

Chrysalis Womens Centre TRUSTEES' REPORT

for the financial year ended 31 March 2023

The trustees present their Trustees' Report and the unaudited financial statements for the financial year ended 31 March 2023.

The financial statements are prepared in accordance with the Charities Act (Northern Ireland) 2008, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the trustees of Chrysalis Womens Centre present a summary of its purpose, governance, activities, achievements and finances for the financial year 31 March 2023.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Charities Act (Northern Ireland) 2008 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Management

Kevin Heaney, Chairperson
Melanie Markey, Vice Chairperson
Lisa Grimley, Treasurer – Education Authority -School Age Mother's Programme
Noeleen Floyd - Secretary
Natasha Toman
Nicola Lawless
Wendy Markey
Sharon O'Hara
Christine Forker

Acknowledgements

Financial Support

Thank you to our funders not only for their financial support but also for the continued encouragement over many years.

- Southern Health & Social Care Trust
- Department of Social Development, Community Investment Fund
- Department of Social Development, Women's Centres Childcare Fund
- Pathways Fund
- Community Lottery Fund

Support in Kind

NIFRS
PSNI, Craigavon, personal safety for children.
SHSCT
Foodbank
Splash Sure Start
SRC
Open University

Private Donors

Tesco, Craigavon
M&S, Craigavon
ASDA, Portadown
Argos, Craigavon
Hope Church

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Volunteers

We would like to thank the following volunteers who have given so much of their time and care over the past two years.

Edith Tennant - For facilitating cookery workshops every Thursday Morning

Melanie Markey, Wendy Markey, Geraldine Lawless, Carol Geddis

These 4 women have been the backbone to our thrift shop and food hampers. They have spent many hours sorting, organising and packing the many bags of clothes that have been donated and opening the shop for those in need. When they are not helping in the thrift shop, they can be found helping out in the garden.

Linda Duffy - Who worked tirelessly in the garden producing lovely fruit and vegetables for all of us to share and for facilitating the Introduction to Machine Sewing class

Janine Geary - For managing the booking system for our counselling service, managing the therapists and dealing with the referral agencies.

For the following for providing, counselling services to so many:

Angie Smyth
Michelle Stevenson
Lynne Collie
Ceara Allen
Kevin Heaney
Jean Carroll
Lorraine McQuaid
Joycelyn Cuthbert
Noeleen McKenna
Eunan Duffy
Clare Boyd
Kerry Forbes
Donna Hughes
Amanda Gordon
Vickey Donaldson
Anna Mitchell Who taught so many how to knit and crochet

Chrysalis Women's Centre Staff

Ruth McKeever - Director
Ruth Barrett - Childcare Co-ordinator
Janine Geary - Office Administrator
Linda Duffy - Financial Administrator

Lauren Hall - Deputy Manager - Children's Project
Chelsea Shiells - Childcare Worker
Ruth McKeever - Counselling Services Development Worker (Voluntary)

Tutors and Facilitators

Linda Duffy, ICT Tutor (SRC)
Anna Mitchell, Knitting and Crochet (Voluntary)
Ceara Allen - Anxiety
Jean Carroll - Menopause
Lynne Collie - Bereavement workshop
Vickey Donaldson - Introduction to photography

Affiliations

Women's Support Network
Women's Resource Development Agency
Women's Centres Regional Partnership
Armagh Banbridge Craigavon Community Network
TADA Rural Network
Women's Consortium
Verve
Open University
Clanrye Group (Carers support)

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Those we work with include:

SPLASH Surestart
Zero-8-Teen
Drumellan Family Learning Complex
Craigavon & Banbridge Volunteer Bureau
Education Authority - School Age Mothers Programme
Southern Regional College
The Food Bank
Emmanuel Church
Addiction Team
Family Intervention
Local GPs
SHSCT
Local Community Groups
Probation Service
Multi-Disciplinary Team Banbridge
Fitz Zone
Wellmind Centre
Clan Na Gael
Clann Eireann
Drumcree Community Trust
Portadown Cares

Review of Activities, Achievements and Performance

Chairperson's Report

This year has been an exceptionally difficult one for the community. The rising costs in fuel and food have impacted badly on an area which is already classed as a deprived area. The centre has yet again strived to provide much needed resources to the community.

We have seen an uplift in women attending our educational courses to either reskill or upskill. These courses are vital to women gaining employment in the local area.

The childcare service continues to support families with childcare and signpost mothers/cares into the services Chrysalis provides.

Kevin Heaney
Chairperson

Directors Report

Over the past year we have provided 48 courses to 180 women. We have provided 10 childcare spaces per day (Mon – Fri) to those requiring childcare in order to obtain qualifications, wellbeing courses, volunteer or counselling, and 10 spaces in the afternoons for those children who did not receive a nursery place.

The majority of the work carried out this year has been geared towards the Cost of Living crisis. Together with the Committee our volunteers and staff, we have developed courses such as introduction to car maintenance (featured on the BBC Newsline piece on the Cost of Living Crisis) and cooking on a budget. Delivery of qualifications that fit with the labour market – Payroll Level 1 & 2, Bookkeeping Level 1 & 2, OCN in Childcare courses and the delivery of a year long open university course.

We have with money from personal donors been able to reach out to our older community and provide them with well warm packs – quilts, blankets, toiletries and food parcels (120 delivered in December 2022).

Develop our clothing bank into a baby bank.

We have also continued to support our ever-growing communities' mental health needs through our partnership with Verve. Verve have provided us with funding to deliver workshops in menopause, SADs, Bereavement, Mindfulness and Physical exercise

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Thrifty Shop and Food Bank

As noted in the Director's report the centre has been working throughout the year to support those impacted by food poverty. Throughout the year over 350 food parcels have been supplied to those in need. Our partner agencies have used this service to refer in throughout the year. These food parcels can be made ready within an hour for collection for emergency cases. We also remain one of the referral agencies for the central food bank.

