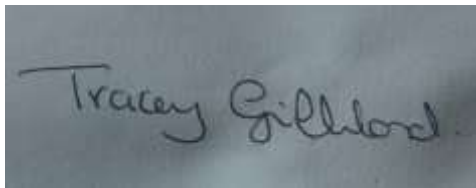
Our monthly programme included a wide variety of activities such as gardening, woodworking, mental health and wellbeing sessions, pottery, arts and crafts, reflexology, hand massage, a menopause information session from a local pharmacist, two respite nights, outings to Belfast and Warrenpoint, art therapy, a cookery demonstration, a facial class, Colour Me Beautiful, and our Christmas dinner and social evening. These sessions were well attended and enjoyed by all members.

We continue to advocate for and represent families of children and young people with disabilities, as well as other families within the wider community. We work in partnership with the Department of Health, the Patient & Client Council Learning Disability Platform, the Southern Health & Social Care Trust, and the All Party Learning Disability Group.

Our Foodbank has operated for another successful year. We received generous donations from FoodCloud (Lidl stores) and Neighbourly

(Craigavon M&S). These food parcels have provided vital support to families facing rising food costs during the ongoing cost-of-living crisis. They have also supported carers in their caring roles while helping to reduce food waste that would otherwise have gone to landfill.

We continue to operate under our constitution dated 8th February 2024, with no amendments made during this period.

A photograph of a handwritten signature in black ink on a light-colored surface. The signature reads "Tracey Gillford".

Signed

Chairperson

Date 10th March 2025