



UPPER
ANDERSONSTOWN
COMMUNITY FORUM

ANNUAL REPORT 2023-24



'To tackle social exclusion, poverty and disadvantage through encouraging all sections of the community to participate and contribute in the design and implementation of co-ordinated services to meet the identified needs of the community.'

BARNEY KANE - CHAIRPERSON

Once again, as Chairperson of the Upper Andersonstown Community Forum and on behalf of the Board, I want to thank our team, for their commitment and tireless efforts over the last 12 months. Continuing to deliver top quality service delivery, childcare, youth engagement, training programmes and the increased support for our many seniors across the Greater Andersonstown area, raising the bar in health and physical well-being, both in centre activities and in Outreach support, made all the more difficult with the Cost of Living Crisis. Our management committee within Upper Andersonstown Community Forum have worked tirelessly along with the staff team to support, guide and direct the work of the organisation throughout this period. I want to send my appreciation to all my peers within the committee for their continued dedication and support to the organisation.

The development of our strategic plan will be reviewed in the coming weeks, focusing on the ongoing Neighbourhood Renewal review and UACF's future delivery strategy, with new Housing schemes and many new physical projects underway (or upcoming), which will have a massive impact on the Greater Andersonstown area. Our Centre will be central to supporting new and long standing residents in the year ahead.

Over the past year, it was heartening to witness the extremely positive feedback, both locally and from our Partners across the West, on the work carried out by our team.

There is much work to be done in the time ahead and we have the strategic plan, the vision, the team and the dedication to help support our community through these difficult times particularly with funding issues.

MEET THE BOARD

Position	Name		Name
Chairperson	Barney Kane		Bill Groves
Treasurer	Gerry Meehan		Dominic Mooney
Secretary	Nuala Hutton		Sean Lennon
			Tina McDonagh
	Martha Lavery		Emma Groves
	Margaret Lawlor		

SPECIAL THANKS TO:-



MICHAEL GEORGE - DIRECTOR

As the Director of UACF/Tullymore CC, It is my honour and privilege to present this year's annual report.

We have come through this last financial year with a great sense of achievement, continuing to deliver for our local community and indeed the wider West Belfast area, through our partnership work with Belfast City Council and our core funder, Department for Communities. That said, along with many of our counterparts in the sector, we have had to deal with the absence of local Government, leading to a downturn in funding opportunities, which will have a short to medium impact, particularly on our work with local schools and our youth. We are however hopeful, with the return of Stormont and lobbying of local and national funding bodies, we will return to full delivery capacity.

Over this last financial year, we have increased our support for those struggling throughout the cost of living crisis. Adapting services to react to people's immediate needs, while continuing to deliver our core Neighbourhood Renewal commitments, encouraging our youth, nurturing our childcare children, providing training and new skills to regular centre users and providing a warm, welcoming hub for our expanding seniors community. Our recent partnership with both The GP Federation and National Energy agency, has not only allowed us to support many facing fuel poverty due to spiralling heating costs, but also to increase our centre activities, with new healthy cooking, pottery and physical activity classes added to our increasing portfolio.

Neighbourhood renewal will see a major change in the year ahead, with the People and Place strategy, likely to come in to effect with The Stormont Executive back in Place. Roisin, our NR Coordinator has been working with all of our team, to outline the new Outcome based Accountability strategic framework and to collate and support its delivery.

Our Childcare service has a well-earned reputation, offering a welcoming, professional and caring environment, where each child is supported to meet their individual milestones. The teamwork in partnership with each parent to support, listen, and signpost to ensure each child is supported, both individually and in activity based group settings.

Our Youth Team continue to deliver an excellent outreach and centre based service, working with children and youth on a needs led basis, and we thank our E.A. partners, for their continued support. Our deputy manager has worked intensely with local schools to help improve educational outcomes, build resilience, support positive mental health and build positive relationships, unfortunately, Nicola will be leaving for pastures new and will be a huge loss for Tullymore.

Our events have again attracted increased numbers with our Christmas carnival (400+ attendees), our community Health, Information and Welfare advice clinics, seeing overall footfall increase by over 1500.,

Training and education remains an important aspect of the work carried out by our team. We have delivered GCSE support, ICT, Driving theory health initiatives, and employability programmes, enhancing our local resident's employment opportunities and the skill set of our large volunteer base. Our welfare advice service and money matters programme has received outstanding feedback, by both service users and practitioners, with £ thousands of unclaimed

or entitled benefits put in the hands of very grateful residents. We thank Tina, Robbie and Bronagh for a much-appreciated service.

