

The Speedwell Trust Limited

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

Objectives and activities

Objects and aims

The Speedwell Trust Limited is a registered charity and company Limited by Guarantee. It is our ambition to create a better world for children and young people by using a nature-based approach to remove barriers through our programmes and by equipping children and young people and their families with the skills needed to overcome adversity, be resilient and be able to deal with the challenges life can bring and respond as caretakers of themselves, each other and the world around them.

In this reporting period we completed an Incorporation process changing from the legal status of a Trust to that of a charitable Limited Company. As a result of the incorporation process we were required to re-register as a charity. With effect from 1st April 2022, we became The Speedwell Trust Limited, which has the same focus, aims and objectives as the previous charity. As this is the first year of incorporation, no comparative figures are shown in the Accounts.

We have four key areas of focus which are:

- Shared Education - helping to break down barriers and create a more inclusive society and to equip children and young people with the skills and knowledge to bring about positive and lasting change.
- Eco-education - educating children and young people about the natural world and equipping them with the skills and understanding on how they can play a role in safeguarding the world around them.
- Wellbeing - using the forest, we take a nature-based approach to deliver woodland wellbeing programmes to help children and young people understand how to look after their physical and mental health and wellbeing.
- Family Support - working with parents and carers to help them develop the skills, confidence and resilience to nurture and develop their children.

The Speedwell Trust Limited

Trustees' Report

Public benefit

The benefits that flow directly from the purpose are: (ia) the advancement of human rights, reconciliation and the promotion of religious and racial harmony and equality and diversity through the delivery of programmes that encourage positive behaviour, tolerance and mutual respect towards one another leading to a better shared future for all in society (ib) the advancement of education and environmental protection via the development of young people as contributors to the economy and the environment through education for sustainable development leading to employment, reduction in poverty, unemployment and an overall better quality of life (ii) the advancement of citizenship and community development as a result of our long standing relationship with schools, who are the gateway to the wider community developing links with parents, families, extended families, teachers, friends, local groups, volunteers etc (iii) strengthening and supporting similar groups to further advance respect These benefits can be evidenced by records kept in the numbers of children participating in workshops and programmes on a daily basis, evaluations completed by teachers on programme content and relevance, comments on our webpage, internal assessment of programme content, external surveys, photo and video evidence, annual reporting to funders and supporters and also external audits. The possibility of harm, for example physical injury incurred in the 'outdoor environment' is outweighed by the benefit of exercise, fresh air and learning 'outside the classroom' by the policies and procedures in place to address such risks e.g. child protection policies, health and safety policies, forest programme risk assessments, group safety at water margins policy etc. The charities beneficiaries are children, young people, parents and wider community in Northern Ireland and border counties i.e. Monaghan & Donegal. Specific projects may address particular council areas such as the Mid Ulster district and those aforementioned in the application. No private benefit is obtained by the Trustees as a result of the purposes.

The trustees confirm that they 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 Speedwell Trust Limited

Trustees' Report

Activities and Projects Report

During the reporting period we worked almost 5500 children through the delivery of 144 programmes in Parkanaur and in schools. We also worked with more than 1500 parents and children through our family support programme.

Shared Education

The majority of our shared education work this year was delivered through facilitation of programmes with local schools. A total of 26% of our entire programme delivery, for the year, was in relation to Shared Education.

This involved working with pairs of schools who came together on the Speedwell site at Parkanaur to work through a range of programmes designed to support greater community cohesion, relationship building and understanding.

Woodland Wellbeing

Having secured funding from a number of sources, we were able to offer the Woodland Wellbeing programme to local children, via their schools for free. A total of 40% of all programmes delivered in the reporting period were for Woodland Wellbeing. The focus of this programme is to utilise the benefits of nature and being outdoors to support better physical and mental health and wellbeing for children. The response to this programme has been phenomenal and has benefitted from funding from the Magdalen Hospital Trust, Nationwide and the Ireland Funds.

The Woodland Wellbeing programme has been beneficial on so many levels. It allowed young children to spend time outdoors to connect with nature, to learn about the benefits of nature on their physical and mental health and wellbeing to spend time connecting with and playing with their peer groups where they were able to learn new skills, develop a better understanding of the world around them and most importantly to feel safe and have fun again.

Seasonal Programmes

In the Summer we welcomed almost 200 children to the Summer Scheme. In total we held 5 weeks of Summer Scheme. One of the weeks was funded by the Magdalen Hospital Trust and the remainder of the weeks were supported by funding from the National Lottery Community Fund - Together for Our Planet, which helped us to off-set the costs of attending the Summer Scheme, making it highly affordable for local families. The Summer Scheme had a strong eco and environmental theme.

We also offered Halloween and Winter Wonderland programmes in the reporting period.

National Lottery Platinum Jubilee Fund - Nature Nurture

During the reporting period we were delighted to be one of 70 organisations across the UK to be awarded a grant from the Platinum Jubilee Fund, as part of the celebrations of HM Queen Elizabeth's platinum jubilee. Our project, Nature Nurture was awarded £50,000 over 2 years with a focus on working with young children to develop their skills, knowledge and enthusiasm for horticulture and the environment. Working in partnership with Castlecaulfield Horticultural Society we commenced work on this 2-year project.

During the reporting period, we delivered the programme to 47 children with plans to work with more than 180 children next year.

The feedback from the children and their families has been overwhelmingly positive.

- 100% of children enjoyed taking part in this Project.
- 98% of children stated that they knew more about nature, the environment, and planting and growing after attending this project.
- 95% of children stated they had a better understanding of the eco-system and how to protect it.
- 98% of children would recommend this project to their friends.

