



footprints

womens centre

Annual Report 2013



**To enable women and children to grow
to ensure their voices are heard and
that they take their rightful place in a
just and equal society**

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Chairwoman and Centre Director's Report

'Participation and active involvement in the determination of one's own destiny is the essence of human dignity'

Policy, Participation and Rights Conference 2011, Mary Robinson

In April 2013, the Board of Directors and Senior Management Team published the Centre's Strategic Plan for 2013-2016. This is a significant piece of work and involved substantial consultation with members, stakeholders and partners. The Strategic Plan sets out our priorities for the next 3 years and we are confident in our ability to meet these targets within the set timeframe. Enshrined in our Strategic Plan is the Board's ongoing commitment to our mission statement and the development of leadership across every aspect of the organisation.

In particular, this year we have tremendous pride in the development of the Women's Empowerment Programme, established to nurture leadership amongst our membership and, to build capacity within the organisation to ensure strong future leadership. In this year, the Women's Empowerment Programme has been funded through Lisburn Council's Peace III Programme. It is a partnership programme delivered with 4 other Women's Centres/groups across the Lisburn and Castlereagh areas.

Furthermore, we have been delighted over the last year to see the Young Girls Group grow from strength to strength. This is also part of our empowerment project and further demonstrates the Board's commitment to growing leadership, across all age groups.

As part of our promise to members at last year's AGM, Footprints Women's Centre prioritised Domestic Violence and Welfare Reform as the two main issues we would tackle through a sustained lobby campaign. As a result, Footprints initiated work with Policy Participation and Rights, a human rights based project which has supported our ongoing campaign, regarding the effectiveness of Non Molestation Orders. We have also been an active partner in and helped drive 'Reclaim the Agenda's', "Empty Purse" campaign in order to reduce the impact of welfare reform on those most vulnerable within our communities.

The past year has also been exceptionally busy with a diverse calendar of events, programmes and projects. In December 2012, the Colin Domestic Violence Forum, Chaired by Footprint's Centre Director launched a 'Joint Protocol'. Footprints Women's Centre is very proud to have been involved in the partnership that created this document. This ensures a strong community response towards reducing domestic violence within Colin.

A highlight in the year was the launch of our Energy Efficiency Project, celebrating the completion of a significant environmental project, funded by the Big Lottery. This was one of the first events attended, by the newly appointed Minister for the Environment, Mark H Durkan. The project involved the installation of solar panels on the roof of the building and a number of other energy efficient actions.

As we continue to grow steadily, we are once again confronted with the need to expand our building. We are appreciative of the funding support that we have received from DSD BRO Neighbourhood Renewal for the sectional build project. This is the first part of a three phased capital expansion programme, planned over the next three years.

I would like to take this opportunity on behalf of the Board of Directors to thank all the staff and volunteers for their valuable work throughout the past year. It is encouraging for the Board to know that work within Footprints is carried out in such a caring and professional environment. Footprints Women's Centre continues to provide a safe place for all women and children, operating a unique 'open door' policy.

Additionally, I would like to thank Bernie McConnell, who stepped down from the Board of Directors in the last year. Bernie's service to the Centre was both dedicated and steadfast. Bernie, not only fulfilled responsibilities of being a very active Director but, was also a tireless volunteer, working particularly with our Senior Citizen group.

Finally, last year we were deeply saddened by the sudden death of Frankie McNally. Frankie was a very valued, founder member of the Centre who dedicated herself, throughout the years, to counselling many women from Footprints, both individually and in groups. Frankie gave so freely and generously of herself and her time and utterly believed in the work of Footprints, providing unconditional support and making herself available any time we asked for her help; the women would have described Frankie as our 999 call and this always made her laugh. We loved Frankie dearly, and losing her leaves a void that we know we will never fill, but in remembering her we think happy thoughts and smile.

Mary McNeill
Chairwoman

Gillian Gibson
Centre Director

Treasurer and Deputy Director's Report

Empowerment of women and gender equality are prerequisites for achieving political, social, economic, cultural, and environmental security among all peoples."