Our “Utopia” Programme, funded by the Henry Smith Foundation continues to exceed all expectations with 19 classes a week (catering for over 150 seniors), helping to reduce social isolation, build skills, provide a warm hub and raise community spirit. Along with the quarterly social events, attracting over 100 participants per event, Utopia continues to flourish, with growth continuing in the year ahead.

Health and well-being has a massive role, both in our centre and our surrounding area. Christine and our support team have again reinvigorated group work, one to one advice and therapeutic support, along with our Tullymore Beacons Women’s group, making a hugely positive impact on their own personal development and wider afield.

My sincere thanks to all of our outstanding team. In the months ahead, we intend to conduct a strategic planning review with all staff to complement our last 5 year action plan, conducted with residents, service users, staff and management committee. This new framework will guide the work of the organisation in the time ahead and will be critical to our input to the ongoing Neighbourhood Renewal “People & Place review.

An extremely busy year concluded, with a full year’s delivery plan ahead of us.



SUPPORT & SERVICES

Supporting Communities through a community development approach



My name is Roisin McLaughlin, I am the neighbourhood renewal coordinator for the Upper Andersonstown area. UACF is the lead partner of the Andersonstown neighbourhood partnership. Within the ANP we work alongside other community, statutory and voluntary organisations in the Andersonstown area. This work continues to coordinate, support and advocate to improve the social, environmental and physical regeneration of the local area. The ANP are renewing membership and drafting a new action plan to coordinate with all relevant and new trends in the area.

I also support the communities in transition, community safety programme ensuring that my community safety role within the forum coordinates with the CIT programmes. We have delivered a number of local and West wide programmes under CIT. These include, the reimaging of the telecom boxes, the Christmas anti-spiking campaign, domestic violence campaign and the home safety and scamming initiatives.

ANP Activities 2023

The Upper Andersonstown Community Forum continue to be the lead partner of the Andersonstown Neighbourhood Partnership. This work continues to coordinate, support, advocate and connect citizens to improve the social, environmental and physical regeneration of the local area.

Throughout the year, we support all sections of the community and work in partnership with other community, voluntary and statutory organisations to engage with people in the community to shape government policy to relieve poverty and improve the conditions within the local area.

At present the ANP is renewing their membership and we are drafting a new action plan to coordinate with all relevant projects in the area.

ANP Activities

- Work with A'town school of music
- PHA/Take 5 programmes
- People and Place OBA/helped support other organisations with the OBA roll out
- Neighbourhood Renewal Action Plan and Strategic Plan with thematic area and structures being looked at and evaluated
- Area plan being updated
- Gardening group set up from Tullymore Community Centre
- BCC hardship fund voucher scheme
- Christmas Carnival
- Working in partnership with local businesses in the Andersonstown area in aid of the community Christmas festival
- Christmas Tree Light Switch on held in Centre
- Wreath making classes
- Santa's Sleigh Trips
- Bike scheme
- Neighbourhood Renewal Meeting with chairs
- Christmas dinner for UTOPIA
- Programme with the half-moon lake men's shed
- Health day with therapies and information stalls
- National energy agency programmes
- Aware- Living life to the full
- Bryson House scheme
- Food parcels
- Winter warmer packs
- Development of north link play park
- Safety packs for seniors
- Pothole issues in the area
- Supporting the initiative to bring in universal credit and welfare support to the community centre
- Health awareness initiatives
- Supporting alcoholics anonymous
- Working with local GAA clubs

- Working with boxing clubs supporting funding applications
- Support local community organisations through access NI
- Firework safety initiatives
- Action trauma network- adverse childhood trauma
- Drug awareness programme
- Information day/stalls
- Balm making workshop

PHA/Take 5 programmes- This funding was allocated by PHA to support people in the local area, helping them with their wellbeing, mental health and physical health. It also gives people in the community the opportunity to stay connected, be active, keep learning and to give back to their community. Providing these programmes for people helps increase social inclusion and strengthen the local community. As part of this programme we were able to run 7 workshops including intergenerational workshop, food value workshops, music workshops, a health & information day, community development programme, health and wellbeing workshops and fitness classes with a celebration event at the end to thank all participants.



National energy agency- A series of classes over a 6-week period for seniors, families and individuals in need in the Andersonstown area were held. The classes were taught by a number of different facilitators and aimed to help with the cost of living crisis and provide heat, food and a place people felt safe. The programmes that people attended were pottery classes, line dancing, air fryer classes and a book & cinema club.

Gardening group-After completing a survey, it was evident that people in the area wanted a community space where they could grow their own vegetables, help with social isolation and the cost of living crisis. A gardening group was set up, we renewed the allotment boxes and tidied up the designated space at the centre. To achieve this, we worked alongside BCC parks and environment team.



