



**NORTH DOWN COMMUNITY NETWORK**

North Down Community Network Resource Centre, 5 Castle Park Road, Bangor BT20 4TF

Tel: 028 9146 1386

Email: [admin@ndcn.co.uk](mailto:admin@ndcn.co.uk)

Web: [www.ndcn.co.uk](http://www.ndcn.co.uk)

Charity Registration: XR3717

Company Number: NI050662

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# ANNUAL REPORT

## 2010 - 2011

Supported by:



## **NORTH DOWN COMMUNITY NETWORK**

### **Annual Report 2010 – 2011**

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# **NORTH DOWN COMMUNITY NETWORK**

## **Mission Statement**

The North Down Community Network's Mission is to enhance the quality of life of the people of North Down by effectively supporting, co-ordinating and representing community and voluntary groups in the area.

# NORTH DOWN COMMUNITY NETWORK

## Chairperson's Remarks

As a very recent arrival at North Down Community Network (the Network), my ability to report on the work of the past year is limited. This report will therefore focus mainly on our future.

I am, however, very aware that the past year has presented many challenges for everyone connected with the Network. Two key staff members, Network Co-ordinator, Lynette Mahaffy, and Finance Officer, Kathleen Montgomery, left in March 2011. I thank them for their contribution to the Network and wish both of them well for the future. In April, Michele Gibson was welcomed as Kathleen's successor.

In addition, Jonny Savage, who is studying Business Administration Level II, joined us in April 2011 through the "Steps to Work" Programme. We are happy to have been able to provide him with a range of experiences and hope that he has enjoyed being with us as much as we have enjoyed having him.

The past few months have undoubtedly been demanding for both our Administrator, Cheryal Murray, and for our Community Health and Development Worker, Greg Martin, as they encountered so much change and it is a reflection of their commitment that they have simply "kept going". Thank you both for that.

A "thank you" is also due to Sharon Hunt who took on the task of Chair of the Management Committee over the past few months - this in addition to her job as a Community Worker based in Whitehill.

Before moving on to other issues, I want to record my thanks to all those who have supported the Network over the past year – be they voluntary or statutory agencies, community groups or individuals.

Finding a Manager for the Network has proved to be difficult, with the first attempt at making an appointment in July proving unsuccessful. The post has since been re-advertised and interviews will take place in early September.

In the meantime Paulene Morton, a former member and Chair of the Management Committee has "stepped into the breach" as Interim Manager.

Paulene has proved to be steadfast, tenacious, reliable and conscientious. She has been generous with the time she has devoted to the task and her knowledge of the voluntary and community sector has been a great asset. We owe her a deep debt of gratitude.

One of Paulene's achievements has been instigating the creation of our Strategic Plan which we will be launching at our Annual General Meeting. With the assistance of Roger Courtney from Courtney Consulting and following wide consultation with user groups and other key stakeholders, **we** have agreed not only our future direction but also the practical steps **we** need to take to achieve our aims and objectives. In addition, Paulene has guided a small group in preparing and submitting an application for core funding from the Department for Social Development through its Community Investment Fund.

**We** know where we want to go. This is both exciting and energising. It requires the commitment of everyone involved be they individuals, groups, staff members, or stakeholders.

In the current economic climate as voluntary and community organisations compete for ever-decreasing pots of money, it is absolutely clear that some groups will not survive.

Good intentions will not be enough – **we** need to be seen to have a clear grasp of what is required within our sector and **we** need to be seen to be able to deliver on our promises.

**We** will be required to use creativity and ingenuity like never before. This can only be achieved by working together. The building of trusting relationships is essential to any success that we can achieve.

Let's get started!

**Kate Pettis, MBE**  
**Chairperson**

## **The Network's Management Committee - July 2010 to June 2011**

Andy Culbert .....Police Service NI - Commenced 6/12/10  
Cita Carty .....North Down Filipino Group  
Dorothy Beattie .....Age North Down & Ards - Resigned 25/7/11  
Frances Wong .....Oi Yin Women's Group  
Helen McCormick .....Cootehall Village Community Association - Resigned  
30/6/11  
Irene Cree .....Breezemount Community Association  
Ivor Mitchell .....YMCA - Resigned 21/3/11  
Jack Harper .....Clandeboyne Community Association - Resigned  
18/08/10  
Jim Carty .....North Down Filipino Group  
Jim Martin .....Kilcooley Community Forum  
Lynda Blackmore .....Police Service NI - Relocated 18/10/10  
Lynne Mulligan.....Northern Ireland Housing - Resigned 16/02/11  
Pat Bowen .....Supporting Communities NI - Resigned 25/3/11  
Paulene Morton .....Bloomfield Community Association - Resigned 18/4/11  
Sharon Hunt .....Whitehill Community Association  
Stephen Archibald .....North Down Borough Council

