

# STRATHFOYLE WOMEN'S ACTIVITY GROUP LTD

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 MARCH 2023

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The trustees present their annual report and 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 charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended 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)".

#### **Objectives and activities**

The objects of the charity as stated in the Memorandum of Association are to relieve poverty, to advance education and the preservation and protection of health specifically, but not exclusively, among women residing in the Strathfoyle and rural Derry areas and their environs by and in particular:

- associating the statutory authorities, community and voluntary organisations and the inhabitants in a common effort to advance education, and to provide facilities in the interests of social welfare for recreation or other leisure time occupation with the object of improving the conditions of life for the said inhabitants;
- the advancement of education, training or retraining, particularly among unemployed people, and providing unemployed people with work experience;
- the maintenance, improvement or provision of public amenities;
- the provision of assistance in the provision of recreational facilities for the public at large and/or those who, by reasons of their youth, age, infirmity or disablement, poverty or social and economic circumstances, have need of such facilities;
- the provision of public health facilities and childcare.

Our mission is to provide high quality individual, family and community support for people living in the Strathfoyle area. Central to this is the provision of a range of education and training opportunities, tailored in response to need and supported with high quality childcare. We also seek to influence and encourage other agencies to address social and economic needs and other specific issues facing the community. We prioritise working in partnership with others to achieve our strategic aims. We review our aims, objectives and activities each year to ensure that they remain focused on their stated purposes.

We provide a wide and varied program of activities and events to enable women to access opportunities for learning and development in a flexible and supportive environment. We provide childcare focused on the needs of the child, taking account of the needs of women from a wide range of backgrounds and experiences. We work in partnership with women's organisations and other agencies in the North West, at a regional level and beyond, to influence positive change in the field of women's equality, learning and development.

At Strathfoyle Women's Activity Group we aim to:

#### **Educate**

Working with local organisations and individuals, we provide educational facilities so that all our stakeholders have an equal opportunity to develop their full potential.

#### **Support**

We provide individual, family and community support to our stakeholders, offering the opportunity to make a brighter future for themselves and their children.

#### **Develop Partnerships**

We work together with a wide range of groups to maximise our ability to realise our mission.

#### **Deliver Quality**

We aim to deliver services that are of the highest quality, that are well planned and managed. We aim to be effective, efficient and accountable in all our work.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

# STRATHFOYLE WOMEN'S ACTIVITY GROUP LTD

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

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#### Achievements and performance

During 2022/23 we delivered 25 capacity building education & training programmes to 296 participants and provided 90 childcare places each week. We also:

- Delivered a series of training programs implemented for staff, volunteers & board of directors.
- Facilitated Creative Crafts
- Facilitated an Anxiety Management with CBT Programme
- Facilitated 2 Positive Ageing Programme to women aged 55+, one on a Monday and one on a Tuesday, offering Social Interaction Crafts, Armchair Aerobics and Holistic Therapies.
- Facilitated Cook it (twice)
- Facilitated Yoga and Mindfulness
- Facilitated Nurturing (twice)
- Facilitated Art
- Facilitated Baby Massage
- Facilitated Baby Yoga
- Facilitated Baby Swim
- Facilitated Toddler Swim
- Facilitated Incredible Years programme
- Facilitated the MAS Programme
- Provided a Drop-in Respite Program for Families with additional needs
- Provided a weekly Jo Jingles Music & Movement program for young children & their parents/carers.
- Provided 2 Weekly Sessions of Stay and Play
- Provided 1 Weekly Session of the Play Programme
- Worked strategically with other women's centres and groups to develop a Regional Infrastructure.
- Contributed to consultations, external bodies and agencies on social economic and community development issues.
- Worked with other agencies to foster social and economic development.
- Worked in Partnership with Local Community Groups.
- Facilitated Mindfulness programmes
- Facilitated Know, Grow Flow
- Facilitated One to One Counselling
- Facilitated Crochet
- Facilitated Managing Challenging Behaviour
- Facilitated Pediatric First Aid
- Facilitated Emergency First Aid
- Facilitated Understanding Autism
- One to One Parenting

We have also offered Creche for Courses and a Drop-in Respite Creche. We also offer a Parent and Child Together Programme which incorporates:

- Stay and Play
- Home Play (During Covid19 Pandemic)
- Jo Jingles
- Laughter Yoga
- Multisensory Activities
- Trips
- Fun Time Early Movers

#### Financial review

The charity retained the continued support of its funders during 2022/23. Total income for the year was £244,295 of which £219,613 was generated from grant funding bodies and £24,682 from donations, course contributions and GP counselling services. Total expenditure by the charity was £244,132 all of which was spent on direct charitable activities. The balance on total funds at the year-end was £124,073, of which £22,475 were restricted and £26,719 were general unrestricted funds. Within unrestricted funds, £74,879 has been set aside as designated funds relating to expenditure incurred on tangible fixed assets.

