

## Trustee Annual Report Form

The purpose of the Unit is to provide the Guiding Programme of the Catholic Guides of Ireland, which promotes and fosters the spiritual, moral, cultural, intellectual, social and physical development of its members, to girls and young women at a local level.

**Name of Charity as it appears on the Register and any other names it may be known by**

St Comgall's Guide Unit

**NI Charity Commission Number**

NIC 107399

**The principal address of the Charity- this should be the address that was used at the time of registration with the Charity Commission**

St Comgalls Parish Centre

Brunswick Road

Bangor

BT19 4DS

**The names of all Charity Trustees on the date the report was approved and all individuals who served as Charity Trustees during the year**

Current Trustees

Yvonne Murphy

Marie Dunwoody

Brona McNeill

Mary Erwin

Sophie Davidson

## **The financial year the report relates to**

Year ending 31 August 2023

## **A summary of the Charity's main activities to further its purposes for the public benefit and the main achievements in the year**

We have had a very busy guiding year with some of our volunteers taking up roles in our regional association. We have taken part in section events for all age groups and are running the Choices Guiding Programme in our Unit. We have also made use of our outdoor space and organised programmes for outdoors.

There was no harm flowing from the Charities purposes and that there was no private benefit.

We began our new year to Guiding year with 7 Rangers completing their Bronze DofE Expedition. They took on the rain, wind and sunshine. Completed I'm a celebrity theme tasks to win a pillow for the night all along the North down coastal path.

In September we welcomed back 9 Brigins, 9 Guides and 7 Rangers and 4 leaders. We began our weekly meeting with our Chief Commission Award Guides planning activity night of Games and fundraising bake sale for the Air Ambulance. And finished off September with a craft night of Tote bag design to help reduce single use of plastic bags.

In October in the darker months we focused on badge work, with our Space Theme Night blasting off with some games the Brigins created two astronauts and the Guides created the solar system. In keeping with our Space theme, we went out for a night walk. We hoped on our walk to see some stars for our Space and star gazing badge, but it was cloudy, but we believe we did see a star from Ursa Major

Our Guides attended Northern Region Guide Day at Lorne. A full day of activities practicing some outdoor skills knots and building fires.

We also got craft with the Brigins made some lovely Hama beads designs while the Guides and Rangers made some lovely jewellery pieces. We finished up October with games and a Halloween Party before the midterm break.

In November we did some badge work. Working on our communication badge Sophie taught the Brigins and Guides some sign language and worked hard on cracking codes. The Guide began planning their secret mission. Also, with work on our fitness badge the importance of keeping active and warming up. Running, skipping, jumping and teamwork challenges.

We also had a sleep over in the parish hall last with team building card challenge, Christmas card making, baking, elf movie and continuing chats and fun into the wee hours of the morning and finish with mass in the church the following morning.

Our CCA Guides travelled to Dublin for the CCA interviews in the National Office meeting the Chief Commissioner and her team behind the award.

Also 1 of our Rangers took part in a bonding weekend to prepare for sailing around parts of Ireland.

In December we started with superhero night, games testing our superpowers speed, strength, and memory. Finding out our Superhero names, what superpowers we have, creating masks and writing about our Superhero.

For the months of December, the Guides applied for a small fund from the unit to complete a random act of kindness of their own choosing within the community. Some examples they choose to support food banks, support their neighbours, and give thanks to the NHS.

We finished up for Christmas with our Christmas party and saw our girls make their special Christmas Elf promise for their Christmas neckerchief and finished off painting their Christmas figures.

We returned in January with a games night and shared all our exciting plans for the year. We also began making Brigid Crosses for St Brigids day. The Brigins used pipe cleaners and Guides and Rangers used freshly cut reeds from Crawfordsburn.

At the end of January our 3 CCA Guides travelled to Trinity College Dublin for the Chief Commissioner Awards. The all received Silver awards, and amazing achievement for them all.

In February we focused on mindfulness. The Brigins, Guides and Rangers relaxed by practice some breathing exercises and some colouring in. Also, Love was in the air as we got crafty with Love bugs were by the Brigins and Celtic heart knots by the Guides and Rangers. We also got green fingered planting some calendula marigolds or Nemesia Blue Gems. All planted in pots made from bamboo and rice... no plastic pots.

In March we looked at the amount sugar in our foods and in our favourite treats. We looked at our eating habits and did some blind tasting of different foods. We also tried some delicious smoothies showing them how they can add more fruit to their eating habits. Strawberry, mango, peach and orange apple and banana, kiwi and mango and kale.

For St Patrick's Day we got all green. We were ceili dancing, tried some shamrock shakes and green food and some craft.

March finished up with an EGGcellent night. A smaller group tonight due to spring concerts Easter bonnet designing and chocolate easter nest. Lots of goodies to take home, and our left over Easter are being donated to the Bangor Store House.

In April we began with our unit day. Very wet but that can't stop us from having fun. We began with our enrolment of our new Brigins, Guides and Ranger. Our Guides had fun flying high in the sky with the 3g swing then burrowing below in the caves. Brigins had fun on the traversing wall and create climbing. We finished up with a mini hike up to Crawfordsburn waterfall for our CCA Guides.

Also, in April our Brigins and Guides pamper their Mums. A few games to get warmed up, followed by a relaxing hand and neck and head massage. Followed by a lovely cup of herbal tea, and a cake proved by our CCA Guides as part of her chief Commissioner Award.

In May we focused on some badge work, Animal/nature. The groups went hunting for bugs and create some stunning collages from natural items on the grounds. We were introduced to Timothy and Tabitha, Summer and potato the dog and Elsoise and cat (the dog!) And finished up with an animal theme Campfire. We also had a night full of smiles talking about their lovely pets. Lots of very cute doggies from the Mollies to Teddies.

Also, we had lots of wee visitors thanks to Wee Critters. Very informative and lots of questions from the Brigins. Some very brave Brigins and Guides tonight and some scared and leader.

Also, in May we went on coastal litter picking walk. From Carnalea Golf Club to Bangor. Lots of rubbish collected along the way. Finishing up with ice cream.

In June we were treated to a very competitive quiz night organised by our CCA guides. We venture out Crawfordsburn Scout Centre. Brigins were building Shelters for their fluffy friends. The Guides brushed up on their knot's skills building the outline of a table. Very secure as the brigins demo. Finishing with, off course outdoors with some smores.

We finished our weekly meetings for the summer. The Brigins and Guides enjoyed a mega slide provided by North Down VIP Entertainment. Bouncy castles and hot tub hire. lots of fun cooling off with water pistols. Finishing up with a cool bucket of water.

However, our Guides attended one more camp before we finished. An Amazing TOE camp. A jam-packed action weekend. Sun, Rain, Wind, smiles, Laughing, fun and games, friendship, memories, new friends, activities, BBQ, tuck shop, disco, colins Glen, Belfast Activity Centre, mass, Fete, hairdressing, getting out of our shell so much happening some photos from the weekend.

### **A statement that the Trustees have had regard to the Commission's Public Benefit requirement statutory guidance**

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

### **A review of the Charity's financial position at the end of the year**

Receipts and Payments prepared and reviewed by our Independent Examiner.

**Details of any fund held by the Charity that was materially in deficit at the end of the year and steps taken by the Charity Trustees to eliminate the deficit**

N/a

**One or more of the Charity Trustees must sign and date the box below.**

Signed: Marie Dunwoody	Date: 20/05/2024
Signed: Yvonne Murphy	Date: 20/05/2024