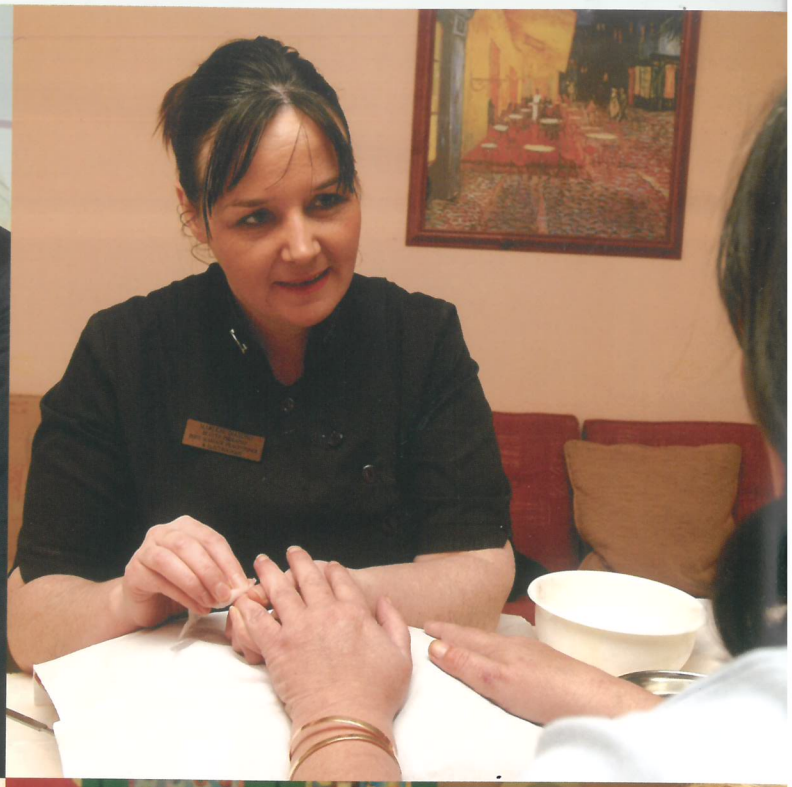
04/05

Annual Report

Stepping forward...

footprints
womens centre



Mission Statement

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

For Women

footprints
womens centre

Annual Report | 2005

what we've been up to...

Chair Person's Report

Treasurer's Report

Centre Manager's Report

For Women

What we do – key activities/areas of work

By Women

Social Enterprise

Footprints Trading Ltd

Board of Directors

Staff

Volunteers

With Women

Links with Women's Groups, organisations

Accounts

Acknowledgements

By Women With Women

Chairperson's Report - Mary Fox

Since the last Annual General Meeting Footprints Women's Centre continues to grow and develop the service to women and children in the Colin Neighbourhood. The value women place on these services is evident from the increase in new members and the continued loyalty and input from women with a long history with the centre.

Women increasingly wish to become more involved, have a say and give something back. This particularly came to the fore as once again the centre faced imminent closure in March of this year due to lack of secure funding. The women literally took to the streets to protest against the threat to their centre. They joined forces with other women's centres throughout Belfast and beyond, demonstrating the strength and determination of women, to hold on to what they have strived to build against all odds within their own communities. This particular crisis has been averted and against this backdrop work continues.

The commitment of the Board of Directors, staff, volunteers and centre members is evident throughout these pages, highlighting not only services but also the quality and diversity of what Footprints Women's Centre can offer.

Finally, I would like to congratulate Eileen and Gillian on receiving the prestigious "Impact for Excellence in Community Health" award from GlaxoSmithKline. This award was worth £20,000. Gillian, Eileen, Bernie and myself had the privilege to receive this award on behalf of Footprints Women's Centre in May of this year.

On behalf of the Board of Directors I would like to thank Gillian Gibson, Centre Manager for her continued vision and enthusiasm to secure a place for women and children in the Colin Neighbourhood. Thanks to the staff for their hard work and lastly to the members who make Footprints a Centre where women are warmly welcomed and supported in their lives.

Acting Treasurer's Report - Claire Ferris

Once again this has been a very demanding year in terms of the financial management of the Centre, which has placed great pressure upon all those concerned with the smooth financial management of the centre and it's associated trading company.