The clothing bank has been developed by the volunteers into different sections so that we can help as many people as possible. Thanks to the SHSCT who cleared out another room. This room allows us to now have storage for our children's/baby items. Given the year that we will be facing this will be vital to ourselves and the other agencies within the area.

SHSCT

We cannot thank the SHSCT enough. Without their continuous support we would be unable to provide the services and support that we provide. The constant upkeep, maintenance and funding they provide each year is paramount to our survival. Our lead Social worker is in particular so supportive of the work we do and is on hand when ever we need her.

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YEAR	COUNSELLORS	SESSIONS	WEEKS	SESSIONS OFFERED PER YEAR	AVERAGE PRICE SESSION £	TOTAL WORTH OF SERVICE
2016	7	4	48	1,344	45	£64,800.00
2017	10	4	48	1920	45	£86,400.00
2018	10	5	48	2400	45	£108,000
2019	10	5	48	2400	45	£108,000
2020	10	6	24	1440	45	£64,800
2021	15	5	36	2700	45	£121,500
2022	15	5	48	3600	45	£162,000

The above figures do not take into account admin, running costs, supervision, training or mentor support. We estimate the total cost would double if not for the financial support of the Trust and volunteers.

We currently have 15 therapists working in Chrysalis and 2 new therapists starting late January 2023.

As you can see from the table above the counselling service continues to grow to meet the ever-growing demand. We have this year developed another counselling room within the centre giving us 5 rooms in which therapists can work out off. We continue to receive referrals from many agencies within the voluntary and statutory organisations.

Education and Training

So far this year, we have delivered a variety of courses that fit with the needs of our community:

- Climate Change Workshops
- Women's Gym
- 1 x Healthy Eating
- 3 x Forest Bathing (Funded by Verve)
- 2 x Couch to 5K (Funded by Verve)
- Creative Bereavement Workshop (Chrysalis)
- 5 x Computerised Book Keeping – Level 1 (Neighbourhood Renewal)
- 5 x Computerised Payroll – Level 1 (Neighbourhood Renewal)
- 1 x ECDL (Chrysalis)
- Crochet/Knitting (Chrysalis)
- 4 x Gardening (Chrysalis)
- 6 x Rosetta Stone
- 1 x OCN Level 1 Autism
- Open University Course
- 3 x First Aid
- OCN Level 1 – Mindfulness
- OCN Level 1 – Managing Challenging Behaviour
- 1 x Pilates
- Long covid response

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- Winter Gardening
- Sign Language
- Introduction to car maintenance
- Introduction to photography
- Menopause
- Cooking on a budget
- Seasonal Affective Disorder
- School Age Mothers Programme – introduction to home cooking.

We will continue to develop our programme for 2023 to include:

- Sleep Support Clinic
- Payroll – Level 1 & 2
- Book Keeping – Level 1 & 2
- Couch to 5K
- Home Baking
- OCN Level 1 – Mindfulness
- OCN Level 1 – Managing Challenging Behaviour
- Forest Bathing
- Balancing the Books
- Healthy Relationships
- Yoga

Children's Services Co-ordinators Report

The Creche team continue to work exceptionally hard to support the families within our area. They support the centre by matching childcare spaces to education/counselling/well-being /volunteer opportunities. We have over the past noted an increase in children who do not have English as a first language. We continue to monitor children born within the pandemic and the issues surrounding this ie attachment issues, social issues. The creche team have supported all families regardless of background and included all cultures with the activities delivered with the creche. One to one support has been provided to children who have additional needs, development delay or who simply need a little more support.

Paediatric first aid has been offered to all parents through Splash Sure Start. OCN in Autism, Mindfulness and Managing Challenging Behaviour has also been offered to parents/carers. Mothers have been encouraged to attend our social/physical classes to support them in preventing social isolation. Funding has been secured to purchase additional equipment for the creche.

Shannon McCann has secured a full-time position, so she has left Chrysalis. We have endeavoured to recruit, however most childcare providers have commented on how difficult it is to recruit at the moment.

Training for staff over 2022

Catherine -

- Solihull Approach
- First Aid

Lauren -

- The Flourishing Child
- First Aid
- Understanding the impact of Domestic Abuse

Ruth -

- Level 5 – CCLD – In progress
- First Aid
- Food hygiene Level 2

Report produced by
Catherine Hamill
Childcare Manager

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Results and Dividends

At the end of the financial year the charity has assets of £59,750 (2022 - £52,893) and liabilities of £1,200 (2022 - £2,424). The net assets of the charity have increased by £8,081.

Principal Risks and Uncertainties

We have faced very uncertain times in the midst of the pandemic, however staff have pulled together and supported the local community with food parcels, a listening ear and support with period poverty, nappies, wipes and baby milk. As we continue into the summer/winter months we intend to maintain our services where possible to support our community. All guidance from governing bodies will be adhered to.

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

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. Chrysalis Womens Centre subscribes to and is compliant with the following:

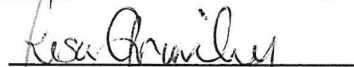
- The Charities SORP (FRS 102)

Reserves Policy

With the current uncertainty surrounding costs, the Trustees are reviewing their existing reserves policy. The Trustees want to ensure they have an appropriate level of reserves so the Charity can continue to provide its services for the foreseeable future.

Approved by the Board of Trustees on 16 June 2023 and signed on its behalf by:


Kevin Heaney
Chairperson


Lisa Grimley
Trustee