

Fresh Minds Education Ltd

Company Limited by Guarantee

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

Year ended 31 July 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 July 2023.

Reference and administrative details

Registered charity name	Fresh Minds Education Ltd
Charity registration number	108816
Company registration number	NI672078
Principal office and registered office	Unit 5 Antrim Enterprise Centre Greystone Road Antrim BT41 1JZ

The trustees

Mr A Wallace
Ms A M Allenby
Mr D J Fee

Independent examiner

Dermot Corr
29B Main Street
Randalstown
County Antrim
BT41 3AB

Structure, governance and management

Fresh Minds Education is a company limited (NI672078) by guarantee and governed by its articles of association which were adopted 26th Aug 2020. It is recognised as a charity by HMRC, charity number 108816

Objectives and activities

The Charity's Objects are specifically restricted to the following:

4.1.1. the advancement of health and saving of lives by the promotion, preservation, protection and safeguarding of mental and physical wellbeing of children, young people and adults and reducing the impact of trauma;

4.1.2. the advancement of education relating to health and wellbeing; and

4.1.3. such other exclusively charitable purpose according to the law of Northern Ireland as the Trustees may from time to time decide.

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Achievements and performance

Achievement and Performance

This year has seen FME working hard to:

- " Create new opportunities.
- " Consolidate established areas of work
- " Meet new and existing need
- " Mitigate the impact of the 2020 pandemic, and other socio-economic factors. FME is delighted to report that all key areas have seen expansion, with new partnerships being established, and continuing interaction with children/young people, families, professionals and the local community.

1. Bereavement Support for families

Let's GROW Together (LGT) is a tier 2 bereavement support intervention for parents and children, which was promoted by the Department of Health to support 19 families and engage up to 20 people in learning the LGT methodology across the ANBC and Mid Ulster local authority areas. The LGT model allows practitioners to integrate the intervention techniques into their work with children and parents. Results (SDQ & TOPSE) are showing positive impact on the mental health and wellbeing of both participating children and parents. This achievement has been a continuation of the pilot LGT programme delivered across the Northern Health Trust, supported by the HSCNI, Causeway Coast GP Federation and Impact NI, that engaged over 20 families to make an initial assessment of the impact of the methodology.

2. Resilience Academy

FME's Resilience Academy is a series of early intervention programmes intended to promote the emotional resilience of both young and old. These programmes aim to develop self-awareness and confidence in the participants through imparting new knowledge and skills, with the intended outcome being to prevent the development of more serious and entrenched mental and emotional health conditions in individuals.

Generation Thrive, is the banner for FME's programmes that engage with children and young people and continues to go from strength to strength with new programmes being developed within this period. Fresh Little Minds - SUNRISE has been developed as a new children's resilience curriculum with an innovate online platform. It has been delivered to 14 schools in the Glens areas as part of the Healthy Places 2 Project with North Antrim Community Network. This impact of this has been measured (300+ children) and evaluated by QUB, using a recognised measurement tool (KID screen) and is demonstrating positive impact on participating children's mental health and wellbeing. Education professionals have also responded well to the approach, methodologies, and resources included in the programme, using them repeatedly across year groups.

A further six primary schools funded by RTE Toy Show (CFNI) will begin delivery of FLM Sunrise later in 2023. Fresh Little Minds GROW continues to be delivered by FME associate practitioners across both Mid Ulster and the North-West, reaching children from rural and urban primary schools. The programme successfully provides a fun, interactive curriculum of classroom-based activities which can be delivered by either school staff or facilitators. It has been well received by schools and community organisations across the region, with a waiting list operating for subsidised programmes.

Lost Voices: FME was successful in securing support from the Children in Need Youth Social Action fund and Arts Council Northern Ireland to develop the work it conducts co-producing and co-designing projects with and for young people, to present their voice on mental health issues. This year saw FME recruit a young persons' Lost Voices Steering Group. The steering group worked with other young people in the community, delivering a range of engagement activities and resources with and for

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young people, exploring the themes of bereavement, suicide, grief and loss. It is important to note that this engagement programme has led to young people forming an advisory committee for FME operational and leadership teams, by building in young peoples' voices and representation across the organisation. The AMBER Approach to resilience is a programme which can be used by community groups, education professionals and in family settings. This year the programme has been delivered to 14 primary school teachers to help provide them with a proven user-friendly resilience methodology that can be integrated into classrooms and across a variety of school and community settings.

3. Suicide Prevention Programme

Connections Link Life Suicide Awareness Training continues to be supported by the PHA in providing the opportunity for groups and individuals in the NHST to access this training. This programme continues to be one of the few suicide prevention training programmes devised in NI that is approved by the PHA and able to be delivered online/virtually, or in person.

Operation Link Life Suicide Awareness Training was developed alongside the Veteran Commissioner for Northern Ireland, Northern Ireland Veterans Support Office and supported by Inspire Wellbeing. This used the Connection Link Life methodologies alongside new video content from veterans and their families to tailor the programme to be delivered to this audience. Connection Link Life T4T training shows continued demand, with people trained to deliver the programme to our communities across the public, private and 3rd sectors. This programme accepts suitable applicants to receive training and support in the Connections Link Life curriculum, including the Connect 4-Way Intervention Model and how to prepare, set up and deliver online and in person.

4. Community Connection

The charity has built on the success of its new premises. The Heartspace at Antrim Enterprise Agency is a community venue which can facilitate programmes, host project partnership meetings and regional governance meetings (Suicide Prevention)

School Bag Appeal: This community connection programme was facilitated with donations for school bags, equipment and stationery from across the community and offered to families who required support due to economic and social circumstances. Over 300 bags were distributed across all regions of Northern Ireland.

Future Screen Northern Ireland: FME worked with a researcher from Ulster University and Flickerpix, a local media production company to develop a short original piece of animated film based on introducing The AMBER Approach to resilience in the classroom. This will form a new body of work that will focus on the company delivering programmes that educate and inform how individuals, groups and organisations can use The AMBER Approach within their work and personal lives. It also highlights continued technological progress in how FME reaches out to make the community aware of its work and curriculums.

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Financial review

Income has increased from last financial year to £253,412. This has been achieved by the Board and Senior Management Team investing time and energy into securing new partnerships, new funding and maintaining the standard of existing contacts and services.

The funding and income landscape continues to be influenced by global and national events, and this environment requires the organisation to be flexible in prioritising programmes and adapting methods of delivery to continue to meet need and its objectives. The increase in the cost of living has made an impact on the operational costs of the organisation and its services, which it continues to manage, reducing costs and innovating where necessary.

Both the level of activities and the year end financial position were considered satisfactory. The directors expect that income to increase in the year to 31 July 2024 and this will be maintained for the foreseeable future.

The Statement of Financial Activities shows a net decrease in Unrestricted Funds of £5,250 and a net increase in Restricted Funds of £24,844

The Company had Total Charity Funds of £120,048 as at 31 July 2023.

Small company provisions

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

The trustees' annual report was approved on 29 April 2024 and signed on behalf of the board of trustees by:



Mr A Wallace
Trustee