Environmental projects- Women from Tullymore's Beacon's women's group worked with the half-moon lake men's shed, giving them the opportunity to gain new skills, learn to use new tools and make a variety of different wooden sculptures including bird boxes, planters, window boxes and lanterns.



CIT- Community safety





Youth Empowerment Project

Tullymore Youth services

Our Generic Youth provision is delivered to 3 key age groups of young people over 4 nights with current membership of 98 juniors & In-betweeners and 35 Seniors.

Nightly provision

- Juniors 5-8 years Monday, Tuesday & Friday nights from 6-8pm
- In-betweeners 9-12 years Monday, Tuesday, Thursday & Friday nights from 6-8pm
- Seniors 13 + Years Monday, Tuesday & Thursday 8-10pm and Friday 8-11pm

We deliver programmes such as Tullymore Get Me Out Off Here! Stay-wake Health & wellbeing, Groupwork, accredited training, health & wellbeing, mindfulness and mentoring support sessions.



Our services are designed around need supporting young people in facing challenges in their social, educational and working lives and enabling them to overcome barriers.



The Project ensures that the children & young people feel physically safe and well through providing better access to safe space, engaging with children and young people providing opportunities that will build resilience, confidence and self-esteem.



Outreach in Schools

Mid-term Camps

Good relations programme with seniors



Halloween Camp with 30 juniors during mid-term



Volunteering

Our young people are encouraged to take an active role in our community through our volunteering programme.



Through training, experience and building skills that encouraging our younger members giving them something to aspire too. We have 4 adult volunteers and 10 Youth volunteers that support our services helping and advising on the planning, development, delivery and evaluating.



Tullymore Youth Network

Our services are youth-led with our Youth network committees steering us in the planning, development, delivery and evaluation. We provide opportunities for young people to be elected on to the youth Network to represent the youth giving them a forum to have their voices heard and provide input into the project.



We have 2 committees covering all age ranges with 22 young people taking part in monthly meetings informing of young people’s views and supporting us in programme delivery ensuring that our young people are heard.



Youth Intervention Services

Youth drop-in services take place on Friday nights from 8-11pm encouraging non-members to become involved in our services.



Youth Mentoring service

Youth mentoring service was established to support disadvantage or vulnerable young people who are experiencing problems or issues in their daily lives. This service is delivered on a one-to-one basis currently 12 are being supported.



Tullymore Summer Scheme



Our summer scheme ran for juniors and inbetweeners from 10-1pm for 6 weeks from 10th July until 18th Aug. 100 young people enjoyed a range of activities, trips and programmes keeping them engaged over the summer months. Improving their health and wellbeing, improving friendships and building confidence.



Summer Intervention sessions over key dates



We delivered Intervention programmes over 12th & 13th of July providing positive opportunities for our young people to engage and interact with their peers. We ran a stay-awake on the 12th of July from 7pm to 7am steering your young people away from negative influences.



Youth summer Drop-in sessions

We ran intervention session in the evenings for seniors over the summer months delivering training, health and wellbeing sessions and providing mentoring support.



CELEBRATION YOUTH EVENT



These events are very important in recognising young people's achievements empowering them and building their confidence for further progression.



Social Action events



Our young people volunteered in our local foodbank and collected food to help those in need and we ran children in need event to raise funds.



Schools

We have been working with 5 local primary schools and 3 secondary schools delivering alternative educational programmes support children and young people's health & wellbeing.



Halloween & Christmas events



We delivered events during Halloween and Christmas for our young people involving our young people in the planning of Halloween fancy dress disco & fireworks display, trips to Crumlin Road Jail and Cloona Hunted house.



At Christmas we supported the forum charismas event with Tullymore light switch on and Santa rides throughout the community spreading the Christmas cheer, Santa party, disco and visit for them and their peers to enjoy.

Tullymore Daycare

Ailish Flynn – Daycare Manager

Supporting Families – Supporting Children



Over the past year we had a very successful year in supporting the emotional, physical and social well-being of children using our facility. Tullymore childcare continues to provide a quality service to enable parents to avail of employment, training, respite care and support.



The project addresses barriers faced by: children with additional needs, families in need, women, children 0-11 age range, single parents and factors such as multiple social problems, poverty, abuse, health, housing, inequality and new austerity measures means people are effectively excluded from the social and economic life of the community.

We continue to ensure families are supported to overcome the effects of these barriers such as abuse and alcohol addictions and help to improve their mental health and emotional wellbeing, especially during this ongoing cost of living crisis.

To continue maintain and to improve our services we will strengthen our partnerships with local statutory and community services to address assessed needs early. The earlier the support is provided the more effective this intervention will be, protecting the welfare of our children.

