

ALBERT STREET COMMUNITY CENTRE LIMITED

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MAY 2023

The trustees present their report and the audited financial statements for the year ended 31 May 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 Articles of Association, 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)" (as amended for accounting periods commencing from 1 January 2019).

Objectives and activities

The Trustees have taken cognisance of the Charity Commission for Northern Ireland's guidance on public benefit as defined in the Charities Act (Northern Ireland) 2008. The mission of the charity is to improve the physical and mental wellbeing of people in the Falls Ward by tackling key causes and effects of stress through a sustainable partnership of public agencies, community groups and voluntary organisations. This is to be achieved by fulfilling the following key objectives:

- (i) to enhance the health related skills and knowledge of local people and involve them in project delivery and evaluation;
- (ii) to provide information, advice and referral services which empower people to make positive decisions about their health;
- (iii) to provide and ensure access to education projects which improve the physical health and mental wellbeing of targeted groups;
- (iv) to develop and facilitate community, voluntary and self-help activity which contributes to a healthier community; and
- (v) to offer cancer, cardiac, stroke and diabetes rehab programmes under the Healthwise Scheme.

In practice, this translates to two core areas in which the charity is engaged:

- (i) The operation of the Albert Street Community Centre facility, which provides the community with a range of services from community based groups who lease units in the Centre from the charity.
- (ii) The operation of the HEART Project which has been funded by the Public Health Agency(PHA) from January 2011 to date. The project was developed to provide the following:
 - information, advice and referral services which allow people to make positive decisions about their health;
 - access to education projects and courses;
 - developing self help activity which improves the physical health and mental wellbeing of people and contributes to a healthier community;
 - offer accredited training to the unemployed and under employed to assist in securing employment;
 - to offer accredited training in the Health Trainer and Tools for Life Programmes;
 - provide health checks in local communities and workplace settings; and
 - a mentoring programme aimed at vulnerable people to help them set goals for their future. Providing training and support such as counselling under the Communities in Transition Programme (CIT).

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FOR THE YEAR ENDED 31 MAY 2023

Achievements and performance

The charity continues to provide high quality facilities to the community through the Community Centre complex.

As a result of the development of the HABIT Suite, which includes state of the art gym facilities, people can now access a project of physical activity under the Healthwise Scheme such as Exercise by Referral, Cardiac Rehab, Cancer Rehab, Stroke Rehab, Pulmonary Rehab, Diabetes Rehab and Obesity Rehab.

- The project has created an important piece of community infrastructure that facilitates other community based organisations to engage more fully in the issues of health and wellbeing.
- Local people have been enabled to access a wide variety of screening services.
- A large number of local people experiencing high blood pressure, high cholesterol and at risk of diabetes have been referred to general practitioners.
- A large volume of health education courses have been delivered on a variety of topics including smoking, medication use, drug and alcohol misuse, diet, nutrition and sexual health.
- Local people have been enabled to increase their level of exercise through walking club, swimming, pool therapy, yoga, tai chi, cycling, danderball, water polo, circuit training, surfing, golf, kayaking, bowling and pickleball.
- The charity has the Wheely Inclusive Cycling Project which is aimed at all regardless of abilities or disabilities and it has specially adapted bicycles funded through Active Belfast.
- The charity has a Brave Hearts over 50s men's group and the Sweethearts over 50s ladies' group who can avail of a range of physical activities.
- The charity is able to offer counselling and complementary therapy to those in its community at risk of suicide or self harm through the PHA's Protect Life Programme and through the Mental Health Hub which takes referrals from GPs.
- One member of staff has trained in Cardiac Rehab Phase 4, and is delivering this each week from the Maureen Sheehan Centre with referrals coming directly from Cardiac Rehab Nurses.
- One member of staff is trained for Cancer Rehab Phase 4 and there is a continuous programme being delivered since February 2013 in partnership with the Cancer Centre, MacMillan Cancer Services and Belfast Trust and Belfast Health Development Unit.
- Two members of staff and one volunteer have achieved Post Graduate Certificates in Cognitive Behavioural Therapy.

