

MUCKAMORE PARISH DEVELOPMENT ASSOCIATION

TRUSTEES' ANNUAL REPORT INCLUDING DIRECTORS' REPORT FOR THE YEAR ENDED 31 MARCH 2024

1.0. TRUSTEES' ANNUAL REPORT

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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).

2.0. STATEMENT OF PUBLIC BENEFIT

2.1. The Association was established to promote activities of benefit to the urban and rural communities in Muckamore and the larger Antrim and Newtownabbey Council area ('area of benefit') without distinction of age, gender, sexuality, nationality, ethnic identity, disability, political or religious opinion.

2.2. By associating with the statutory authorities and other voluntary organisations it endeavours to advance education and in particular to promote or assist in promoting community capacity building programs and projects for the benefit of the people in the 'area of benefit' who have need of such assistance as a result of their youth, age, disability or social and economic circumstances, in an effort to increase the abilities, skills and self-confidence of individuals in the 'area of benefit'.

3.0. OBJECTIVES AND ACTIVITIES

3.1. To undertake Muckamore Parish Development Association's outreach program in the 'area of benefit' through the delivery of various programmes that are outlined later in this report.

3.2. To maintain the site leased from the Department for Communities at 1A Limetree Avenue, Ballycraigy estate, and continue to develop the use of the Community Hub to provide a safe place where people can meet to socialise and receive training, thereby leading to self-improvement, increased confidence and better employment prospects.

3.3. Secure the necessary funding and resources needed to ensure the effective delivery of the agreed outreach program.

4.0. ACHIEVEMENTS DURING THE REPORTING YEAR

A high point for the organisation and its volunteers was being awarded the King's Award for Voluntary Service (KAVS) in November 2023.

Some of the other achievements of the past year include further developing the Muckamore Friendship Senior Group, facilitating a Summer Scheme programme, continuing MPDA's wrap around community development programme and continuing with the provision of free services to help the local community level up. The key achievements are outlined in sections 4.1 to 4.7 categorised by our key funders.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4.1. Antrim and Newtownabbey Borough Council

4.1.1. Areas at risk programme

Areas at Risk (AAR) is a core programming fund for MPDA. The grant supports the costs of a dedicated part time family support worker who provides a range of services within the Ballycraigy Ward community. In 23/24, MPDA'S Family Support Worker facilitated within regular weekly groups as a point of contact for families in need of support. These groups included Toddler Afterschool, Wellbeing, Senior, Homework and Foodbank. These family support services are a fundamental part of MPDA's programme throughout the year. The support worker also provides one to one family support and collaborates with other local and national organisations to ensure that families are able to access the services that they need.

The AAR fund also supports some programming costs for activities and events within the community, such as MPDA's Christmas Party and in 23/24, this has been an important way to bring families from the community together to build good relations and improve well-being. The AAR fund has also played a key part in supporting MPDA to provide meals and snacks for those attending groups and activities throughout the year. With rising food prices due to the Cost of Living Crisis, this provision of food during groups has been invaluable.

4.1.2. ANBC Community Facilities and Programmes

This fund brings together funding for a Summer Scheme, Outreach support, Premises and Insurance cost support. In 2023, MPDA were delighted to be awarded £30,000 divided over a period of 3 years.

In year 1 of the fund, MPDA facilitated a community Summer Scheme. Children and young people from the local community and wider areas took part in a trip to Streamvale Farm, enjoyed a Funday, arts and crafts, outdoor games and sport. This event is free and offers children the chance to meet young people from other areas and to build friendships.

The Outreach element of this fund has been used to support the programming costs for Muckamore Friendship Group. This group has been a source of support for those in attendance. It has been a perfect example of a group enjoying each of the 5 steps to well-being. The group have learned new skills, connected, enjoyed physical activity, gave back to their community and reflected on things that have brought them happiness. They have enjoyed yoga, music and movement, aromatherapy and arts and crafts.

Many of the group have reported improved mental health and well-being due to reduced isolation as well as being given the opportunity of taking part in enjoyable activities. There have been unexpected benefits from the programme too. For example, the fitness part of the programme increased the group's feeling of friendship, cohesion and resilience. The group reported that laughter was a large part of the sessions as they joined together to complete various exercises. They reported feeling happier and more relaxed because they had fun with their friends, which helped them cope with any difficulties that they had to face over the following days. In addition, because the members of the group often have to make all their own meals at home they have deeply valued the experience of being taken care of by the staff.

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The premises and insurance element of this fund has provided support for core costs for MPDA Community Hub. The Hub is a safe space for all of MPDA's groups and this funding has ensured that programming in a warm and welcoming environment can happen.

