

Causeway Rural & Urban Network

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name Causeway Rural & Urban Network

Charity registration number NIC104883

Company registration number NI056878

Principal office and registered office 1 Brook Street
Coleraine
BT52 1PW

The trustees

Robert Ritchie
Angela Welch
Albert Clyde
Indu Jairath
Dorothy Moore
Thomas McGonigle
Anthony McGarvey
Patrick Crothers (Appointed 10 September 2023)

Network Manager Ann McNickle

Company secretary Robert Ritchie

Independent examiner Donaldson & Thompson Chartered Accountants
3 Limavady Road
Londonderry
BT47 6JU

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 17th October 2005, accepted as a charity by HM Revenue & Customs under reference number XR44321 and registered with the Charity Commission for Northern Ireland on 1st April 2016 under charity number NIC104883. The company was established under a Memorandum of Association which states the objects and powers of the charitable company and is 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.

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Objectives and activities

The charitable purpose of the company is: The advancement of community development in Northern Ireland (the "area of benefit") and in particular the promotion of the community and voluntary sector for the benefit by providing services, training, support, information, facilities and amenities to community and voluntary groups and encouraging and assisting such groups and organisations to co-operate to achieve their aims.

- (1) To develop the capacity and skill of residents of communities in the area of benefit that suffer social and economic disadvantage, in such a way that they are better able to identify, and help meet, their needs and participate more fully in society.
- (2) The advancement of health and well-being.
- (3) To promote good community relations, religious and racial harmony and equality and diversity.
- (4) To promote such other charitable purposes as may from time to time be determined.

CRUN was established in September 1999 as a network of local community and voluntary groups with the aim of enabling regeneration and encouraging sustainability in local communities through community development processes. The network has worked tirelessly since it was established and currently has a database of over 240 organisations with more coming forward every year. Many changes have taken place over the years and CRUN currently implements a range of training and mentoring programmes in Community Development, Good Relations, Substance Misuse Education and Prevention and Positive Mental Health and encourages an ethos of collaborative working and sustainability to all of its members. Programmes and projects are delivered based on evidence and identified need within the Causeway Coast and Glen's area.

The charity's trustees have had regard to the Charity Commission for Northern Ireland's guidance on public benefit.

Achievements and performance

CRUN has maintained a level of funded projects to enable the organisation to continue to support the community within the Causeway area. We have adapted our way of working, since the global pandemic and now have a hybrid way of connecting and also engaging with individuals and community groups in the area.

The continued support from the Department of Communities has enabled CRUN to retain its core staff to oversee the current projects, as listed below, and apply for further funding to 'Empower People Develop Communities Enable Change'

During 2022/23 the projects have adapted and continued to excel within the communities that they support.

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Achievements and performance *(continued)*

The YEAR Project, funded by Big Lottery has been funded since 1 April 2013 and has offered a range of different courses both accredited and unaccredited. A summary of the key activities that have been undertaken with the young people are:

Meeting up with young people face to face again. Some young people still struggling with social anxiety, however overall contact positive and regular for most young people.

- Youth Led Group Activities
 - Group walks to explore local area.
 - Mobile escape room (designed and delivered by Young People across Causeway Coast and Glens Area over Hallowe'en)
 - Glamping Residential to reconnect with nature.
 - Sea swimming
 - Empower Youth Conference
- Accredited Training
 - OCN Crafting, OCN Youth Work, OCN Digital Fabrication
- Unaccredited Training
 - Sports, CV Development, Job Search, Photography, money matters, cookery and child protection.
- One to one support
 - Weekly, fortnightly as requested by young people and weekly and monthly group support also offered.
- FareShare Project
 - in response to an identified need of service users we now have the FareShare Project in place with a focus on reducing food waste to remove stigma of young people using a food bank.
- Website & Social Media
 - Website being reviewed and updated after input from young people to make it more user friendly. Social Media input youth led with particular reference to sharing jobs and opportunities as well as support organisations.
- Partnerships & Community activities
 - Supporting loneliness network through research with Young People and staff
 - Partnership work with Community Foundation NI on Community Solutions to Housing and Homelessness Programme
 - Partnership work with Mae Murray Foundation on Friendship and Photography
 - To support lifestyle, social and economic independence and inclusion for young people liaising with
 - Triangle Housing
 - Life Stories
 - PSNI
 - Jobs & Benefits
 - Young people supported to design and deliver a mobile Hallowe'en escape room around CC&G area.
 - Young People supported to deliver a conference 'Empower Youth.'