-Beijing Platform for Action, Fourth United Nations World Conference on Women (Beijing, 1995)

Empowerment of Women can fall within many areas of their lives. However, it is women's economic empowerment and their capacity to bring about economic change for themselves that is increasingly viewed as the most important contributing factor to achieving equality between women and men.

When women are economically empowered, they raise healthier, better educated families and Footprints Women's Centre provides a model to ensure that local women are given choices through education and training to support and empower the entire family.

Footprints Women's Centre has led the way, within the sector, creating a social enterprise and providing a degree of financial independence that gives us the freedom to respond to real need as evidenced by our members. In recent years we have been able to self-fund pilot projects that have made a real difference to the lives of the women and children within the Colin Neighbourhood. We continue to improve upon performance and search for trading opportunities to assist in this endeavour.

During the year:

Yet again, Footprints has received accolades for their involvement within the Social Economy sector. Awards were received from Social Enterprise Network, Ulster Bank and Lisburn City Council.

Within the Finance Department, we have gained a new Finance Officer, and she has come with a range of skills developed over many years which will be of great benefit to the organisation.

We were successful in a partnership bid to PEACE III, through Lisburn City Council, when we collaborated with four women's groups across the Lisburn & Castlereagh Council areas to provide Women's Empowerment programmes. This secured funding for a worker and much needed programmes for a period of eighteen months; a development that is in line with our strategic aim to work in partnership for the benefit of the women and children in the Colin Neighbourhood.

Footprints Trading Ltd success continues to bring great benefit to Footprints Women's Centre, not only through the high quality of the services that are provided, but also with the additional services that can be funded through the profit that is generated.

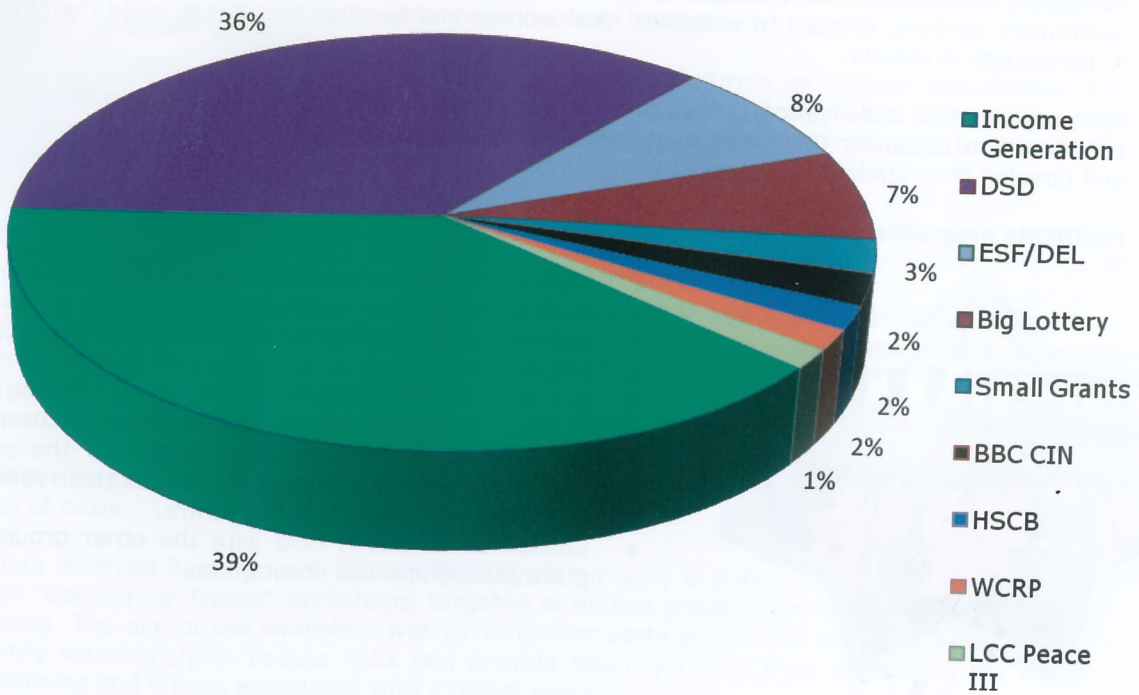
During the year we welcomed Rosanna Holmes on to the Footprints Trading Board and we would wish to record thanks to her and all Trading Board members for their hard work and commitment. Appreciation is due also for the work carried out by Gillian Gibson, Centre Director, Elizabeth Livingstone, Deputy Director/Trading Manager, the Management Team and Staff. Their dedication, professionalism and awareness of the needs of Footprints members has ensured the effectiveness and success of the Centre.

