

# THE OLD LIBRARY TRUST

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

### FOR THE YEAR ENDED 31 MARCH 2024

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The trustees present their annual report and financial statements for the year ended 31 March 2024.

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 governing document, 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)" (effective 1 January 2019).

#### **Objectives and activities**

##### Vision

We exist to address the social and health needs of the most disadvantaged by engaging residents in community development processes, aimed at reducing inequalities in health by tackling the root causes. We support the people who use our services, many of whom are amongst the most vulnerable in our society, to live healthy happier lives.

##### Mission

Overcoming inequalities in health and improving the health and wellbeing of people living in poverty and disadvantage.

##### Goals

Supporting people to develop the confidence to aspire and achieve new life setting goals transforming their lives and creating happier, healthier lives.

##### Social Justice

The Old Library Trust is guided by a concern for social justice and works to create a society in which every individual is valued and recognised as a fully dignified human being.

##### The aims of the OLT are to:

- 1) Overcome the inequalities in health by tackling the root causes of ill health; improving service delivery and access to services for people living in poverty and disadvantage and to support people to develop the confidence to aspire and achieve new life setting goals transforming their lives and creating happier, healthier lives; and
- 2) Maintain the Healthy Living Centre engaging in partnership with local residents and community groups in Creggan and to work with others in the voluntary, statutory and private sectors to develop programmes and services promoting the healthy development and growth of all people living in the community.

##### The objectives of the OLT are:

- 1) Sustain the Healthy Living Centre for the delivery of services and programmes addressing the social and health needs of residents at the neighbourhood level
- 2) Provide a sustainable, community-led process to inform and deliver appropriate programmes and services.
- 3) Develop working partnerships with others in the community, voluntary and public sectors to facilitate accessible service delivery.
- 4) Set up structures to develop, monitor and evaluate strategies, programmes and services promoting lifestyle changing in the health and social wellbeing and early year's development of local people.
- 5) Provide documented evidence of the effectiveness of the new model for community health service delivery.

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### FOR THE YEAR ENDED 31 MARCH 2024

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#### The Healthy Living Centre

The HLC is a model of good practice for the delivery of community-based social and health care services and programmes engaging people in community development processes aimed at reducing the inequalities in health by tackling the root causes of ill health.

The project is designed to improve community health, address local needs, build confidence and develop knowledge and skills supporting people to take greater responsibility for their own health and wellbeing. The HLC provides access to primary care services at the neighbourhood level by working in partnership with service providers in the community, voluntary and statutory sectors.

#### Human Resources

Staff and directors are viewed as valuable assets of the organisation and receive training and support to maintain and enhance their skills and motivation.

All staff have personal development aims and objectives written into their work plans with a minimum of three training and educational courses required to fulfil their job roles on an annual basis. All staff meet OLT minimum standard training requirements in areas such as safeguarding children and child protection, safeguarding adults and vulnerable adult's protection, First aid at work, AED Training, mental health first aid & trauma informed practice. Individual 6 month reviews carried out by senior management & the Project director will investigate further issues associated with training and support.

#### Partnership

The ethos of strategic partnership underpins the OLT's working arrangements and emphasises the collective responsibility of all in tackling health inequalities by meeting the health and wellbeing needs of residents in the Triax area of benefit.

#### **Statement of compliance with Charity Commission guidance**

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

#### **Achievements and performance**

##### **Key achievements of delivery for 2023/24:**

##### **Programme and service activity:**

**Strategic Priority 1: Healthy Lifestyles:** Tackling inactivity, poor nutrition, and obesity whilst lifting spirits through the delivery of several interventions, programme and services that included:

##### **Exercise & wellbeing:**

A weekly community exercise timetable of a wide variety of exercise classes seen over 120 local people attend over the course of the year, for one of more of the classes on offer that included Boxercise, circuit, yoga and gym. The biggest improver programme continued to offer a health, wellbeing, weight management and fitness programme to 70 beginners over three 12-week programmes. Further beginners swimming sessions, back by popular demand seen 15 more confident swimmers after a 12-week block of support.