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Achievements and performance *(continued)*

- Social Enterprise
 - Suicide Prevention Development Officer (Northern Area Community Network) - young people working on social enterprise helped to design and supply positive slogan tote bags for Suicide Prevention Project
 - NHSCT - young people working with Bronagh from NHSCT to provide bingo boards for care homes.
- Referrals and Signposting - Causeway Volunteer Centre, BRAKE, Triangle Housing, Jobs & Benefits, Disability Action

The FareShare scheme has been a great asset to many young people and their support networks. The FareShare scheme operates out of Room One (the room acquired by YEAR and designed and decorated by our Youth Management Board) some parents/siblings also helped with a bit of the decorating. The FareShare scheme has allowed YEAR to support young people and their families during the cost-of-living crisis. Everything from weekly food packages to ensuring young families had enough over Christmas to be able to afford heat, electricity, presents for children and food instead of having to choose between presents and food. Parents of young people are supported through the FareShare scheme which decreases the amount of stress in the family home making home life more manageable for both the young people and their support networks.

The pop in facility in Room One also provides a safe space for young people to call in to when they just feel the need to have a bit of their own space. The youth team purposefully built the pop in facility and FareShare scheme around each other based on the identified needs of the young people involved with YEAR.

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Achievements and performance *(continued)*

The Brake Project has worked directly with 18 young people since 1 April 2021. We have been able to offer a variety of support to the participants who are engaging including; small group training sessions, 1:1 training sessions, group activity sessions and fortnightly 1:1 goal setting / review sessions.

Group Training Sessions - Within these sessions we have continued to deliver a range of accredited training programs to the participants including OCN Good Relations Training

1:1 Training sessions - these sessions are beneficial to some of the young people, they enable the team to get a better understanding of the individual needs and how to integrate into a group setting.

Group Activity Sessions - group sessions take place twice weekly and involve team building activities, healthy eating, cookery and building up essential life skills.

1:1 Support Sessions - These sessions have been completed on a fortnightly basis during the past quarter given the complexity of the challenges which these participants are facing. The sessions take place in local coffee shops, walks on the beach / park to provide a more relaxed informal setting. They continue to address goal setting and reviews and also include support regarding finance, work experience feedback, job application support and interview skills

Spring Programme

The Spring programme continued throughout 2022-23 with the social prescriber receiving referrals from GP and Primary Care providers in the legacy Coleraine Borough Council area for support with - social isolation, low level mental health, chronic pain and physical inactivity. The target number of referrals from was 60.

Referrals were very busy with referrals coming from predominately the MDTs now in place in most of the practices throughout the catchment area. CRUN have continued to provide bespoke programmes that have been tailored to the needs of those referred. We have provided workshops on the themes of therapeutic arts, - painting, creative writing, stress management, social cafes, nutrition support and gentle exercise. We have made a conscious effort to get more people back meeting in person, as this helps with social isolation and mental health. We also provided sessions called 'Better Days' which help people dealing with chronic pain.

We continue to help support programmes with funding from a variety of sources - such as the Causeway GP Federation and the Community Development & Health Network.

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Achievements and performance *(continued)*

Suicide Prevention small grants provide much needed support to 11 community organisations/groups and helped over 500 beneficiaries and numerous volunteers providing 1050 volunteer hours for the groups. Some of the activities included in the grant applications have been for people and communities to socialise again in a safe environment. The Community based Suicide Prevention Development Officer's (SPDO) is a joint community resource between CRUN and NACN with the aim of protecting and improving mental health and wellbeing whilst reducing health inequalities. Suicide prevention is a key priority of the CRUN/NACN SPDO which requires action across many sectors including working across early years, education, health, schools, communities, sports clubs and churches.