#### Reserves policy

The Trustees consider it prudent to hold monies in reserve in the event that unforeseen circumstances should lead to financial difficulties which might put the future of its employment capacity, users' well-being and general charitable work in jeopardy.

# **STRATHFOYLE WOMEN'S ACTIVITY GROUP LTD**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)**

**FOR THE YEAR ENDED 31 MARCH 2023**

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The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. Free reserves are defined by the Trustees as unrestricted income funds freely available for use as the charity so determines and thereby excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

The Trustees' policy is that the amount of free reserves should reflect three months' of operating costs. The Trustees consider that reserves at this level will ensure that in the event of a significant drop in funding, they will be able to continue the charity's current activities whilst consideration is given to ways in which additional funds may be raised. The Trustees assess that three months' of operating costs amounts to approximately £55,000. Free reserves as at 31st March 2023 are £19,831. The Trustees continue to strive to build a general level of reserves in accordance with their policy so that they will be able to continue the current activities of the charity. In the short term, the Trustees have also considered the extent to which existing activities and expenditure should be curtailed, should circumstances arise.

### **Risk Management**

The Trustees are aware of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised through the procedures for authorisation of all transactions and projects. Procedures are periodically reviewed to ensure that they continue to meet the needs of the charity. Procedures are also in place to ensure compliance with health and safety of staff, volunteers and clients. The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

### **Plans for the future**

Strathfoyle Women's Activity Group Ltd, was established in July 1986, aims "to relieve poverty, to advance educational opportunities and to provide better health and welfare through the provision of facilities and activities for women, lone parents and pre-school children of Strathfoyle and Maydown." Our project is designed to empower individuals while building their capacity to enable them to participate in training events and development activities and health events. The long-term outcome being that their self-esteem, self awareness and confidence is raised equipping them to become reintegrated into the labour market, also in doing this we aim to break down the barriers to participation, i.e. Crèche facilities being available for all day-time activities to enable women to participate. We offer accredited and non-accredited programmes and offer services such as personal and professional development leading to a rise in self-esteem, self awareness and confidence which often is the first step to empowerment.

### **Structure, governance and management**

#### **Governing document**

Strathfoyle Women's Activity Group is a company limited by guarantee and accepted as charitable by HMRC under reference XR15202/1. The company was incorporated on 14th March 2002. The company was established under a Memorandum of Association which established the objects and powers of the company, and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

# STRATHFOYLE WOMEN'S ACTIVITY GROUP LTD

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

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The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

|                               |                             |
|-------------------------------|-----------------------------|
| Patricia Anne Simpson (Chair) |                             |
| Bronagh McElhill (Vice Chair) | (Resigned 10 July 2023)     |
| Yvonne Mitchell (Treasurer)   | (Resigned 10 July 2023)     |
| Rebecca Lovell (Vice Chair)   | (Appointed 6 July 2022)     |
| Josh Willis (Treasurer)       | (Appointed 6 July 2022)     |
| Rachael Ferguson (Secretary)  |                             |
| Hester Clarke                 |                             |
| Elizabeth Dixon               |                             |
| Carlanne Young                | (Resigned 10 July 2023)     |
| Holli Collins                 | (Resigned 10 July 2023)     |
| Catherine Quinn               | (Resigned 2 August 2023)    |
| Stephanie Meenan              | (Resigned 10 July 2023)     |
| Trevor Curran                 | (Resigned 1 August 2023)    |
| Carla Linton                  | (Appointed 12 October 2023) |
| Angela Bradley                | (Resigned 10 July 2023)     |

#### **Recruitment and appointment of the Trustees**

All members of the board shall retire annually but shall be eligible for election or appointment again. Nominations from members of the group for membership of the board must be in writing and must be in the hands of the designated officer at least seven days before the AGM.

Under the requirements of the Memorandum and Articles of Association unless otherwise determined by the company in General Meeting the number of Trustees shall not be less than four. Trustees are elected to serve only until the next Annual General Meeting at which they shall then be eligible for re-election. All members of the Board of Trustees give their time voluntarily and received no benefits from the charity.

#### **Organisation Structure**

The charity is administered by a Board of Trustees who are responsible for the strategic direction and policy of the company. Board members are from a variety of professional backgrounds relevant to the work of the charity. The board as a whole was approved by the AGM and continues to monitor its membership. The Board has appointed a management team to manage the day to day operations of the charity.

# STRATHFOYLE WOMEN'S ACTIVITY GROUP LTD

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

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### Statement of trustees' responsibilities

The trustees, who are also the directors of Strathfoyle Women's Activity Group Ltd for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

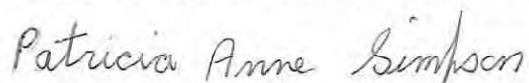
Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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;
- make judgements and 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 charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees.



**Patricia Anne Simpson (Chair)**

Trustee

Dated: 31 January 2024