Noreen Braniff
Treasurer

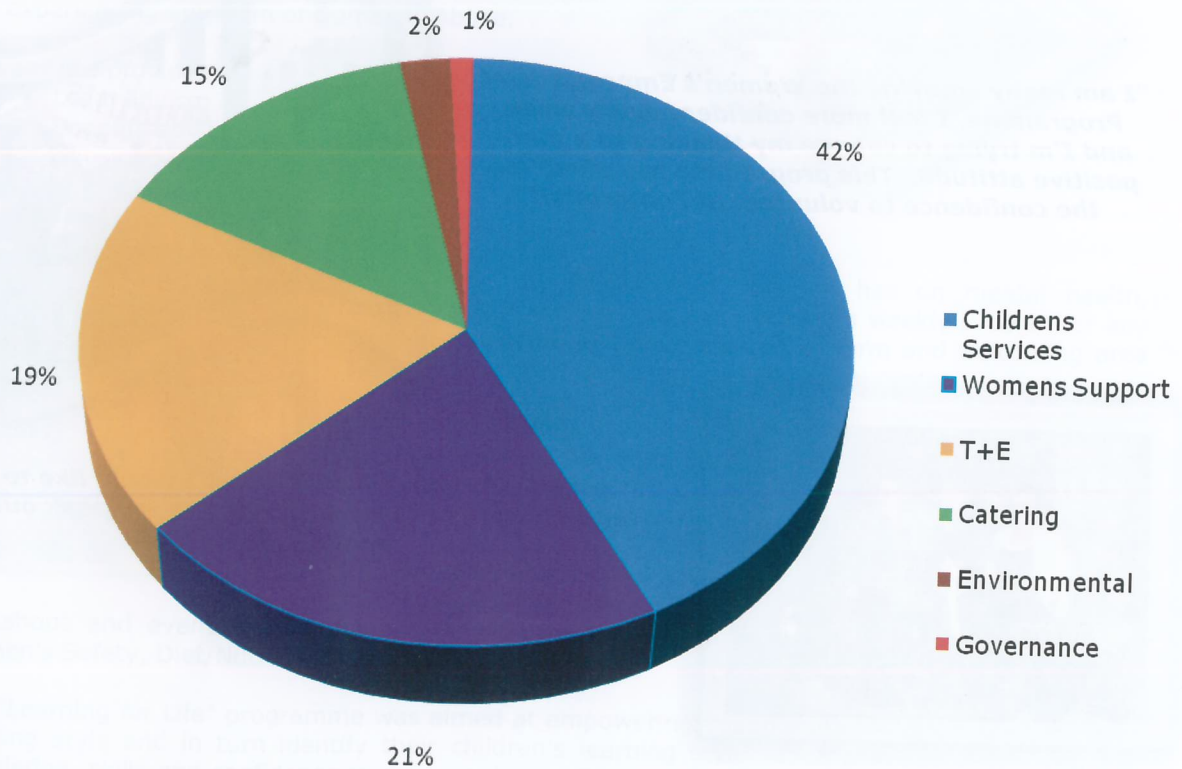
Elizabeth Livingstone
Deputy Director

Finance Report 2012 - 2013

Income



Expenditure



Women's Empowerment Programme

In line with our strategic plan, Footprints Women's Centre has entered into collaborative work with Ballybeen, Greenway, Atlas Women's Centres, and Scoil Na Fuiseioge. This is a very exciting cross community venture, created to empower local women and families in order to build their capacity to participate in society.