Effective early help relies upon local agencies working together to:

- Identify children and families who would benefit from early help
- Target the service that will help
- Significantly Improve the outcomes for children and their families



Following successful funding secured from Belfast City Council, a one off payment was rolled out to provide a substantial, warm and nutritious afternoon meal to all children attending our facility, on at least a weekly basis.

This initiative proved very popular with both parents and children and we provided at least 2-3 hot meals in the afternoon for 60 children.

- This initiative really helped our children and parents, ensuring children had a good nutritious hot meal in the afternoon before going home.
- We also had the older children help prepare the meal which made it even more enjoyable.



We would be delighted to avail of this scheme again if it comes up as we didn't actually realise the impact this made to our service users. This scheme has made us even more aware of the struggles within the families in our community and I would be more than happy to continue to provide this service, especially in the winter months.





CONTINUAL OUTCOMES FOR ALL OUR CHILDREN

- Socialization
- Concept of co-operation
- Holistic development
- Enthusiasm for life-long learning
- Conveying the value of education through experience/play
- Respect
- Teamwork
- Resilience
- Concentration skills
- Patience
- Confidence and self esteem
- Exposure to diversity
- Contentment
- Happiness



GOALS

- To secure and develop employment opportunities and work experience within the area
- To exceed standards and adhere to regulations and legislations stipulated by Social Services, Early Years, Playboard and funders.
- To provide a service that meets the needs of the community.
- To support our staff in training in order to maintain and improve our excellent service



- To continue to set **high standards** of quality care.
- A healthy, competent, and motivated work force.
- Being proud of and appreciate where we work and to have enthusiasm, commitment and loyalty to achieve the best outcomes for our children and their families.



INSPECTION

The minimum standards and inspection process has been developed to provide higher standards and assurance of a consistent level of quality in childcare services. Health and Social care trusts are responsible for registering and inspecting childcare services against the requirements laid down in the Children (Northern Ireland) Order 1995.

FUNDING

The grant funding from Pathways and Bright start has helped us to continue to provide quality Childcare for all children accessing our services and has enabled parents to undertake training employment or respite care. The project is community led and receives no mainstream funding from any other source. We also work in partnership with Outer West Sure Start and Belfast Trust to provide additional support to families who need enhanced support to build upon their skills and knowledge.

The holistic approach we adopt in supporting the entire family unit helps to support both the child and parent/guardian to reach their potential.





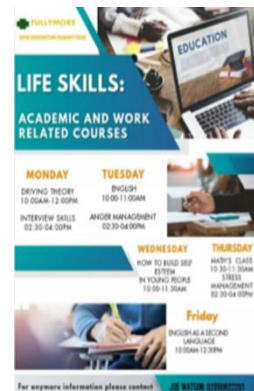
Education & Courses

Working, learning and living here

The services we provided helped to support adults with their lifelong learning, employability and health journey.

The bespoke projects which we have developed in partnership with our service users have been:

- GCSE support
- ICT Level 1 & 2
- Employability support
- Accredited OCN training at all levels
- Mental health support
- Stress Management
- Anger Management,
- Self Esteem
- Confidence Building
- Driving Theory
- Interview Skills.
- One-to-one support
- Life Skills
- iPad classes



Lifeskills

Christine Poland

In the past year I have worked with 22 people providing several life coaching and mentoring sessions to each person that have helped people with a range of issues including, but not limited to:

- Mental health and wellbeing,
- Restoring relationships,

- Building confidence,
- Goal setting,
- Improving job prospects,
- Changing jobs,
- Assertiveness.
- Understanding our emotions.
- Forgiveness

I have also signposted a lot of them to other services and organisations, for example:

- Falls Women's Centre
- Centre for Health and Wellbeing
- Lenadoon counselling
- Community Restorative Justice
- Conway Education Centre
- Kids together
- Sure Start

I also work with 11 clients for CIT a program from The Executive Office aimed at people in transition from the conflict to a more normalised society. I look for opportunities to help them gain qualifications and have experiences that raise their confidence, awareness and build skills and abilities to help them make good choices, have better opportunities to become more active citizens.

From the first group of 7 I worked with 6 did driving lessons and this year 1 has chosen to get counselling and 3 have chosen OCN wellbeing qualifications. Within this project I have also organised several workshops:

Health and Wellbeing (4 workshops)

2 for younger people, (1 in a school 1 in the youth club)

2 with older people

Restorative practices (2 workshops)

2 for volunteers (Conflict management and Conflict resolution)

In November 2022 I set up a women's group here in Tullymore now called Tullymore's Beacons. The purpose of the group was to increase socialization and reduce isolation among women of the area. We did several workshops to identify further needs among the group and to identify social opportunities for them to engage in. The outcome was they wanted learning opportunities that would increase confidence, lead to better choices, improve health outcomes. They also wanted opportunities to learn new skills, and where wanted it could increase employability.