CRUN has also individually worked with many groups offering advice and support on Capacity Building, Partnership Working, Grants Applications, Financial Good practice, Mentoring Support, Charity Commission Applications & Risk Assessment Procedures, which was made more difficult during the pandemic. Twelve community groups have availed of annual accounts preparation and independent examination as required by the Charity Commission.

Choose to Live Better Programme

The project provided an excellent introduction for a group of identified people in the local area to try new physical activities. 50 participants took part in a physical activity programme that they may otherwise not have been able to access for various reasons;

38 participants engaged in outdoor activities in fresh air;

12 participants regularly attending a weekly yoga class in a venue they are comfortable in and making social connections weekly; 20 participants introduced to the benefits of water based activity; 50 participants taking more ownership of their health and well-being

journey with support from their local community based Healthy Living Centre; 50 participants who have built resilience and social/personal esteem through engagement in the programme; 50 participants increased their physical activity to meet the recommended guidelines;

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Achievements and performance *(continued)*

Good Relations Activities

Our project, Shared Threads was aimed at women from single identity areas who were linked or have family links to legacy issues. Some of the activities completed included: Family History Research

Shared History Walks

Personal Development sessions

Creative sessions including pottery, fused glass, knitting & crochet.

OCN accredited training in Community Development and Good Relations

Study visits / team building events

Quotes from feedback forms

I never thought I would be on zoom chatting and learning from so many interesting women from all parts!

I have become so much more confident in sharing my thoughts.

Great program I learned a lot about culture and diversity.

Despite our differences we have so much in common.

Really have had my awareness raised about the value we bring to society. Really enjoyed the personal development classes.

Have really developed my leadership skills.

This programme has made me realise that we can all make a difference

131 Participants took part in the programme, 70% of the participants had not participated in a good relations project before.

Building the Community Pharmacy Partner Programme- Firm Foundations

We worked with one group of 12 participants for the duration of the programme, which was 14 sessions.

CRUN and the pharmacist will co-produce a programme to address SOCIAL ISOLATION and MENTAL WELLBEING based on inputs from the group at both design and implementation phases.

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Achievements and performance *(continued)*

Programme Activity

Family History Research

Awareness Raising Session on Zoom - Fact Check NI Session on introduction to Critical Thinking

Horticulture Skills

Little Free Libraries Construction Project

Celebration Event - Making Christmas Cards

Celebration Event - Making Christmas Wreaths

Drumming Circle on Zoom

Family History Research

Family History Research

Study Visits - Shared History Walks

Introduction to community gardening

OCN Level 2 Community Development and Good Relations

Teambuilding Visit to the Jungle

Introduction on to Crochet

Crafting and Introduction to Power Tools

Halloween Themed Crafting

Introduction to Self-Care

Introduction to sewing machines

Building Inner Strength

Introduction to dressmaking

Personal development

Ceramic Project

Fused Glass Project

Financial review

The results for the year are contained in the financial statements from page 8. The Network has continued to receive funding from various government agencies and funders to support the varied work that they undertake. This has been received through various tender and grants processes. The reserves of the organisations have been maintained at a constant level to enable it to continue for a short period of time in the event of them being unable to obtain funding, this also ensures that the Company can meet its legal redundancy requirements.

Plans for future periods

Hopefully the pandemic will start to have less of an effect on the population and we will return to a new normal, with groups being able to meet up. The trustees will continue to build on what Causeway Rural & Urban Network has established over its 30 years and maintain its core values and objectives to ensure the continued development within the communities of the Causeway area and beyond.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

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The trustees' annual report was approved on 7 November 2023 and signed on behalf of the board of trustees by:

Robert Ritchie
Trustee



Albert Clyde
Trustee