Our mens & ladies health programmes continued to gather momentum with 78 local people attending on a weekly basis for session specific sessions such as netball, football, gym, and circuit training. This year, 21 of those got involved in the social golf days and took part in the rusty club's tournament.

Nutritional support to local families continued with our partnership with the Healthy Living Centre Alliance and SafeFood, ensuring over 200 adult parents /grandparents and significant others received important messages, techniques, and tips around good food & nutrition. This year's Community Food initiative has seen the return of the ever-popular air fryer masterclass, alongside community outreach to partner organisations with over 80 children and young people attend a great day at Sean Dolans GAC.

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### Communities in Transition:

The continued investment in Creggan by The Executive Office Communities in Transition Project enabled the organisation to further support those residents living in poor physical and mental health, with a particular focus around addiction and recovery. This support comes in the form of one-off engagement events, one to one specific mentoring and the promotion of volunteering, upskilling and training. Over 300 support hours were delivered in counselling, personal training and skills development to 48 local people from Creggan and the Bogside.

As part of the initiative a wide range of community events were also delivered and included:

- A Conversation with Paul Merson
- Fresh Little Minds Primary Schools - Holy Child, St John's, Long Tower & St Eugene's.
- St Cecilia's Health Fayre
- St Joe's Teaching and Support Staff Workshops with Glen Hinds
- Crafty Creators with Family First Hub
- Youth Workshops & Outdoor Education
- St Marys Youth – Let's Talk Men
- Long Tower Youth – Let's Talk Men

These community engagement events seen 900+ people attend for information on community services and were supported by 35 of our partner organisations.



**Strategic priority 2: Older Adults:** Providing weekly physical, social and emotional support for older people and those people living with dementia. Support included the following:

**Older adult's wellbeing:** This year seen the injection of funding from National Lottery Community Fund through our Partnership with the Bogside and Brandywell Health Forum, and the roll out of the first year of the Loving Life Living Longer project. Our Older adults support package during this period continued to engage older residents in health, wellbeing, social and uplifting programmes and services. Examples included exercise specific sessions in yoga, chair yoga, line dancing, jive and Ceile dancing to 74 residents. The partnership with the Creggan Men's Social Group seen the introduction of social snooker, walking football, and both men's and ladies' social evenings, with 50 older adults attending. Popular poverty addressing luncheon club support also seen 60 local people avail of subsidized lunch thanks to support from the Foyle Food Network. (Foyle Foodbank).

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Our Large seasonal events gathered great interest and included the following:

- Community bingo evenings at Summer & Halloween with 145 attendees
- Summer bus run with 51 residents
- Christmas dance at the City Hotel with 125 locals



### Dementia specific work: The DEEDS (Dementia empowered in Derry & Strabane) Project

68 DEEDS members, people living with early onset Dementia, were supported with bespoke intervention over this year. This is in the form of a weekly social / activity groups located across 6 different sites, both Urban and Rural in the Derry City and Strabane area. Alongside these, 69 Carers / loved ones of those members took part in our Carers education programme to better help support their loved ones.

As part of the wider programme of DEEDS, the members also took part in a range of cultural, social and musical events that included the international Choir festival, Intergenerational Art and Treasured possessions storytelling with participants and audiences totaling 445 in person and over 10,000 online views.



The DEEDS training and education officer continued to train the first-year paramedic students, the student nurses and a range of community organisations in total 448 people better informed on Dementia.

This year also seen the first of its kind in NI rolled out, with a new Pre diagnosis project for dementia in partnership with the WHSCT delivered to 54 people from across the city and district.

The DEEDS project is also supported by and engages 30 volunteers on an annual basis. These volunteers are celebrated with an annual event and continue to prove invaluable to the organisation.