## **The Network's Staff – July 2010 to June 2011**

greg martin .....Community Development & Health Worker  
Cheryl Murray .....Administrator  
Michele Gibson .....Finance Administrator - Commenced 21/3/11  
Jonny Savage .....Work Placement Student  
Lynette Mahaffy .....Network Co-ordinator - Resigned 14/3/11  
Kathleen Montgomery .....Finance Administrator - Retired 31/3/11  
Andrew Guthrie .....Caretaker - Resigned 18/3/11

**During 2010/2011, the Network's Staff and Committee Members attended the following Partnership Meetings:**

- Central Housing Community Network (Regional)
- Community Development and Health Worker Co-ordination Group
- Community Development Networks' Forum
- Community Safety Partnership
- District Housing Community Network (North Down)
- Ethnic Minority Forum
- Health Improvement Plan Partnership
- Investing for Health Communities of Interest
- Mental Health and Emotional Wellbeing
- Fit Futures
- Kilcooley Neighbourhood Renewal
- North Down Neighbourhood Renewal
- North Down Over 50's Forum
- Peace III Partnership
- Peace III Project Steering Group
- Shared Futures Steering Group
- South East Housing Community Network

## The Network's Resource Centre Use

### July 2010 – June 2011

The total of number of meetings held in the Network's Resource Centre was 1,097 with a total footfall figure of 4,640.

A total of 65 Enhanced Disclosure Certificates were successfully processed by the Network as an Umbrella Body for AccessNI.

#### A list of groups/meetings held is as follows:

- A2B / the Network 'Finding Out Your Entitlement'
- Access NI
- Amnesty
- Aware
- Baby Signers
- Bangor Young Men's FC - AGM
- Bangor Young Men's FC - Committee Meeting
- Bangor Young Men's FC - Registration Night
- Bloomfield Community Association
- Bloomfield Youth Group
- Care Call
- Community Development Worker (Peripatetic) Interviews
- Cedar Foundation - Friendship
- Chest, Heart & Stroke - 'Santa' Walk
- Clondeboyne Village CA/YMCA
- Clondeboyne/Cootehall Inter-Agency
- CMP - Condition Management Programme
- Community Development Network Forum
- Community Health Consultation
- Community Safety Partnership
- Conlig Over 50s - the Network I.T. Class
- Cook It! - Visual
- Cootehall AGM
- Cootehall Reminiscence
- CSI Consultations
- FSND - Art & Crafts
- FSND - Committee Meeting
- FSND - Office

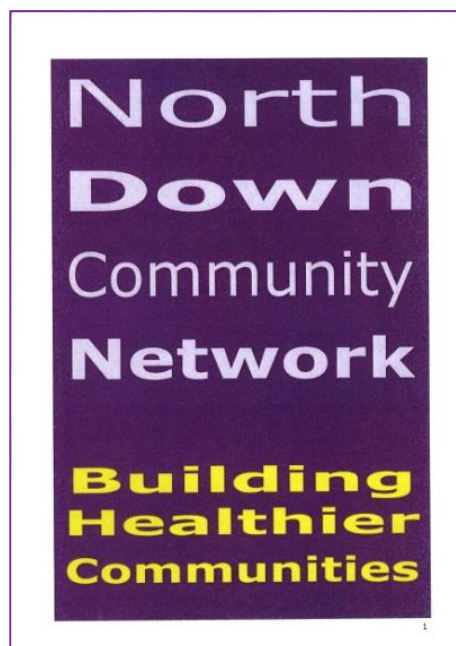
- Harbour Ward Interagency Meeting
- Harmony and Oi Yin Groups - Ping Pong
- Harmony and Oi Yin Groups - CAAN/Life Activities
- Harmony and Oi Yin Groups - General
- Harmony and Oi Yin Groups - Tai Chi
- Health Improvement Partnership
- Housing Community Network - District
- Investing For Health Meeting
- Neighbourhood Renewal
- The Network's Community Health Forum
- The Network's Cook-It Programme
- The Network's Employment Sub-Group Committee
- The Network - Kathleen's Retirement Presentation
- The Network - Labour Relations Meeting
- The Network's Management Committee Meetings
- The Network's Management Committee - Strategic Planning Meetings
- The Network - Peace III: Phase II Applications
- The Network – Strategic Planning Workshops
- The Network - Reviews
- The Network - Short-Listing Manager's Post
- The Network - Website Training
- The Network - Workers' Forums
- The Network / YMCA Meeting
- The Network's Staff Meeting s
- North Down & Ards Road Safety Committee
- North Down Citizen's Advice Bureau
- North Down CSP Football Initiative Steering Group
- North Down CSP Football/the Network/Bloomfield Youth
- Oi Yin Management Committee
- Oi Yin Women's Sewing
- OPAL
- Peace III - Breezemount Bloomfield Gaelic Sessions
- Peace III - EDRCN North Down Forum
- Peace III - Interviews
- Peace III - Ref 7342 'Our World, Our Community'
- Peace III - Ref 8093 Youth Project
- Peace III - Sharing Cultures
- Peace III - Short-listing For Youth Worker
- Public Health Agency