4.1.3. Additional ANBC Funding

During the 23/24 year, ANBC also supported MPDA with funding for the annual Senior Christmas Lunch. The group enjoyed Christmas lunch in the Dunsilly Hotel and they also received a small gift. Outings like these are an important part of connecting and celebrating. They create good memories for the group and give them something to look forward to each year.

MPDA also received funding from ANBC to facilitate a Celebration event for the King's Coronation. This event brought the whole community together to enjoy a picnic, arts and crafts and music.

ANBC's Warm Well Connected programme also continued in the 23/24 year. This funding supported MPDA to offer the Groove and Graze project, where the community joined together to take part in gentle yoga and movement exercises, followed by some light refreshments.

MPDA are hugely appreciative to ANBC for funding support for multiple programmes and events. The community development funding outlined in 4.1.2 above is separated into 4 areas, with outreach being one of them. £2,000 is allocated to the running of Muckamore Friendship Group, which has to cover 12 months, requiring very careful management to ensure the budget lasts. The group have asked to take part in visits to other groups, heritage sites and art workshops. However, the present funding cannot support this request. MPDA try to facilitate as many of the weekly sessions as possible to keep costs low. As a small charity, we have observed a sharp increase in the cost of facilitators to deliver specific workshops and as a result, these have had to be significantly reduced. Seeking additional funding streams to support the increasing demands continues to be reviewed year on year.

4.2. Children in Need Project

The 23/24 year brought MPDA to the end of the 2.5 year award from BBC Children in Need. Alongside ANBC's AAR project, the BBC Children in Need Programme has been a core project for MPDA. The provision of children's and youth services has been vital for the local community and wider areas. The community that MPDA are based in have an overall deprivation rank of 259 out of 890. Health and disability is ranked at 166 and income affecting children stands at 235. This area experiences chronic levels of adversity and therefore, children and youth support provision is essential to help improve the life and health outcomes of the young people living within the community.

MPDA's BBC Children in Need Project has supported the salary for a part time Youth Development Officer and has also contributed towards programming costs, such as venue hire for the local Community Centre and provision for some programming resources. BBC Children in Need funding has supported the development of a Youth Forum, to give young people a voice about what they would like to see change in their community and also what services they would like to take part in.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Groups to support the play and well-being needs of children and young people have been established. Each of the groups support the development of Family, Peer and Community relationships. The programme has grown to be able to support 190 children and young people each week and an added benefit has been the collaborative partnership between MPDA's AAR supported Family Support Worker and the BBC Children in Need supported Youth Development Officer. These individuals have worked together holistically to support the young people and their families. The project has had a tremendous impact on the lives of the children and young people who avail of the youth support/ services that MPDA provides, with at least 70% of them making significant progress across three key measurable outcomes that we were focussed on:

- 1) improved peer relationships;
- 2) increased trust in their community;
- 3) equipped to better cope with home life.

With such great success MPDA are happy to announce that BBC Children in Need have awarded funding for the project to continue for another 3 years. This provision will allow MPDA to build on the foundations that have been created by and for the young people.

4.3. Dormant Accounts NI Fund

In November 2023, MPDA began the final year of a 3 year award from the Dormant Accounts NI Fund. This £100,000 grant has helped to support the salary costs of a part time project coordinator and administrator, which has significantly increased MPDA's capacity to deliver support to the local community and wider areas.

The Dormant Accounts NI funding has supported MPDA to train and up-skill staff and volunteers and improve succession-planning and sustainability. In the 23/24 year alone, MPDA staff and volunteers have undertaken Lego Therapy, Baby Massage, Baby Yoga, Safeguarding, Play Therapy and Autism Keyhole training to help better support the needs of the community that we work with. The Dormant Accounts NI Fund has supported all of this training and now staff and volunteers no longer need to signpost clients to these services. This is an important step to increase service access and levelling up for this community. As MPDA end the final year of the Dormant Accounts NI Fund in the 24/25 year, there is an expectation that the capacity of the charity to provide greatly needed well-being support will have increased significantly.

4.4. Education Authority Funding

In the 23/24 year, MPDA were awarded the King's Award for Voluntary Service. This prestigious award recognises the contribution of volunteers within their community. MPDA are a voluntary organisation that has a number of paid staff but these individuals are also volunteers. All of MPDA's services rely on volunteer support and the support of the EA is important to MPDA's Youth provision.

MPDA are a registered EA Youth Centre and our volunteer-led youth groups have been grateful for funding support throughout the year.

