

Moira Friendship Group

The trustees present their Trustees' Report and the unaudited financial statements for the financial year ended 31 March 2024.

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 Moira Friendship Group present a summary of its purpose, governance, activities, achievements and finances for the financial year 31 March 2024.

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 (Charities SORP effective January 2015), the organisation has implemented its recommendations where relevant in these financial statements.

Mission, Objectives and Strategy

Objectives

Moira Friendship Group is a cross community group which aims to address social exclusion and to provide a platform to promote friendship and wellbeing among the over 50's living in and around the Moira area. The charity facilitates a range of social, cultural and physical activities which allows the over 50's the opportunity to pursue a healthy, active and positive lifestyle.

Structure, Governance and Management

Structure

The charity is a registered charity which is governed by up to twelve trustees, including two representatives of St John's Parish, who are elected each year at the organisation's AGM. Newly appointed trustees go through an induction process to fully familiarise themselves with the charity activities, policies and procedures. Members of the Management Board attend at least one training session per year on their roles and responsibilities as Board members and to improve the good governance of MFG. Regular trustee board meetings are held on a monthly basis. The Trustees delegate the daily operation of the charity to the admin worker in post who manages the day to day activities, finances and administration of the organisation.

Review of Activities, Achievements and Performance

CHAIRMAN'S REPORT 2023-2024

Moira Friendship Group, now entering it's 23rd year, is a cross community charity set up as an initiative of St John's Parish Church and our President, Mrs Rosemary Davis for the over 50's in the Moira area. Our mission is to address social exclusion and provide a platform to promote friendship and wellbeing for our members. Our current membership is 267.

For many members MFG is a valuable lifeline providing opportunities to make new friends, learn new skills and live an active lifestyle.

On behalf of MFG, I would pass on condolences to any member who has lost a loved one and to the families of those members who have passed away this last year. I particularly want to mention two of these members. Mrs May Gracey who was a founder member of the Group and a great support throughout the last 22 years and Miss Helen McCleary ("wee Helen ") who was secretary for 17 years and also a great supporter of MFG. Both will be sadly missed.



ACTIVITIES AND EVENTS

Moira Friendship Group

MFG has continued to offer activities to enhance the fitness of our members, Ladies and Men's keep fit classes, Chair Based Exercises, Pilates, Badminton, Bowls and two new classes which have proved to be very popular, Stretch and Relax and Pickleball.

Members were able to improve their skills in painting and crocheting and avail of scam awareness and digital training.



Social activities Bridge, Happy Healthy Club and Monthly meetings with speakers are still running. The Walking Group enjoyed 8 walks in the year.

Outings this year included a trip to Carlingford and Warrenpoint with MD Coaches and a visit to the Ulster Aviation Museum.



The recent Spring Break was to Ireland's Hidden Heartlands for a three night stay.

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FINANCE

Finance is always a major challenge to Community groups but one of the benefits of longevity is a tested operational experience and being financially sound and this applies to MFG.

The Grants received by MFG always make a substantial contribution towards our running costs. As always we received help and support from Lisburn and Castlereagh Council with the Community Support Grant and a Hardship Grant. Last year our accountant, Ruairi Maginn, of Daly Park challenged us to raise £6,000 in fund raising to offset our losses. This we have succeeded in doing with three events organised and carried out with aplomb by our volunteers.

VOLUNTEERS AND FACILIATATORS

No organisation like ours could exist without volunteers and we are no exception. I am proud to say that the team of volunteers we have at MFG are exceptional. The Management Committee provide good governance, the walk leaders take on the responsibility of sourcing walks and of course coffee venues and ensure the safety of walkers, and then there are those who are always there when called upon to help, should it be in the kitchen, baking, driving, cleaning. I thank all of you.

A special thank you to our funders. LCCC continue to assist not only with funding but with advice and support.

The South Eastern Health and Social Care Trust, TADA and the Policing and Community Safety Partnership have also been a great support to MFG.

Financial Review

The results for the financial year are set out on page 9 and additional notes are provided showing income and expenditure in greater detail.

Results and Dividends

At the end of the financial year the charity has assets of £53,728 (2023 - £57,995) and liabilities of £698 (2023 - £3,984). The net assets of the charity have decreased by £(981).

Reserves Position and Policy

Reserves Policy

The existing Reserves Policy was £60,000 and we are happy to have reached the target reserve figure. This level of reserves is necessary to cover 6 months of running costs (£25,000), annual room hire costs (£15,000), £18,000 for grants not being renewed and £2,000 for replacement of equipment. The Trustees feel that this level of Reserves Policy is an integral part of the charity's planning, budget and forecasts.

Public Benefit Statement

The benefits that flow from our purpose are:

- (1) advancing education, older people will be better able to cope with the challenges of ageing and modern life.
- (2) the relief of poverty among older people include, a reduction of financial and emotional distress, a higher quality of life and increased confidence in dealing with financial issues.
- (3) from promoting the preservation and protection of health are a greater sense of wellbeing among older people and

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a reduction in social isolation through greater involvement in various activities.

(4) from improving the benefit of older people is an improvement in their overall quality of life.

(5) flow from providing facilities include, enabling the group to run our activities, encouraging older people to interact socially and provide a safe and comfortable environment.

(6) from raising awareness among the general public will be an increased appreciation of the positive roles older people play, a reduction of apathy or hostility towards older people and to increase awareness of the process of ageing and its attendant problems.

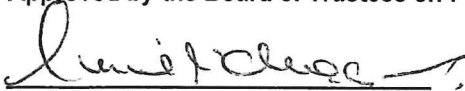
These benefits are and will be demonstrated through surveys of satisfaction at the end of any course, increased attendance at relevant meetings and advice and guidance sought by members. The Charity's beneficiaries are Older people living in Moira and the surrounding areas.

Compliance with Sector-Wide Legislation and Standards

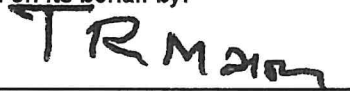
The charity engages pro-actively with legislation, standards and codes which are developed for the sector. Moira Friendship Group subscribes to and is compliant with the following:

- The Charities SORP (FRS 102)

Approved by the Board of Trustees on 7 May 2024 and signed on its behalf by:



Muriel McCluggage
Trustee



Tom Mason
Trustee

Handwritten initials: M M STP

Moira Friendship Group
STATEMENT OF TRUSTEES' RESPONSIBILITIES
for the financial year ended 31 March 2024

The trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The law applicable to charities in Northern Ireland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the assets, liabilities and financial position of the charity as at the financial year end date and of the surplus or deficit of the charity and otherwise comply with the Charities Act (Northern Ireland) 2008.

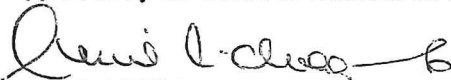
In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; 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 confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and 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 Charities Act (Northern Ireland) 2008. 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.

Approved by the Board of Trustees on 7 May 2024 and signed on its behalf by:



Muriel McCluggage
Trustee



Tom Mason
Trustee