The Traveller Intervention Programme commenced in July 2017. This programme employs one member of staff and is now in its sixth year of funding. It is hoped that it will be given 3 years funding from this year, April 2023. To date the project has been very successful with the community taking part in many of the services offered by Healthy Living Centres across North and West Belfast. Services include Healthwise, Counselling, Complementary Therapies, walking and swimming groups and Tea and Talk Tuesdays.

HEART has been responsible for delivering the Level 3 Health Trainer and Tools for Life Programmes to many community and statutory organisations. The charity acts as one of the lead partners in the Belfast area to provide strategic and operational development of the Social Prescribing Programme (SPRING). A Co-Ordinator was appointed in March 2021. The SPRING Project is expected to be funded by Big Lottery Fund until June 2023.

The Charity is a partner in the Communities in Transition Health and Wellbeing Programme which is funded through the Executive Office and is led by the Blackie River Association. It is a mentoring programme for people who live in the West Belfast Area.

Financial review

The results are set out on pages 11 to 25. The charity generated net income of £362 for the year (2022 - net expenditure of £12,286). At 31 May 2023 the charity had total Unrestricted Funds of £81,635 (2022 - £81,424) and total Restricted Funds of £314,780 (2022 - £314,629).

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FOR THE YEAR ENDED 31 MAY 2023

Reserves Policy

The charity's reserves policy is to retain a level of unrestricted reserves that matches the needs of the organisation both at the current time and in the foreseeable future. The charity aims to hold reserves that are sufficient to meet committed grant expenditure and the running costs for a period equivalent to twelve weeks annual expenditure. The Board of Directors have developed a plan to establish and maintain this agreed level of reserves and will continue to monitor compliance and appropriateness of this policy on an annual basis. At 31 May 2023 the charity had free reserves of £68,142 (2022 - £64,476). This equates to approximately seven weeks of expenditure.

Plans for Future Periods

The charity plans to continue the activities outlined above in the forthcoming years, subject to satisfactory funding arrangements.

Structure, governance and management

The charity was established as a company under a Memorandum of Association which established the objects and powers of the company and is governed under its Articles of Association.

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:

Mr D Power
Mr G Fusco
Mr F McCann
Mr T Rocks
Mr M Voyle

Organisational Structure

Albert Street Community Centre Limited is governed by the Board of Trustees. Trustees are appointed so that the charity has a variety of expertise and skills from relevant sectors. Recruitment of trustees involves a nomination from current Board Members. A vote is then held at the next Trustee Meeting, and if successful, a subsequent appointment is offered. The Board of Trustees ensures the good governance of the charity by setting its objectives and policy direction and monitoring progress on this, specifically in relation to the H.E.A.R.T. (Health Education and Relaxation Therapy), and Traveller projects run by the charity. The strategic development, approval of an annual action plan, reviewing evaluation reports and approving sustainability plans is the responsibility of the H.E.A.R.T. Project Partnership Committee. A Project Operational Management Group is responsible for the development, implementation and monitoring of the operational activities of the projects including the preparation of an annual action plan. Sub committees responsible for the day to day running of the projects then report to the Project Operational Management Group. Liz McShane is responsible for the day to day management of the charity.

Risk Management

The Board of Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems and procedures are in place to mitigate those risks.

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FOR THE YEAR ENDED 31 MAY 2023

Statement of trustees' responsibilities

The trustees, who are also the directors of Albert Street Community Centre Limited 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.

Auditor

In accordance with the company's articles, a resolution proposing that GMcG BELFAST be reappointed as auditor of the company will be put at a General Meeting.

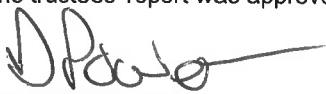
Small companies exemption

In preparing this report, the directors have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

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



Mr D Power
Trustee

Dated:

23/5/24



Mr F McCann
Trustee

Dated:

24-05-2024