4.5. Public Health Agency Funding

In the 23/24 year, MPDA received funding from the PHA to deliver 2 different programmes. This important funding supports health and well-being and is vital to the local community and wider areas.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4.5.1. Networks Involving Communities in Health Improvement (NICHl)

This fund is managed by Impact Network NI and was awarded to MPDA in 2023. The aim of the project was to create an Action Plan that would support the involvement of communities to reduce health inequality and improve wellbeing. The project was delivered from May 2023 to February 2024 and included a wide and varied range of activities, workshops and events that supported the well-being of the group. The group took part in chair-based drumming, journalling, crafting, baking, sensory craft and play sessions, mental health awareness, aromatherapy, resilience, coping strategy technique workshops and health screening workshops. The outcomes were extremely positive, with clear improvements in health and well-being. Building a cohesive and intergenerational group of adults aged 23–85 years old that could openly share their difficulties within a safe space worked extremely well. The group are now very supportive of each other and this has been a really positive outcome to observe. Indeed, the support and life skills that the participants offered each other appears to have been as effective to improve mental health and well being as the coping skills that were taught.

MPDA are pleased to be able to offer the NICHl programme again in the 24/25 year.

4.5.2. Making Life Better through Short-Term Funding

This PHA Fund is managed by The Clear Project. MPDA's funding for this project began in November 2023 and ended in February 2024. Funding of £5,000 was used to support children's and youth services through Lego Brick-based Play. 42 children in total participated in the programme. The young people were divided into groups of three and each child took turns in a role to work together to create a Lego Model. The young people had fun during the tasks, while also learning about decision making, conflict resolution and peer relations. The programme has enabled the children who participated to level up to their peers who have increased access to services.

The programme brought children from different abilities, cultures and backgrounds together in a safe and fun environment. The outcomes were very positive and there has been a keen interest in running the programme again.

4.6. Triangle Housing Funding

Triangle Housing generously supported MPDA's Ballycraigy On The Ball Project. This project was delivered through Ballycraigy Primary School and although aimed at Primary 5, 6 & 7 pupils, the project was extended to Primary 4 pupils.

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Access to after-school sport provision is expensive and often not available to many local families. However, the Triangle-funded football project provided the young people with access to a qualified football coach each week, new football kits, a football camp, and access to the Primary Schools Football League.

As a good relations project, the young footballers not only gained the opportunity to build positive team relations between themselves but also allowed them to take part in the Schools League with other teams from schools across the Borough. The young people were able to meet and connect with others, build new friendships and enjoy learning new skills, all while strengthening their self confidence, self-efficacy and resilience.

4.7. Sensory Project

4.7.1. National Lottery Awards for All and The Community Foundation NI

MPDA support many young people and adults with disabilities and we are aware of the huge cost of equipment to support the needs of these individuals. We have found that there is a significant need for sensory equipment but unfortunately, this equipment is often not accessible to young people and adults from the local community. The cost to access sensory centres is not achievable for these individuals and therefore, MPDA have embarked on a project to build a dedicated sensory and well being room that can support the needs of children and adults living with disability.

MPDA are extremely grateful to both the National Lottery Awards for All and The Community Foundation NI for grants of £10,000 each to purchase sensory equipment in the 23/24 year. Although the project is a work in progress, these funds have helped MPDA to purchase bubble tubes, soft play equipment, activity panels and other sensory resources that will make an overwhelming difference to the lives of the young people and adults who use MPDA's services.

4.8. Antrim Foodbank + Community Advice Antrim & Newtownabbey

MPDA are a referral partner and distribution centre for Antrim Foodbank. Each week, MPDA provides clients attending the Foodbank with a safe space to access the services that they need. The Foodbank is facilitated by a group of dedicated trained volunteers, some of whom have also taken additional training with the Money and Pensions Service to ensure that they can fully meet clients' needs. The Foodbank has continued to be supported by Community Advice Antrim and Newtownabbey as part of a Financial Inclusion project. This means that each client that attends the Foodbank can also access professional financial support to ensure that they are receiving all the help that is available to them.

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In the 23/24 year alone, as part of Antrim Foodbank, MPDA gave out nearly 500 food packs to families and individuals in need of food support. This service was also enhanced by the ongoing support from Tesco Antrim and Fareshare, who provided fresh food to MPDA to help with food provision in groups and also as an addition to the Foodbank food packs. The Financial Inclusion project has also been a huge source of support to local families and individuals. This project is facilitated across all of Antrim Foodbank's 5 distribution centres, which includes MPDA Community Hub, and since the beginning of the project in 2022, clients have been supported to successfully claim just under £300,000 in benefits and entitlements that they did not know were available to them. This has been life changing for these clients.

The Foodbank and Financial Inclusion service has been an integral part of MPDA's community support programming throughout the 23/24 year and will continue to play a key role in the future.

4.9. Cash for Kids Funding

In the 23/24 year, MPDA were supported by Cash for Kids to deliver toys to over 270 children. Christmas can be a financially difficult time of year for many families that access MPDA's services. This additional financial pressure during a cost of living crisis can have a negative impact on well-being and therefore, the support from Cash for Kids not only ensures that children wake up to toys on Christmas morning, but also helps to bring a wider positive impact on the well-being of the whole family over the Christmas period.