The last year's finances have been affected by a number of influences. Firstly, a significant delay in the processing of an application from the previous financial year. Secondly, a serious crisis within the women's sector with the conclusion of Executive Programme Funding. Finally, a major crisis hitting the childcare sector with the winding down of Peace II, exacerbated by the efficiency cuts imposed upon local Health Trusts, ultimately affecting front line services within the community.

Against this backdrop Footprints Women's Centre has managed to sustain core services and to develop an expanding business. However, that is not to say that valuable programmes and services have not been affected by the influences above, particularly women's services dedicated to the most vulnerable and the out of schools programme.

As a consequence, Footprints Women's Centre continued to pro-actively explore new sources of income, particularly through income generation.

The recent refurbishment of the Drop-in area and Canteen facility was carried out with the main purpose of encouraging maximum sales through the Canteen; the reshaping of children's services was also a first step towards maximising the allocation of childcare places.

The cash flow generated through the Trading Company has been a key source of financial support to Footprints Women's Centre, and in essence has been the Centre's main stay in the fight against threatened closure.

It is with optimism that we look forward to 2005-2006. The ongoing growth and consolidation of Footprints Trading Limited is a further cause for celebration. Footprints Women's Centre is now recognised as a model of practice in relation to Social Enterprise.

With an income that has trebled since the Centre opened in 2001 and the Trading Company now generating one third of that income, of which Footprints Women's Centre is extremely proud, Finance and business development manager Elizabeth Livingstone, and her team continue to ensure quality standards at all times.

"....meeting the distinct needs of women and to ensure that their voices are represented and heard at all levels."

Centre Manager's Report - Gillian Gibson

Footprints Women's Centre made a significant shift last April (04) when it fully embraced the Social Economy as a natural progression, towards sustaining valuable services and programmes for women and children. Having spent over a decade developing capacity and focusing upon personal development and transformation, Footprints have built firm foundations, strong enough to build a platform for women and the Centre to develop economic power – both as individuals and as an organisation.

"Those of us who refuse to risk and grow get swallowed up by life."
Patty Hansen

This road has been fraught with obstacles, both external and internal. However, this year in particular has demonstrated to us the absolute value of generating your own income in the changing contemporary context of community development – a context that is profoundly political and as a consequence a valuable prize in the claims being made upon civil society.

One year on Footprints can look back proudly upon a packed year. April kicked off the year with a successful year's trading by Footprints Trading Ltd, followed by the launch of the Action Research Project focusing upon access to fresh fruit and vegetables within the Colin Area. June resulted in a completed business plan being drawn up with Venture (funded by Lisburn Strategy Partnership) to re-furbish the Canteen and Drop-in area, followed by a debate in introducing a No Smoking Policy. By July a pilot smoking ban was introduced and made permanent at the wish of the members. In August all capital and refurbishment projects were underway or completed. Significant storage space was added to the Centre through the purchase of an outside storage container (funded by Building Quality Childcare - the Big Lottery).

The Food Policy Initiative was also established over the summer and by September Footprints were geared up to meet the growing demands of women seeking quality education and training programmes. The Pathways programme attracted great interest and indicated a need to tailor long-term programmes to bridge the gap for women who wish to progress towards employment. Autumn also brought the good news from DEL that we had been successful in securing funding from a major ICT project, combining training with a substantial upgrade in equipment.

The New Year saw a re-structuring of catering services with a new cook being employed and 2 catering assistants. This coincided with Footprints being recognised for 2 awards, GlaxoSmithKline Impact Award and The Community Foundation for Northern Ireland Award for Community Endeavour (jointly shared with Mary McNeill). In a year when the Centre had received the Investors In People Award, the Hospitality Assured Award and the Eat Safe Award these were the icing on the cake, and confirmed the quality of services being delivered across the board.

Despite this, the greatest affirmation for Footprints Women's Centre is the consistent commitment and support it receives from its own membership. Throughout the year women have organised fundraising activities, participated in a protest march to save the Women's Sector, met with funders and spoke to them personally sharing precious aspects of their lives in an effort to make things better for others.

