

Lenadoon Women's Group

Glen Community Complex

41c Suffolk Road

Belfast BT119PE

Charity Commission NI Number: NIC02455

Lenadoon Women's Group Trustees Annual Report 2023

Overview of Lenadoon Women's Group

Lenadoon Women's Group was established in 1988. The group work towards trying to create a stable, secure, confident community in the wider neighbourhood. The women's group promotes the benefits for local people by working in partnership with local authorities, Health and Social Care Professionals, GP's Counsellors, Housing Providers, Women's Organisations, Community Groups/Services and Voluntary Organisations to provide secure provision of services.

The vision of the women's group is 'Where women, Parent(s) and Families of the Lenadoon Neighbourhood area and across West Belfast are safe, secure and have access to inspirational, accessible and available services which fully meets their needs and issues'.

Charitable Purpose

The purpose of the women's group is to work to support the ever-growing needs and issues of Women, Parent(s) Grandparents and Families in the greater neighbourhood, and aims to provide one to one support to those Women, Parent(s) Grandparents and Families to help relieve poverty, advance education, advancement of Health or the saving of lives. The advancement of citizenship or community development. The relief of those in need by reason of youth, age, ill health, disability, financial hardship or other disadvantage and other charitable purposes.

The group has achieved this through providing an extensive range of support/advocacy services that directly meet complex and often multi-intervention needs of Women, Parent(s) Grandparents and Families. The women's group has provided facilities in the interest of social welfare for beneficiaries who by reason of social or economic circumstances have such a need.

Description of activities and achievements that specifically provide a Public Benefit

The benefits for those engaging in the women's groups support/services/programmes/activities include amongst others:

Improve life opportunities and enhancement of the quality of lives through early interventions. Therefore Women, Parent(s), Grandparents, Families were more skilled and confident in responding to their children's needs,

They had greater resilience through the knowledge and skills learned and were more empowered and felt more able and confident to ask for help.

Their health inequalities were reduced in some cases and they had support in gaining access to Health Services to help them deal with the many issues that were impacting on their Physical/ Mental Health and Well being

Chairpersons Report

The women's group provided a vital resource for Women, Individuals, Parent(s) Grandparents and Families in the community. The range of services outlined below were delivered over the past year for the benefit of over 1,050 Women, Parent(s) Grandparents, individuals and Families. Covid Restrictions on the number of participants attending Classes/courses/programmes/information workshops were removed.

- One to One support for individuals/Families, which also included providing weekly food parcels and utility vouchers to vulnerable families in need.
- Holistic Family Support including home visitation
- Advice and support to victims of Domestic Abuse
- Support, Advise Advocacy on issues relating to Benefits, Housing, Debt, homelessness
- Assistance in accessing professional counselling, alternative therapies and other support services.
- Personal Development and Capacity Building
- Parenting Support and Advice
- Health and Well Being
- Mindfulness
- Attendance at Case Conferences and Looked After Children Reviews (LAC)
- Provided signposting services to others support services provided in the area including Education and Training.
- Christmas Family Appeal provided Food Hampers, clothes, toys, toiletries and utility vouchers to over 250 individuals and Families this year.
- The women's group delivered an additional 200 utility vouchers on behalf of Belfast City Council to families/individuals in greatest need. All relevant documentation was completed and submitted for verification purposes

Over the past year Staff and volunteers completed training in the following

- Incredible Years Training
- Domestic Violence
- Family Support Training
- Self-Harm Training

- Debt Budget Training
- Understanding Drugs
- Child Protection
- Neglect Awareness
- Stress Management
- Women and Alcohol
- Suicide Prevention
- Adult Safeguarding
- Conversations on Maintaining Change
- Vaping The Facts

As a result of the increasing numbers of local people losing their lives due to legal and illegal drug misuse, the women's group organised a very successful Drug and alcohol information session and signposted individuals requiring specific specialist support.

Due to the ongoing Cost of Living Crisis the women's group supported Families living in poverty and supported them in accessing the Local Foodbank, school uniforms, food vouchers and also Welfare Rights assistance. They facilitated a number of Cost-of-Living workshops at which local women were able to explain first-hand the real difficulties in their daily lives to the researchers

Courses facilitated by the women's Group included:

- Incredible Years Programme 6-12
- Connecting with your Families,5-15'
- Emotional Wellbeing Programmes
- Mind Your Mind
- Living Life to the Full
- Drug and Alcohol Misuse
- Personal Development and Capacity Building
- Mindfulness
- Yoga
- Menopause Awareness

Financial Administration

Lenadoon Women's Group appointed Auditor for this year was Richard Mc Clay for and on behalf of Mc Creery Turkington Stockman LTD.

Acknowledgement of Current Funders

Without the funding the women's group receive, it would be impossible to deliver the full range of comprehensive Support Services that are been offered to Women, Parent(s) Grandparents, Individuals and Families

Our funders included:

- Department for Communities under Neighbourhood Renewal

- Belfast Health and Social Care Trust
- Northern Ireland Housing Executive.

List of Trustees

Chairperson: Reneé Crawford
Secretary: Bernadette Farrelly
Treasurer: Sharon Mc Cullough
Committee Member: Angela Mc Ilkenny
Committee Member: Louise O Neill

Declaration

The Trustees Declare that they have approved this Report

Signed on Behalf of the Trustees

Signature:

Reneé Crawford

Date: *9th November 2023*

Signature:

Sharon McCullough

Date: *9/11/2023*