4.10. St Anne's Black Santa Sit-Out Funding

Each year MPDA apply and are awarded a small grant from the St Anne's Cathedral's Black Santa Sit-Out Appeal. In the 23/24 year, a grant of £1,500 was gratefully received. This funding helps to support MPDA's programmes throughout the year.

5.0. FINANCIAL REVIEW

Section 4.0 above describes the various achievements of the organisation during the past year ended 31 March 2024. These are many and varied and only made possible by the funding provided by the respective funding bodies scheduled. Total income for the year was £115,350 (2023 : £113,749).

Total funds at the year end stood at £207,160 made up of £174,797 Restricted Funds and £32,363 Unrestricted Funds. At 31st March 2023 total reserves were £205,480 and were made up of £27,404 unrestricted funds and £178,076 restricted funds.

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TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees and Staff are conscious of the need to continue to build financial resilience through increases to unrestricted reserves.

6.0. FUTURE AIMS AND OBJECTIVES

Our long-term aim is to make a significant contribution in Muckamore and the greater Council area of Antrim and Newtownabbey, thus fulfilling the Council's Community plan of making the Borough a place where our citizens are socially responsible and where the quality of life is high.

1. In the coming year MPDA will endeavour to continue delivering activities that contribute to the Council's four main outcomes, namely that
 - a) our citizens enjoy good health and well-being,
 - b) our citizens live in connected, safe and vibrant places,
 - c) our citizens benefit from economic prosperity, and
 - d) our citizens achieve their full potential.
2. MPDA also endeavour to deliver the objectives as described in the ANBC Areas at risk and Children in Need programmes and in so doing will aim to improve the well-being of 100 families and 150 children located in the Area of Benefit.
3. We are currently awaiting the completion of a report documenting our shared discussions in a Strategic Planning Workshop which took place in January 2024. In the year ahead we will complete our Strategic Plan for the next 3 to 5 years, but based on initial proposals made in these January 2024 meetings, we are aiming to erect another building to help us meet and manage the increasing demands of the services we currently provide, and to equip us with the scope for becoming more self-sufficient and less reliant on grant aid.
4. MPDA is now registered as a Company Limited by Guarantee, Company number NI697942. This new company has been issued with charity number 109788 by the Charity Commission of Northern Ireland.

7.0. STRUCTURE, GOVERNANCE AND MANAGEMENT

7.1. Governing document

Muckamore Parish Development Association (MPDA) was established on 18 February 2008 at the behest of the Select Vestry of Muckamore Church of Ireland Parish. Its present Constitution was formally adopted at the first Annual General Meeting held on 26 March 2009.

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FOR THE YEAR ENDED 31 MARCH 2024

The functions of MPDA are managed by an Executive Committee consisting of four members and a chairperson, all of whom also act as Trustees of the Charity. The Executive Committee members are appointed annually by the Select Vestry of Muckamore Parish Church of Ireland and elected annually at the MPDA Annual General Meeting.

The Chairperson is the Rector of the Grouped parishes of Muckamore and Killead Church of Ireland or another person nominated by the Rector.

Membership of the Association is open to persons aged 18 or over who support the objects of the Association and whose application is accepted by the Executive Committee.

7.2. Safeguarding Trust Children and Vulnerable Adults

All Trustees, Executive Committee Members, and Volunteers are vetted by Access NI and trained in Safeguarding Trust to a standard that meets current best practice procedures.

8.0. ACKNOWLEDGEMENTS

The Chairman and Trustees wish to record their sincere thanks to all the Staff and Volunteers that have worked so hard during the 2023/2024 reporting year to deliver all of MPDA's activities.

Thanks must go to the funders as well for their generous support during the year.

We also wish to record our thanks to all who have contributed financially to our work through donations, particularly noting All Saints, Parish of Antrim for their generous giving of £3,000 per annum towards core costs and other aspects of our work, and St Jude's, Parish of Muckamore for their continued support of £2,400 annually.

Approved by the board of trustees on 4 September 2024 and signed on its behalf by :



Mr Andrew Stewart
Trustee

MUCKAMORE PARISH DEVELOPMENT ASSOCIATION

STATEMENT OF TRUSTEES RESPONSIBILITIES FOR THE YEAR ENDED 31 MARCH 2024

The trustees are responsible for preparing the Trustee Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Northern Ireland requires the trustees to prepare accounts 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 of the charity for that year.

In preparing these accounts, 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 accounting standards have been followed, subject to any material departures disclosed and explained in the accounts, and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities (Accounts and Reports) Regulations (Northern Ireland) 2015, and the provisions of the trust deed. 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.