- REACH Committee Meeting
- REACH Men's Group
- Return Visit Of Groups From The North West
- Supporting Communities NI - Training
- Seacourt Print
- SERC Computer Checks
- Staff Care
- U3A - Committee Meeting
- U3A - IT Class
- U3A - Office
- Victim Support
- Visit by Minister Alex Atwood, MLA
- Weigh To Health
- 'What Women Want'
- Whitehill Housing Sub-Group
- Whitehill/Bloomfield Inter-Agency
- Whitehill CA Exiting Strategy
- Wise The Bap
- Woodland Trust
- World Wide Women/YMCA

## Building Healthier Communities!

Building Healthier Communities is not just the title of the booklet produced by the Network to promote the work of greg martin, Community Development and Health Worker; it is also at the heart of improving the health of the people in North Down and reducing inequalities in health.

The booklet lists the courses that are available, either run periodically in the Resource Centre or by arrangement with interested groups. Courses include nutrition-centred programmes, such as 'Cook It!', 'Weigh to Health' and 'Food and Mood', and mental health promotion via 'Positive Steps' and 'suicideTALK', and exercise-based such as 'SHIPshape'.



Among the most popular of the programmes available, not surprisingly, given the centrality of food in our day-to-day lives, is **Cook It!** Developed as a response to increasing levels of obesity and associated disease, Cook It! includes an element of cooking where participants cook and sample various meals. However, it is not a cookery course: it is much more than this. It is about introducing the idea that certain foods are nutritious and health promoting, and others that pose a risk to health and should be taken sparingly: IN with the minerals, vitamins and nutrients and OUT with the sugars and hydrogenated fats.

greg has delivered nine Cook It! classes throughout the year: to groups from Cedar, HomeStart and Conlig Pensioners, two groups in Redburn and Loughview, one at Bloomfield Community Association, two groups of people with sensory impairments and one in the Network by 'open' invitation.

Evaluations show that most of the seventy-one participants had made changes to their diets and eating habits that would most likely be beneficial to their health. Wise changes now, even small ones, can have a long-term and lasting impact on the health of the participants and their dependents.



*Attentive Cook It! participants at the opening session in the Alderman George Green Community Centre*

## Food & Mood

Coupling the nutritional advice and recommendations of Cook It! with a consideration of how mood impacts upon our food intake, and vice-versa, resulted in the **Food and Mood** course, initiated by colleagues from the South Eastern Health and Social Care Trust. This was well received when piloted to two groups in North Down and for which evaluations suggested that most of the twenty-two participants had also made health promoting changes to their diets.

It is often difficult to change habits when they become imbedded. That's why Greg has again worked with teachers from **Redburn Primary School** to deliver nutritional information to the Primary 6s in a short course that also provided the opportunity to make some simple, healthy meals together.

## Weigh to Health

The **Weigh to Health** is a weight management programme that encourages participants to make those small changes that can lead to long-term weight loss and a healthier lifestyle. Combining nutritional information with group motivation, plus an element of physical activity, six women from Bloomfield walked their way to a healthier lifestyle.