Each organisation is delivering unique programmes that will equip local women with the skills and confidence to empower them and to promote Peace and Reconciliation within their communities and develop their leadership potential.

Footprints programme has five core elements:



- Women's Empowerment and participation programme.
- A leadership programme, progressing to a more intense and accredited community development programme.
- Debates feature strongly in the project, bringing issues to life and encouraging intergenerational discussion.
- Volunteering is another core element of the project. Footprints Women's Centre recognises their volunteers as essential to the life of the centre.
- Collaborative events held with the other groups take place throughout the programme.

All of these activities promote active citizenship and empower women to take on leadership roles within their own communities.

"I am really enjoying the Women's Empowerment Programme, I feel more confident every week and I'm trying to change my thinking to a more positive attitude. This programme has given me the confidence to volunteer at Footprints!"



"Looking forward to next class, I would like to be more assertive to have confidence to speak out in front of people"



Karen McLean
Women's Empowerment Worker

Women's Support Services



Footprints Women's Centre continues to be recognised as one of the leading agencies within the Colin Area in effectively supporting women and children who are dealing with complex issues such as domestic abuse, poor mental health, poverty, isolation and family breakdown.

The impact of Welfare Reforms on women and children has resulted in extreme poverty. Mothers are experiencing high levels of stress and anxiety as they struggle to provide for their families.

In response to this crisis, Footprints has provided opportunities for women and children to access a range of support services. These include family meals within our Drop

In, cooking on a budget programmes and referrals to other agencies to assist with debt and poverty providing a life line to some families. Empowering families to source services that are available has proven very positive, in that women can make informed choices on how to manage the effects of poverty whilst at the same time building confidence and developing coping strategies to support the whole family.

In addition we provide an open door policy for women to access confidential advice and guidance in times of crisis.

Footprints received funding from Lisburn Policing Community & Safety Partnership, to facilitate a series of "Cover Your Tracks" workshops, targeted at all age groups from Young Girls Group to our 50+ group. The aim of the workshop was to 'empower participants with the skills and knowledge to identify warning signs, reduce risks and provide security tools', thus addressing the issue of cyber stalking and crimes associated with internet usage.

Footprints is strongly represented on, the Colin Domestic Violence Forum, with the Centre Director, acting as Chair. As part of the Joint Protocol Initiative, Footprints now hosts a monthly 'One Stop Shop'. This is a confidential service for women who are experiencing any form of Domestic Abuse.

This service provides:

- Legal advice
- Benefits advice
- Housing advice
- Women's Aid information
- Child Maintenance advice



Recognising the impact that isolation has on mental health, Women's Support Services has initiated a weekly Drop In for any woman to attend. We have created a warm and welcoming area where women can come together for social contact.

The Senior Citizens who attend our Monday club continue to be a priority within the centre. In addition to a busy weekly programme, we delivered a Summer Programme to include four extra weeks of activities and trips.

Throughout the year, we have sourced services from a variety of agencies and partners who have provided us with facilitated workshops and events promoting holistic well being which includes Complimentary Therapies, Women's Safety, Diet/Nutrition advice and much more.

The "Learning for Life" programme was aimed at empowering young mothers to identify their own learning style and in turn identify their children's learning style which provided them with the knowledge, skills and confidence to support their children more effectively with their school work. The Brain Fit programme was aimed at providing older women with an awareness of how our brains work as well as the importance of keeping the brain active by learning new skills which, in turn, could prevent the onset of Dementia. Both these programmes were delivered by Fingerprint Learning, and funded by the Public Health Agency.

Paula Irvine
Women's Support Co-ordinator

Children's Services Manager's Report

Footprints Daycare service continues to be recognised as a model of excellence.

Footprint's Daycare provides a first class service for all customers – both parents and children. We maintain the lowest rates for day-care in the locality with the aim to keep our service both affordable and accessible. Equally, women can attend our various courses with the reassurance of the high standard of care for their children.