In the past year the group have done a range of activities like:

- We organized a Health Day with Complimentary Therapists and Workshops
- Gym sessions.
- Nutrition course.
- Walking program
- Photography lessons
- Photographic exhibition
- Craft classes resulting in a very successful craft fair for Christmas.
- Men's shed course where we made flower box's, bird boxes and bird feeders.
- Making natural lip balms
- Community development
- Aware – Live life to the full class, we have run this twice due to the success of it.
- Stepping up to CHANGE program

Specifically, for Tullymore's Beacons weekly meeting sessions I have done a range of workshops and covered several topics such as:

- Meditation
- Yoga
- Louise Hay theories and techniques
- Breath work
- Forgiveness
- Acceptance
- Belonging
- Energy balance
- Peer massage

The women even took on a clean up of the front of the building contributing to planting new bulbs and shrubs and cleaning the pathways. They saw this as a way of thanking Tullymore for creating the group and the activities they got to engage in.

I have worked closely with Roisin our Neighbourhood Renewal Worker to assist with organising a whole programme of events based on Take 5 Steps for Mental Health including titled "Developing a Healthy, Strong, Resilient Andersonstown, which has included classes on:

- Health and Wellbeing
- Community Development
- Personal Development
- Food values
- Fitness and personal development
- Music

Along with Roisin I have also organised several other community events like:

Intergenerational workshop with a panel of local people who grew up in Andersonstown.

Health and Information Day with Complimentary Therapists and a range of information stalls

Celebration event

On almost a daily basis I make remedies for staff and users to help them deal with and manage anxiety and stress.

Most recently I organised a Coffee morning with the assistance of Tullymore's Beacons to raise money for Medical Aid in Palestine where we raised around £1400.



Positively support people to live actively as they age

Deirdre McVeigh Project Manager

This year I am delighted to report that Utopia project continues to be successful, our activities and classes are in high demand. we operate a waiting list for most activities and continue to see an increase in the number of referrals to the project from health care professionals, social workers, gp federation etc.



Utopia work with older people to improve physical, mental health and wellbeing, building confidence and resilience.

Utopia Project works with people who are over 60 years, who may experience social isolation or loneliness or just feel like they are in rut, want to learn a new skill or hobby, or meet new people.

We utopia delivers a comprehensive programme of activities designed to improve physical, mental health and wellbeing. We offer a weekly programme of activities throughout the year as well as one off events; we also provide tailored individual support to those who need it.

We deliver 12+ activities per week, 5 days per week throughout the year; as well as one off seasonal and thematic events, a summer school for older people and Christmas programme.

Over the past year 197 older people signed up for our weekly activities and one off events:- including: -

- Armchair Exercise
- Tai Chi
- Acrylic Painting
- Men only computer class
- Range of tablet classes from beginners to those with some experience
- Learn how to use iPad or tablet
- 2 Weekly walking group
- Crafty afternoon class – people bring along whatever craft your working on and craft with others over a cup of tea
- Activity mornings Andersonstown Leisure centre
- Breast Screening Awareness & Bowel Screening facilitated by WRDA
- Diabetes UK information session
- Bowling Falls Park
- Online Banking 2 workshops
- Consultation event – Climate Change
- 6 week Summer School
- Celebration events (end of Term/ Christmas/St Patricks lunch, music and dancing
-
- 168 people took part in one or more of our social activities end of term celebration events at Christmas, St Patricks events, users enjoy dinner, music and dancing; coffee mornings, lunches etc.
- 75 older people took part in one or more creative activities to include arts & crafts, acrylic painting, knitting/crocheting group, mosaic, wreath making/St Bridgid cross making workshops.
- 105 older people took part health & wellbeing activities that include walking groups, line dancing, arm chair Pilates, tai chi; as well as a number of information days/sessions such as bowel screening/diabetes/ breast cancer awareness
- 70 older people attended one or more of our computer/tablet classes i.e beginners/improvers tablet class, men's computer class, online banking/scam awareness information sessions.



- 120+ older people confident using smartphones/whatsapp
- Utopia users value and support the project and this is demonstrated by the number of beneficiaries who volunteer and support the day to day running of the project i.e helping to set up rooms, helping with class sign ins, providing hospitality, shopping etc. we also have a number of people who support the project through providing peer mentoring/ or helping people to settle into the project.