These above programmes were part-funded by Fit Futures, the Community of Interest for obesity.

Having a healthy, balanced diet is one side of the obesity coin: the other is exercise, or rather the lack of it. Funding was also secured from Fit Futures to part-fund projects which encouraged both young (**Breezemount**) and older (**SHIPshape**) to take part in some uplifting dance classes.

There is strong evidence from the Department of Health, Social Services and Public Safety suggesting regular exercise maintains good physical and cognitive functioning. An average of twenty-five older people attended weekly physical activity sessions of the SHIPshape (Senior Health Improvement Programme) in the Borough Gymnasium led by a variety of tutors. These included Circle Dance (Patrick Brunskill) and modern dance (Winnie Davidson), light aerobics (Debbie Quinn, Graham Keenan) and Tai Chi (William Lorimar).



In partnership with North Down Forum, a day of aerobic activity and exercise was held in Bangor Castle Leisure Centre for the more mature among us. More than sixty fresh and energetic older people took part in taster sessions of circle dance, light aerobics, badminton, table tennis, boccia, new-age curling and quoits. They got their recommended 30 minutes of moderate activity together with a healthy dose of fun and laughter.

An evaluation of the participants indicates that benefits also included making friends, having somewhere to go and having a laugh.

The younger ones at Breezemount danced to a very different tune in the newly opened Green Road Community Centre. Naming themselves the Green Road Dancers, they practiced hard and regularly with tutor, Alanna Wasson, and soon had the stamina and confidence to do a demonstration for family and friends in community celebration events in the locality.



*Stars of the Future? Green Road Dancers*

The **Groomsport Village Health Event** held in May, which greg organised with the local community association, attracted in excess of sixty people - making it as successful as last year's inaugural event and confirming that there is a local need for events of this nature.

A host of organisations and health professionals supported the event, with presentations given by Action Mental Health and Action Cancer. Mark Boyd, Falls Assessor with the Trust, provided the motivation for some gentle aerobics while Chest, Heart and Stroke provided **health checks** to around 30 people, several of whom were advised to seek further assessment.

Chest, Heart and Stroke are a tremendous community resource and have worked with the Network to provide two further sessions of health checks to attendees at SHIPshape and at Bloomfield Community Association, again making several recommendations to seek specialist advice. The Network was also able to facilitate a Breast Cancer Awareness Raising Course provided by the Women's Resource and Development Agency, alerting women to the signs and symptoms of the disease.



**Positive Steps** is a new programme promoting mental health and emotional wellbeing which was devised and piloted by the South Eastern Trust. The course explores the way we think, feel and act and the kind of changes we might consider to improve the quality of life and wellness of mind. greg has delivered to three different groups: twice with AGE North Down and Ards (AGENDA), co-facilitated by Dorothy Beattie, and once with the Women's Group at Redburn and Loughview with co-facilitator Alison Boyle (South Eastern Trust). The course was enjoyed immensely with great discussions, deep insights, lots of empathy and understanding, and enough laughter to fill the Opera House. Good medicine indeed.

We are often wary of the side-effects of a particular medicine. The side-effects of Positive Steps have been unexpected and remarkable. Out of the first Positive Steps Course held at AGENDA came **PLUS** (as in: extra, added benefit, something new and good) which is a weekly group to encourage the *living out* of the Positive Steps, getting creative, doing something new, keeping active, etc. It has included trips to Belfast for the Titanic Boat Tour, visits to North Down Museum and the Walled Garden and regular exercise slots. The other great outcome was a **Boccia** Group that now meets in Redburn Community Centre and is filled with laughter and mayhem.

The men's group, **Reach**, which greg facilitates along with AGENDA, has many parallels with PLUS and Positive Steps. It seeks to reduce isolation among men, to educate and inform, and activate body and mind. Activities have included visits to, for instance, the Somme Centre, Greys Fort and Dublin Castle; a local history and culture course; health awareness sessions; and healthy eating (à la Cook It). The group meets on the first and third Thursday of each month and regularly attracts between a dozen and twenty men.



*The Reach Men's Group at Grey's Fort, Helens Bay*

Again, working closely with AGENDA, greg is very active with **North Down Over 50s Forum** and is involved in a number of sub-committees and in organising many of their events, most notably the health ones which are held at Bangor Castle Leisure Centre – which attract around 70 participants who play table tennis, badminton and boccia, dance, curl, bowl and take part in some gently invigorating aerobics. greg also helps with the Carers Group and 'Support for Seniors'.