Our practice in play, learning and development is of the highest standard, with children experiencing our nurturing warm environment which mirrors home. Highly experienced and trained childcare teams observe and plan for each individual child's needs and respect the importance of parental contribution and feedback.



This year, Footprints Children's Services has played a critical role, in influencing both local and regional policy development for children and families. Over the last year, a key focus of our work has been to ensure that the issues affecting the lives of women and children in disadvantaged communities have been heard by decision makers at the highest level.

The regional structures supporting children, young people and families are changing and it is essential that the women's sector and community sector have their opinions heard and valued.

Locally, there has been significant investment in the Colin area as an 'Early Intervention Community'. Footprints piloted the first year of called Colin Early Parenting Project, in partnership with the local Health Trust and Scoil Na Fuisseoige. This project has since been centralised within the Colin Early Intervention Community framework and is now operating as a key project within the area.

Within the Colin Neighbourhood, Footprints continues to represent the views of women and children with representation on the Locality Planning Group, South Eastern Health and Social Services Trust Outcomes Board, Family Focus and Family Support Hub.



Kyra Pauley
Children's Services Manager

Family Support Services



Family Support Services

Footprint's Family Services has grown in the last year. We are now dealing with higher levels of need, necessitating an increase in investment in training staff in the areas of children's disability, additional needs and safeguarding.



Universal services do not always meet the daily challenges and crises facing children and families in the Colin Neighbourhood. The role of Footprint's Family Support Services has been to develop targeted programmes. This work is described as 'pre early intervention'. Focused on distinct needs, these services deliver bespoke programmes for children and families, impacted upon by a range of issues.

The introduction of a programme, supported by 'BBC Children In Need', using a play/art therapeutic approach, made a significant impact upon children and families. The Music and Art

Therapy element of the programme proved of great benefit to families, many of whom had children with additional support needs.



Other programmes included a summer programme with a family residential in Corrymeela in August; a fun packed play week for children aged 4 - 11 years and; a young girl's summer programme.

The outcomes from this programme were incredible and BBC Children In Need has commissioned an external evaluation to demonstrate the successful outcomes of this project.

Footprints and Colin Sure Start have entered a new partnership with Sure Start supporting the delivery of Mums and Toddlers and baby massage within Footprints. Additionally, Colin Sure Start has provided childcare funding for numerous mums with childcare needs to attend courses within Footprints.

For a woman experiencing crisis, her main concern is often the safety of her children. When using the Daycare service she is quickly reassured that her child is cared for while she is able to address her personal difficulties and avail support from the Women's Support team in Footprints.

The future for children's services is exciting as we ensure that children, families, policy and strategy are interlinked.



Kyra Pauley
Children's Services Manager

Young Girls Group

Our Young Girls Group was established in February 2011. At present we have a core group of twelve girls aged between 12-16 years, who attend the centre every Thursday evening.

In September the girls participated in the 'Bounce' programme. This encouraged the group to look at their personal development, including self esteem and communication within relationships, also understanding the skills required to manage risk and develop resilience to deal with difficult situations during the adolescent years.

The girls also participate in intergenerational activities with our senior citizens and 50+ group.



Diversity training was delivered by Springboard, in the form of a workshop whereby the young girls discussed personal development- identifying triggers for low self esteem, recognising and managing stress and understanding self motivation techniques.



The group participated in Women's Aid- Digital Stalking programme, providing them with an insight on how they can protect their identity on social media, keeping safe and being aware who they are chatting to online.

They have also commenced the Breaking the Cycle programme delivered by 'Public Achievement', a youth focused civic education organisation. The girls explore issues affecting their lives and their communities and then design, develop and deliver an action project to address their chosen issue. This programme offers the girls a platform to have a voice on important issues affecting their lives and to become more active in the civic lives of their communities.