A particular concern for Footprints Women's Centre has been the loss of valuable resources for women and children, removed by a wave of funding cuts implemented with little warning, by a diverse range of funders. The most vulnerable continue to be the greatest affected by the loss of front-line services within the community. This year we experienced this more deeply with the retirement of Mary McNeill (Women's Support and Development Co-ordinator) in July 2004. Mary's relationship with the women in the Centre went back many years. Thankfully though income generated through the Trading Company we were able to employ Colette McGibbon as a Temporary Support and Development Worker, ensuring a base line of support services continued to exist.

Domestic violence and child poverty continue to plague this community for Footprints Women's Centre the true measure of progress will be viewed within this context.

"Violence against women is perhaps the most shameful rights violation. And it is perhaps the most pervasive. It knows no boundaries of geography, culture or wealth. As long as it continues, we cannot claim to be making any real progress towards equality, development and peace."

Hon Thokozani Khupe Member of Parliament for Bualwayo, Zimbabwe (Global Feminism Conference Report Dec 2004)

2005/2006 needs to be the year in which we place women once again at the heart of our work, strengthening programmes, services and activities, consolidating their role within the Colin area and wider women's sector and continuing to develop opportunities which will be of ultimate benefit to them.

Finally, I would like to thank the Board of Directors, staff and volunteers for their continued support. I would particularly like to acknowledge Rosanna Holmes, our Treasurer who stepped down from the Board this year and Mary Fox our Chairperson who steered us through a very volatile year.

For Women...

For the last 15 years Footprints Women's Centre has worked tirelessly for the benefit of women within the Colin Neighbourhood.

We have listened to their voices and have developed a Centre dedicated to their needs. This has translated itself into choices and opportunities for women that they would not otherwise have had access to.

Activities and programmes for women have developed around key areas of need including SUPPORT, EDUCATION AND TRAINING, CHILDCARE, EMOTIONAL HEALTH AND WELLBEING

All of these activities, programmes and support services are housed in a purpose built facility designed and built in close consultation with local women.

What we do for women...

"Meeting other people in the Drop-in and chatting with them lifts your spirit..."

Support Services

Are designed to meet the distinct needs of women. The support services respond to the whole person and their potential for progression, development and crucially self-help. Women are encouraged to exercise control over their own lives.

The Drop-in

Is a friendly informal area set aside for women to meet and socialise with one another. Volunteers and staff offer a listening ear to women on an as need basis. The women attending the Drop-in also have access to the Refresh café facility serving low cost nutritional snacks, lunches, and refreshments.

"Now that it has changed, with the new furniture, it's more uplifting. Now that it is non-smoking it is a better environment, a lot healthier. Meeting other people in the Drop-in and chatting with them lifts your spirit. It makes you feel more confident having someone to talk to."

Lisa

"I found this extremely interesting and for the first time in a long time I had an idea of a job I would be interested in returning to work in."

Personal Development

"A friend asked me to go to Footprints Open Day with her. This was how I first learnt about the Personal Development classes.

My friend and myself went along to the classes and found the information we were given fascinating and very useful. We were introduced to essential oils and the benefits of using them at home on our children and ourselves as an alternative therapy. Mandy Hanna, our Tutor, practised and gave us details on Reflexology.

We discussed every day events in our classes and shared our problems and solutions. Mandy, stressed how important it was to look after ourselves as mummies in order to look after our kids. I try to be positive at home and it does make for a happier home."

Catrina McShane

Signposting / Referral Service

Many women require additional support at different times in their relationship with the Centre.

This is accommodated through referral to appropriate members of staff or specialist agencies and counsellors who can provide the support, advice, advocacy or information required. Issues dealt with can include anything from personal problems to crisis intervention.

Colin Counselling...

one of a range of agencies and groups offering free professional counselling to those living in the Colin Area. Other agencies are listed below.

"It's helping me move forward. I feel more confident and see things clearer now instead of it being muddled in my head".

Referral Agencies:

Women's Aid	Tel 0800 917 1414 (24 hour help line)
Active Counselling	Tel 4062 3985
Colin Counselling	Tel 9060 4347
Falls Women's Centre	Tel 9032 7672
AA	Tel 9043 4848 (Meets Wed, Fri & Sat eve at Footprints)
Al Anon	Tel 9068 2368 (Meets Monday 8pm at Footprints)
Falls Community Council	Tel 9020 2030
Down & Lisburn Trust	Tel 9266 5181
Stewartstown Road Health Centre	Tel 9060 2705

* Speialist Counselling Services are organised as an as need basis.