The enthusiasm for boccia is steadily picking up in North Down and greg continues to make this available to groups on request. It has become a firm favourite with the men's and women's groups in Redburn and Loughview where it is an almost weekly occurrence. For the less fit and those with disabilities, it is a great participation sport which provides exercise, skill development, confidence and well, a sense of humour (the banter is mighty).

Rates of suicide in Northern Ireland continue to be a major concern and great efforts are being made across North Down to promote suicide-safer communities. One way to do this has been to provide suicide intervention training (ASIST) and, over the last few years, greg has worked with colleagues from the South Eastern Trust and other agencies to deliver the 2-day **ASIST** course. In the past year, greg

has co-delivered three courses to sixty-four participants. No follow-up has been possible with these particular participants but past experience would indicate that each will have intervened at least once with a person at risk of suicide and many lives will have been saved.

During the year, greg had the opportunity to take part in two training courses that will enable him to deliver courses in the community. The first of these, **Incredible Years**, is designed to strengthen parenting skills, and prevent and treat behaviour problems in children ages 3-8 years. greg will be co-presenting this in January 2012. The other course, **Strength and Balance Training** is a programme of progressive exercises to help prevent falls, and improve strength and balance amongst the more vulnerable older population. Courses are being planned for late 2011.

A constant in the Network over the last six years has been **Wise the BAP**, the community arts programme that provides tutelage, practice, motivation and inspiration to enable artistic expression in a safe and comfortable environment. It gives participants a voice and a platform to express their thoughts and concerns through art and to provoke individual and group responses to social and environmental concerns.



***Planting Your Roots Participants***

This year Wise the BAP explored the theme of social mobility and identity in a project entitled '*Planting Your Roots*' from which a series of 'personal tree' prints were produced. This was followed by a study of racism which resulted in a series of anti-racism posters. Funding for these was through the Northern Ireland Housing Executive and Peace III (courtesy of East Down Rural Community Network).

## Wise the BAP



### *Planting Your Roots – ‘Personal Tree’ Project*

The year also included a journey into our ‘*Shared Future*’, a project initiated and funded by North Down Borough Council (NDBC) which examined the divisions existing in society and our aspirations for what North Down might look like in future years. This resulted in a collection of posters which, alongside images produced from participants in other community groups, were displayed on the hoardings on Queen’s Parade for many months in 2011. Images from all of these projects are on display in the Network’s Resource Centre and many have been combined into a booklet entitled ‘*Speaking Out Against Racism and Sectarianism*’. We also accepted an opportunity to exhibit at the Crescent Arts Centre in Belfast during the winter 2010-11.

Wise the BAP was also able to provide outreach classes, funded by NDBC, to a number of interested community groups giving them an insight into a variety of printing techniques. The rehabilitative, restorative and relaxing characteristics of art cannot be overstated. Art will not cure an illness but it can help one cope with it: it might not change one’s life situation but can help make the circumstances more bearable. The creative process brings new learning, new confidence, new accomplishments and new meaning to life. Not simply art for art’s sake, more art for health’s sake.

## **Bloomfield and Breezemount Youth Projects - PEACE III Small Grants**

In September 2010, the Network secured funding from the PEACE III Small Grants Programme, to address issues of sectarianism and racism with the youth in Bloomfield and Breezemount Estates. This project was developed and delivered in partnership with the Community Associations from both areas. In order to deliver the project, six part-time Youth Workers were employed and they started work in late November - three in Bloomfield and three in Breezemount. The Community Houses in the two estates were used as their bases. For the first three months, the Youth Workers did mainly detached work, meeting young people on the streets, and engaging with them for the purposes of building relationships. This detached work was a crucial element of the project because young people normally do not participate in anti-sectarian or anti-racist work on their own initiative.

The response from the young people they met on the streets was fantastic, and the majority of them became regular attendees to the activities and drop-ins which were run every week in the Community Houses. Friday night activities were a great opportunity to bring Bloomfield and Breezemount Estates together and break down the divisions between them.