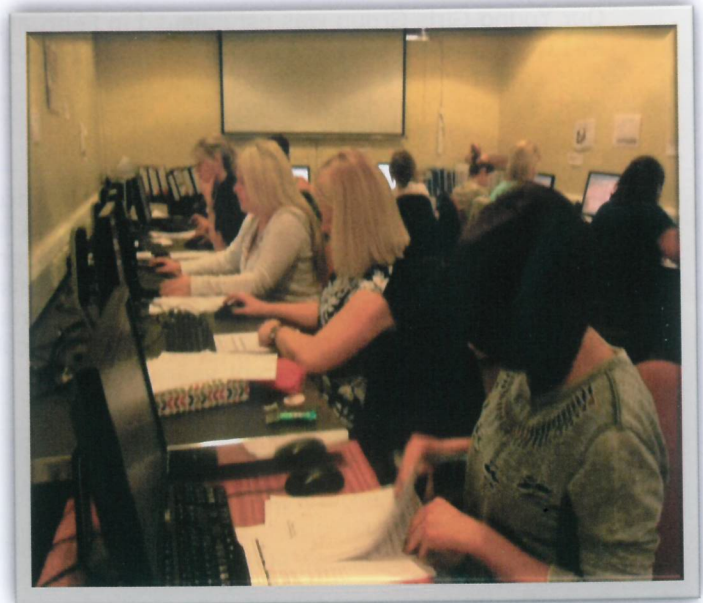
The group continues to breathe fun and laughter into the centre; they provide Footprints with an insight into the issues affecting young people and how we can 'ensure their voices are heard and that they take their rightful place in just and equal society'.

*Karen McLean
Women's Empowerment Worker*

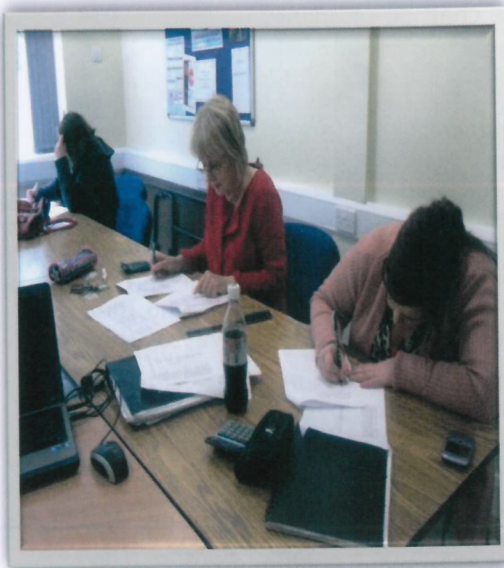
Training & Education Report

Footprints Women's Centre is the only community based adult learning facility within the Colin area specialising in the educational and training needs of women of all ages.

Through the 'Routes to Skills and Employability' Programme, Footprints is providing a menu of courses and programmes that supports women back into education, training and employment. With over one hundred and fifty women completing the programme, we continue to exceed targets. We are very appreciative of the funding that we receive from DEL, ESF and DSD BRO enabling us to maintain this extremely valuable facility within the community.



In addition, Footprints delivers a Social and Leisure Programme, in partnership with thirteen Women's Centre across the north. The project is funded by the Big Lottery's Live and Learn Programme and led by the Women's Resource and Development Agency. This funding enables the Centre to offer courses that attract women from across a wide age spectrum, with diverse needs. In particular it seeks to promote positive mental health, physical activity and learning for pleasure. With over two hundred women completing courses, we are meeting our targets without any difficulty.



We are also pleased to announce that next year we are entering into a partnership project with eight other groups, led by Training for Women Network. The partnership is funded by DEL's Collaborative and Innovation Fund, targeting young women with children who fall into the NEETs category.

At the beginning of the year, Footprints attended DEL's Transnationality Conference, at the Titanic Building and later in the year hosted twelve European visitors as part of the Inclusion and Empowerment Conference, organised by Proteus. Footprints were acknowledged at the Conference as an organisation where it is possible to see empowerment in action.