The Speedwell Trust Limited

Trustees' Report

Parental feedback:

"A big thanks to all involved in the nurture to nature program. My son had a great time and really enjoyed it. He is very enthusiastic about getting outdoors and using his new tools. We hope as a family we will be able to use the knowledge and tools Michael received to grow and plant in our garden at home. Thanks again to all staff for delivering such a high-quality programme!"

Numerous parents also rang us to say how much their child enjoyed the programme - with one child asking for a greenhouse!

Family Support

During the reporting period we entered a new phase with family support. The Lottery funded SOFT (Supporting Our families Together) project had ended, but research had demonstrated a strong need for ongoing family support. We were fortunate to secure funding from the Dept for Health Mental Health Support Fund and Comic Relief to fund the costs associated with the delivery of family support in the reporting period, as well as some additional funding from the Arts Council NI for some Arts-based family programmes.

Mental Health Programmes:

We delivered two mental health programmes to almost 230 children. These programmes were designed to support children and families to learn about what good mental health looks like, learn practical ways to support themselves and spend time outdoors to improve wellbeing. Every child received a take home resource to share with their parent/carer on how to support their family's mental health with the learning from this programme at home.

Woodland Wellbeing:

Woodland wellbeing was delivered in partnership with Speedwell Programmes team targeting children in p1-2. Many of these children had missed out on social opportunities during their early years due to the pandemic and as such were finding the transition to primary school very challenging. Both schools and parents reported a noticeable deficit in social skills, communication skills and the children's confidence. This programme utilised outdoor learning to introduce the concept of mental health in an age appropriate and fun way. Every child received a take home resource to share with their parent/carer on how to support their family's mental health with the learning from this programme at home. The schools also received this resource along with further information on Speedwell Family Support service.

Family Bonding and wellbeing retreats:

These events were organised for the purpose of identifying families in need and with a view that the families attending would benefit due to mental health, low income, social isolation, social skills & confidence.

Almost 360 people took part in this series of events and programmes and the feedback demonstrated both a need and a positive impact.

Parent Feedback

"Having returned to work full time recently I felt I wasn't getting the same opportunities to spend quality time with my children, the retreat was the perfect remedy to that. It allowed us to chat and spend time together in a calm and engaging environment, making memories and reconnecting. We met other lovely families too. I would love the chance to attend another retreat."

THINK Programme in schools:

Almost 300 children participated in the THINK programme, designed to help children to better understand their worries and emotions, and to find better ways of coping when things start to feel overwhelming.

- Before attending the Think programme, 27% of children knew what a trust person is. After attending the Think programme, 92% understood what a trust person is.
- Before attending the Think programme, 19% of children knew the names of different worries. After attending the Think programme, 82% understood the names of different worry.

The Speedwell Trust Limited

Trustees' Report

- Before attending the Think programme, 27% of children understood what the size of a problem meant. After attending the Think programme, 91% understood what the size of a problem meant.
- Before attending the Think programme, 52% of children knew who to go to if they had a big problem. After attending the Think programme, 95% knew who to go to if they have a big problem.

Counselling, Art and Play Therapy

During the reporting period we delivered 121 counselling/therapy sessions to 27 individuals who were dealing with a range of issues from poor mental health, domestic violence, challenging family relationships, financial worries and many more. The feedback demonstrated a hugely positive impact.

Thank you

We are immensely grateful to all our funders, partners, participating schools, parents and children and volunteers. We are also grateful to the staff who worked diligently to deliver our projects and services.

Funders in this period include:

- National Lottery Community Fund - Platinum Jubilee Fund
- National Lottery Community Fund - Together for our Planet
- Arts Council NI
- Dept of Health - Mental Health Support Fund
- Comic Relief
- Magdalen Hospital Trust
- Nationwide
- The Ireland Funds
- The Edward Gostling Foundation
- Dept for Communities - Start Here fund

During the year we appointed:

Gillian McKeown - Trusts & Grants Fundraising Manager (joined June 2022)
Maryam Adam - Family Support Worker (joined June 2022)
Padraig Quinn - Programmes Assistant (joined July 2022)

They joined existing staff:

Fiona Brown - Chief Executive
Stephen Crabbe - Senior Programmes Coordinator
Jodie Jackson - Programmes Coordinator

During the year we bade farewell to:

Gillian McKeown - Trusts & Grants Fundraising Manager (left Dec 2022)
Tara Gilkinson, Senior Family Support Worker (left Mar 23)
Kim McFarland, Family Support Worker (left Mar 23)

The Speedwell Trust Limited

Trustees' Report

Structure, governance and management

Policy on reserves

The charity's policy is to retain a level of unrestricted reserves, which matches the needs of the Trust both at the current time and in the foreseeable future, and which is sufficient to cover any shortfalls in funding. At 31 March 23 the charity's unrestricted funds were £83,118, which includes designated funds totalling £60,786. Free reserves at 31 March 2023 were £22,332 which represents approximately 1 month of expenditure.

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.

The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

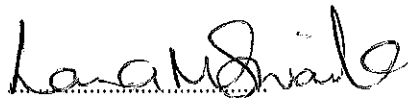
The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.

Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

The annual report was approved by the trustees of the charity on 31 July 2023 and signed on its behalf by:



Laura Swaile (Chairperson)
Trustee

The Speedwell Trust Limited

Statement of Trustees' Responsibilities

The trustees (who are also the directors of The Speedwell Trust Limited for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and 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 charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 31 July 2023 and signed on its behalf by:



Laura Swaile (Chairperson)
Trustee