The most important learning was gained through the Personal Development Programme which was delivered by facilitators, Dave Magee and Lynn Johnston, both of whom have a wealth of experience working with young people in the areas covered throughout the focused training - such as Racism, Sectarianism, Emotional Health, Sexual Health, Dreams and Aspirations, plus much more. These Personal Development Programmes have offered the young people the opportunity to be honest, open, and for their opinions and questions to be listened to, as well as hearing what others have to say!

Significantly, the programme helped to build capacity among the young people and establish a basis for the more focused anti-sectarian and anti-racist programme which was to follow. Participants in the Personal Development Programmes have also been on some fantastic trips – including the Belfast Activity Centre, where they took part in caving, climbing and team -building games. It has been excellent to see how the young people work together and support each other during the activities and how they work as a team.

As part of the History of Northern Ireland aspect of the Programme, the young people also had the opportunity to participate in the Belfast City Bus Tour, which was a fantastic, bespoke youth-based tour, and a great experience, allowing them to get off at the Peace Wall to sign their names – putting their own stamp on history so to speak!

Without a doubt, the most exciting trip was the residential on 18<sup>th</sup> to 20<sup>th</sup> March 2011, when the young people from Bloomfield and Breezemount Estates went to the Share Village in Lisnaskea. They took part in banana-boating, climbing, pedal-karting, canoeing, team games, SLEEPLESS NIGHTS, a little bit of messing and a lot of fun!!! They all had a fantastic weekend and it gave them the opportunity to develop their relationship with each other - a perfect way to wrap up a fantastic Programme – or so we thought! Just as we were wrapping up the project, an extension of the PEACE III funding was gained to cover April, May and June 2011. This meant that we could continue to provide a programme of activities and carry out some additional work with the facilitators.



***Bloomfield and Breezemount Participants - Residential***

Due to the short term aspect of the funding, it proved very difficult to keep the momentum going with the young people, as they knew that everything would come to an end in June. Historically, young people from both of these areas begin to start collecting for their bonfires around May. It became increasingly difficult to keep the young people engaged in the programme during this final quarter. However, we did manage to make some progress in addressing the issues of sectarianism and racism in these local areas during this time.

And finally, the Network now realises that PEACE III funding, directed towards work with young people, cannot fill the void left by lack of mainstream funding for youth provision. It is not possible to simply parachute into areas and expect young people to engage in focused anti-sectarian and anti-racist work when they do not see it as relevant to their everyday lives. Personal development and preparatory work with these young people, supporting them through the difficult transition from childhood to adulthood is what is required in order to integrate and sustain any long-term learning benefit and to contribute to the creation of a tolerant and peaceful society in these areas – a truly ‘Shared Future’.

## **Our World Our Community - PEACE III Small Grants**

This programme was led by the Network in partnership with Bloomfield and Breezemount Community Associations. As a pilot for Bloomfield and Breezemount areas, the programme of activities aimed to build community capacity, initially with a small group of 12 people in each of the two target areas, with a view to increasing capacity to tackle the range of sensitive issues in the individual communities, including sectarianism and racism.



***'Our World, Our Community' Participants***

The aim of the project was, in the first instance, to promote better relations within and between the two communities, thereby forming a collaborative working partnership to take the project forward. The two groups initially attended separate training programmes, so that they could gain a deeper understanding of their own culture, heritage, identity and sense of belonging, as well as other cultures. Out of these training programmes, participants gained knowledge and an understanding of diversity, good relations and active citizenship.

After the initial training sessions - which started out very much as a 'Them & Us' situation with participants sitting on opposite sides of the room - the two groups came together for events which included Family Fun Days in Breezemount and Bloomfield; study visits to Stormont; the Anne Frank Exhibition; and The

Chronicles of Long Kesh. It was through their participation in these events that barriers were eventually broken down, and they experienced a deeper learning. The training facilitators (Trademark) were excellent at involving every member of the group and very quickly got enthusiastic contributions from most participants. With their guidance, members of the two groups grew in confidence with every session and also became aware of some of their own unintentional prejudices and intolerance of other cultures. Ultimately, the training program has increased their ability to tackle a range of sensitive issues in their communities, including sectarianism and racism.

The participants enjoyed the training so much that they wanted to deepen their learning and progress to an accredited program, and as a result, 21 residents completed OCN Level One in Community Leadership and Political Education (two units). Some of the group also attended Taster Sessions in Irish Language classes which they hope to resume in September if funds become available. There is no doubt that this is a fantastic result for people from a loyalist background and it is likely that some of the learning outcomes will filter down through to the participant's families and fellow residents.