*Gillian Gibson, Centre Director
Elizabeth Livingstone, Deputy Director*

Sustainable Living Report

Footprints Women's Centre is completely committed to the principle of sustainable living and the aspiration 'to develop projects which will enable people and nature to coexist in productive harmony. Women, children and young people have come together with great energy and enthusiasm to work on solutions and actions to tackle environmental issues. We believe this will also inspire others to 'think globally and act locally'. Central to these efforts is Footprints Women's Centre's Sustainable Living Strategy and the knowledge that our actions will contribute to improving the future for the next generation.



December 2012, marked the end of three year funding from Safefood which developed waste ground in the Centre to establish 'The Kitchen Garden.' We would like to take this opportunity to thank Safefood for the three year funding and Georgina Buffini, Development Worker, Healthy Food for All for her unwavering support during this period.

Over the course of these three years, twenty seven women and thirty children, with the mentoring support and gardening expertise from Colin Glen Trust have planted fruit bushes, fruit trees and a wide variety of vegetables. They have also developed a herb and companion wildflower garden and increased the volume of recycling efforts within the Centre. During the year

Footprints received the 'Gardening Against the Odds' regional award. Thanks to the hard work and dedication of the group, the Centre will continue to enjoy seasonal fresh fruit and vegetables in the years ahead as these skills are passed on to others.

In October 2012, Footprints Women's Centre secured £49,800 of funding from The Big Lottery's Energy Efficient Venues Programme to further the Centre's 'Reducing our Carbon Footprint' project, by taking the following measures:

- The cavity wall insulation was upgraded
- Sensor switches for electric lights were installed in toilets, corridors and store rooms
- A new entrance door was installed
- Eighty solar hot water tubes and forty solar electric panel were situated on the roof

Generating electricity will save the Centre's energy bills. We will also see a reduction in the Centre's carbon emissions.

This project has also inspired us to renew our recycling efforts. As well as the existing recycling we now dispose of food waste for composting. We have also researched how individual households can calculate their own carbon footprint and what steps can be taken to progress greener living.

Additionally, we have agreed a partnership with FareShare, a community project which delivers surplus food to charitable organisations. The food is donated by supermarkets and redistributed to community groups, thus preventing good food going to landfill.

Within this period, Footprints Women's centre delivered a diverse range of programmes to four hundred and thirteen individuals, at locations throughout the community, as part of the Colin Empowerment Project's Nutrition and Physical Activity Programme. Groups ranged from teenage boys at Sally Gardens Community Centre, Senior Citizens at Lagmore Community forum, dads at Cloona House, mums at Scoil na Fuiseoige and Footprints Women's Centre and families at Dairy Farm Centre.



We look forward to the year ahead, working in partnership with groups and organisations in the Colin Neighbourhood and bringing these programmes to more people in the community.

Catering Services

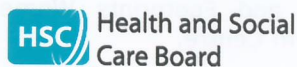
In response to changing needs within the community, Footprints Catering Services has refocused their efforts to address the impact of Food Poverty upon the most vulnerable, ensuring that the local community continues to have access to quality, affordable and nutritious food.

Eileen Wilson
Sustainable Living Manager

Acknowledgements

In addition we would like to acknowledge the following funders for their invaluable support:

BBC Children in Need
British Heart Foundation
BT Community Connections Award
Colin Neighbourhood Partnership Early Intervention
DSD BRO Neighbourhood Renewal
DSD VCU Community Investment Fund
DSD VCU Women's Centre's Childcare Fund
Eastern Childcare Partnership
European Social Fund/Department for Employment and Learning
Glenwood
Health and Social Care Board
Lisburn City Council
Lisburn City Council Peace III
Police and Community Safety Partnership
Public Health Agency
Safe Food
South Eastern Health and Social Care Trust
The Community Foundation for Northern Ireland EAGA Award
The Big Lottery



Footprints Women's Centre would like to acknowledge the Board of Directors, the staff and volunteers for their dedication and commitment over the last year.

Annual Report 2013

DIRECTORS

Mary McNeill
(Chairwoman)

Ursula Carberry

Bernadette Devlin

Bernadette Donaghy

Margaret Boyle

Claire Ferris

Noreen Braniff
(Treasurer)

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Bernadette McConnell

To ensure their voices are heard
that they take their rights
just and fair





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