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Patricia- Shantallow Member      Stella- Shantallow member      Ann- Strabane Member  
"We would be lost without our groups. Thank you, DEEDS. What a great bunch of people"

**Strategic Priority 3: Long-Term Condition Management:** Providing a holistic programme of wellbeing to those living within the community that have one or a combination of long-term conditions. Programmes examples included:

- Step Forward group sessions: A twice weekly exercise maintenance programme normally delivered in the Healthy Living Centre with 45 active members taking part in exercise class sessions.
- GP Exercise Referral: Supporting 45 local people in person for an intense tailored programme of exercise to suit their individual needs. Conditions supported included diabetes, arthritis, fibromyalgia, anxiety & depression.
- Support groups: Like-minded people with similar ailments come together on a regular basis to share experiences and listen to health professionals, who offer advice and support on how to better manage living with a long-term condition. 'Chronic Pain Programme' engaged 25 local people whilst 54 local people took part in Falls Prevention / strength and balance sessions. Links to wellbeing initiative developed in partnership with the WHSCT seen a large increase this year with 33 local people on long waiting lists present for full support.
- Other activities: Community outreach and social support with 90 people attending.

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### Strategic priority 4: Family support & the Family First Hub

The Family First Hub supported 217 individual families this year in crisis at various stages of the year. Families were presenting to the Hub for several reasons and either availed of existing services or were signposted to relevant services at that time.

Additional programme support developed by the OLT and the Hub included holistic therapies, alternative, neuro diverse and child and adolescent with 48 people availing of support.

Fresh little minds, a stalwart of support was delivered to 30 local children, with a further 22 children availing of crafty creators, 284 of a summer of play and 212 of a winter of play, funded by Save the children.

More importantly given the times we were in with the cost-of-living crisis and inflation, the Hub put £31,940 into the pockets of local families through financial support packages that included Bryson Care, Cash for kids, Mission Christmas, the Family Fund, Save the Children and Gifts of the Angels.



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### Strategic priority 5: Positive Minds

120 local people attended several positive minds specific courses that included Self-care, Living Life to the Full, mindfulness and relaxation. Feedback included:

*"I feel part of a group, not on my own. I have new tools for moving forward, I am content with who I am"*

*"I have learned that I deserve to be loved by myself and others. I have grown in myself and believe in myself"*

*"I have learned how to relax more and recognise the importance of taking time for me"*



### Tenancy activity

The OLT provides facilities and space for other service programme delivery, and leases space for a range of local service providers in the statutory, community and business sectors. These include the following:

- Surestart Edenballymore continues to lease office space, the Children's Centre, and Social Economy Unit 3 to support their delivery of childcare services in the area working with approx. 400-500 families per year.
- Rosconnor Dental Services continued to operate as normal for the year.
- Hive Cancer Support Group continued to lease in the Social Economy Unit 1, providing support to local people and their families who are experiencing cancer in their lives. The new Creggan Hub began to become more recognizable, and footfall increased.
- Rubbers Barbers of Social Economy Unit 2 employing local people and providing a local barbering service
- Physiotherapy & sports massage operated throughout the year and supported local people with pain, injury and rehabilitation.

### A word of thanks

Critical to all the achievements and developments over the last 12 months, has been the organisational leadership, the commitment and passion displayed by the Board of Directors, the Project Director, the programme coordinators, support staff, facilitators and volunteers and everyone involved in the community sector across the area.

We would like to thank our funders for trusting in us and everything we do. We will continue to advocate for and support local people as they journey to a better-quality of life and improved physical, social, mental and emotional wellbeing.

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## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

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#### **Financial review**

Against the backdrop of limited resources and insecurities over funding, OLT has exercised prudence and managed to make a small surplus for the year. OLT has ensured that the core services are sustained and has set out the following plan for the future sustainability of services.

#### **Income Generation**

OLT has significant capacity for income generation through agreement of service level agreements, rental of social economy and primary care units, programme delivery and sessional rental of space. The OLT will maintain prudence in the management and delivery of programmes and services and will work within the terms and conditions of each of its funders. It is anticipated that significant saving will be made in the year ahead through funding secured for facilitators fees which have previously been met through income generation activity. All of the charity's funds are to be spent in the short term as there has been no opportunity since incorporation to accumulate funds for investment.