In addition, a group of thirty men from loyalist groupings, who would be described as 'hard to reach', participated in one module of the Trademark Community Leadership Programme - History and Identity. This module was designed to give participants a greater understanding of the issues relating to their identity through the study of history. The programme was designed to give a broad brush stroke look at history and to show how historical events shape our understanding of politics and society today. The module started at 8000 BC and progressed through to the Good Friday Agreement of 1998.

The facilitators outlined that History is always about the movement of people and as such, can involve a process of assimilation, integration or conflict. This gives participants an understanding of their own identity and their relationship with those who have a different identity. The group finished with a residential on the North Coast, exploring ancient settlements of historical value and interest.

Overall, through the 'Our World Our Community' Programme, the Network has contributed significantly to addressing issues of sectarianism and racism in the local area.

## **NORTH DOWN COMMUNITY NETWORK**

### **List of Funders**

- Community Foundation Northern Ireland
- Department of Social Development – Community Investment Fund
- Eastern Health & Social Services Board
- EU Programme for Peace and Reconciliation 2007 – 2013
- North Down Borough Council - Multi-Annual Arts Grant
- North Down Borough Council - Multi-Annual Grant
- Public Health Agency – Investing for Health

**North Down Community Network Limited**  
**Company limited by guarantee**  
**Statement of Financial Activities**  
**(incorporating the Income and Expenditure account)**  
**for the year ended 31 March 2011**

	Notes	Restricted Funds 2011 £	Unrestricted Funds 2011 £	Total Funds 2011 £	Total Funds 2010 £
<b>INCOMING RESOURCES</b>					
	<b>2</b>				
<b>Income from charitable activities</b>		187,628	-	187,628	120,421
<b>Incoming resources from generated funds:</b>					
- Voluntary income		1,032	-	1,032	2,205
- Activities for generating funds		-	10,953	10,953	17,740
<b>Other Incoming Resources</b>		-	-	-	97
<b>Total incoming resources</b>		<u>188,660</u>	<u>10,953</u>	<u>199,613</u>	<u>140,463</u>
<b>RESOURCES EXPENDED</b>					
Charitable activities	<b>3</b>	208,047	17,288	225,335	118,068
Governance costs	<b>4</b>	817	2,732	3,549	5,205
		<u>208,864</u>	<u>20,020</u>	<u>228,884</u>	<u>123,273</u>
<b>Net incoming/(outgoing) resources</b>	<b>5</b>	(20,204)	(9,067)	(29,271)	17,190
Retained funds brought forward		<u>30,693</u>	<u>26,574</u>	<u>57,267</u>	<u>40,077</u>
<b>Retained funds carried forward</b>		<u><u>10,489</u></u>	<u><u>17,507</u></u>	<u><u>27,996</u></u>	<u><u>57,267</u></u>

There are no recognised gains or losses other than the surplus or deficit for the above two financial years.

**The notes on pages 7 to 14 form an integral part of these financial statements.**

North Down Community Network Limited  
Company limited by guarantee

Balance sheet  
as at 31 March 2011

	Notes	2011		2010	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	6		5,795		8,313
<b>Current assets</b>					
Debtors	7	10,704		15,993	
Cash at bank and in hand	8	19,639		44,947	
Community Investment Fund Ref: DS1-08-10000		7,172		4,882	
Peace III Ref 7342 Bank Account		3,137		957	
		<u>40,652</u>		<u>66,779</u>	
<b>Creditors: amounts falling due within one year</b>	9	<u>(3,456)</u>		<u>(2,830)</u>	
<b>Net current assets</b>			<u>37,196</u>		<u>63,949</u>
<b>Total assets less current liabilities</b>			<u>42,991</u>		<u>72,262</u>
<b>Net assets</b>			<u>42,991</u>		<u>72,262</u>
<b>Reserves</b>					
Special reserves	10		14,995		14,995
Restricted Funds	10		10,489		30,693
Unrestricted Funds	10		17,507		26,574
<b>Members' funds</b>			<u>42,991</u>		<u>72,262</u>

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Mangement Committee on 15 August 2011 and signed on its behalf by

Kate Pettis  
Kate Pettis  
Chairperson

Registration number NI050662

The notes on pages 7 to 14 form an integral part of these financial statements.