#### *Reserves policy*

The Board of Directors has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between 3 and 6 months of core staff costs and fixed overheads. Charitable activities would be significantly scaled back in this scenario until sufficient funding was obtained to revert to normal levels of programme activities. Based on current staff costs and fixed overheads, the target level of reserves for 3 months costs is £80,000.

At the reporting date, the charity held unrestricted reserves of £410,395, which includes £188,846 invested in tangible fixed assets and therefore not available towards the reserves policy target level. Therefore the free reserves of the charity at the year end is £221,549. The strategy is to continue to build free reserves through planned operating surpluses. In the short-term the board has also considered the extent to which existing activities and expenditure could be curtailed, should circumstances arise.

#### *Major risks*

OLT carries out regular reviews of the major risks to which the organisation is exposed and is compliant with SORPs requirements including strategic risk management. A risk register has been established and is updated at least annually. Where appropriate, systems or procedures have been established to mitigate the risks the organisation faces. Internal controls are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety for staff, volunteers, centre users and visitors. All policies and procedures are periodically reviewed to ensure that they continue to meet the needs of the organisation.

#### **Plans for future periods**

The 2024/25 year will no doubt be a challenging one as we reflect on the true impact of the pandemic to local people. The organisation will continue to adapt, innovate, and reach out to support the local community as we all try and navigate our way out of this unique situation. A real strength of this organisation is the commitment of staff and volunteers to support those in most need. Their efforts were nothing short of remarkable over the last year and there is no doubt that this will continue into the coming year.

#### **Structure, governance and management**

##### **Governing Document**

The company holds charitable status and is a company limited by guarantee, incorporated in July 2001. The company was established under a Memorandum of Association which sets out the objects and powers of the charitable company and governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

# THE OLD LIBRARY TRUST

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

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 Charlie O'Donnell (Chairperson)
- Mr Karol McCauley (Treasurer)
- Mr Damien Harkin (Vice Chair)
- Ms Anna-Claire Murray
- Mr George McGowan (Resigned 7 June 2023)
- Mr Sean Doherty
- Ms Yvonne Mullan (Resigned 7 June 2023)
- Ms Martine Mulhern
- Mr Maurice O'Donnell

### Recruitment and appointment of trustees

The Board of Directors meetings take place on the first Tuesday of each month. The purposes of the meetings are to update directors on current activities, make strategic decisions, conduct business and discuss any issues relevant to the activities of the OLT. The first members of the Company are the subscribers to the Memorandum of Association.

### Organisational structure

Staff team of 2023/2024

**OUR TEAM IS HERE TO HELP**

Healthy Living Centre @ The Old Library Trust

#PROUDCREGGAN  
Our Happy Place!

Healthy Living Centre @ The Old Library Trust

**WE SIMPLY MAKE IT EASIER FOR PEOPLE TO LEAD A HEALTHIER LIFE**

The OLT building and staff are here for you and the community

 Project Director George McGowan	 Programmes Manager Sabrina Lynch	 Admin & Finance Manager Rosalyn Flynn	 Admin and Finance support Aine Shearman	 Caretaker Paddy McCinnell
 Coordinator John White	 Coordinator Johanna Feberity	 Support Worker Pete Simms	 Support Worker Cian Bradley	 Receptionist / Programme admin support Sandra
 Coordinator Sharon	 DEEDS and Older Adult Coordinator Sinéad Devine	 Training and Support Officer Eilish	 Support Worker Kaitleen	 Support Worker Wendy McLaughlin

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### Statement of trustees' responsibilities

The trustees, who are also the directors of The Old Library Trust 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.

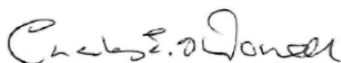
### Auditor

In accordance with the company's articles, a resolution proposing that Moore (NI) LLP be reappointed as auditor of the company will be put at a General Meeting.

### 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 Charlie O'Donnell (Chairperson)  
**Trustee**

10 December 2024