Recreational, Leisure and Social Programme

Walking Group, Arts & Crafts, Creative Writing, Trips, Talks, Senior Citizens

Information Days

Suicide Awareness / Drugs and Alcohol Abuse / Domestic Violence

Senior Citizens Group

This lively group meet every Monday from 12-4pm where they enjoy an afternoon of activities such as bingo, singsongs, dancing etc. A healthy two-course lunch is provided for £1.00. Trips for shopping and days out take place about twice a year. The group provides company for many of our senior citizens who may be feeling isolated and alone.

Other venues for local senior citizens groups:
Tuesday: Sally Gardens Community Centre. 10am-1pm Tel: 9043 2770

Wednesday: Cloona House 11am –4pm Tel: 9062 4923

> "...providing company for many of our senior citizens who may be feeling isolated and alone"

Alternative Therapies, Reflexology, Aromatherapy, Beauty Treatment

Alternative Therapy Treatment

As part of the Mental Health Prevention programme delivered during the past few years at Footprints Women's Centre, alternative therapies offered to the women were Aromatherapy, Reflexology, and Head and Body Massage, Facials and Manicures.

> "I loved it. It gives you a wee boost. I really enjoyed being pampered. I always felt good after a treatment"

Therapeutic Self Help Group

This group was formed as a self-help programme targeting women experiencing depression or stress in their lives. Through this programme women took positive steps to improve their self-esteem and gain more confidence.

"I am a mother of two children, and my life was very difficult. One child would only sleep for two hours and I suffer from depression. I had got myself into a rut and wouldn't go out, and I felt that my life was over.

I tried to take my own life as I was feeling so low, and felt there was nothing out there for me to live for. I started going to Footprints, and I feel like a new woman, and that I'm not alone. I very much appreciate what Footprints has done for me, and the women who who go there for their support. Thanks".

"I am a mother of three who suffered from panic attacks and would not leave the house.

That was until I joined a Stress Management Class at Footprints Women's Centre, where I learned how to deal with stress and panic attacks. I have been going to Footprints for over a year now, and I am like a different person. I have become more confident and my panic attacks have gone thanks to being part of the stress management group. I am now out and about and getting my life back and have taken up different courses. Without the help of the stress group, I would probably still be at home with panic attacks and too scared to go out."

Training and Education

The Centre has a well equipped adult learning facility which accommodates women's training and education needs. Footprints Adult Learning Programme enables women to have access to courses delivered through outreach by local colleges and other providers.

In addition Footprints tailors specialist education and training programmes to meet the distinct needs of centre users. The Adult Learning Programme provides progression routes for women into further education, training and employment.

Women's Studies

Women's Studies celebrates a 10 year history with Footprints in 2005/2006

"As a tutor on the Diploma in Women's Studies course I feel privileged to have met, taught, and made friends with the women who come into Footprints, a women's Centre that has provided a lifeline for many, and the fact that it is community based learning helps to overcome problems like travel and childcare. These women are mature students, with many talents. By the time they have finished the Access course, which takes two years, they can go onto university to study Law, Sociology, Women's Studies, Nursing, or do higher-level course in BIFHE and other colleges. I can honestly say that the experience of teaching adult learners makes my job worthwhile."

Lynda Walker
Tutor for Diploma in Women's Studies

"Doing these courses has really given me confidence in myself..."

Essential Skills

The Essential Skills element of the programme experienced a significant growth in demand and Bernie Beckett (Tutor) clearly identifies a need to further develop Essential Skills and Learner Support Programmes as an integral part of Footprints' adult learning programme, along with accreditation.

Essential Skills Classes

"The Essential Skills classes at Footprints Women's Centre are for Adult Learners who want to brush up their Maths and English. We work at introductory level right though to preparation for GCSE. The class is relaxed but lively with lots of discussion, group work and interaction between students. They also have a lot of input into the content and structure of their learning. Students are encouraged by the tutor to gradually build their knowledge, confidence and self-esteem. The good news for Essential Skills learners is that there are more and more accredited courses now, so learners can gain recognised certificates, at all levels, at the end of their course."

Bernie Beckett
(Study Support/Essential Skills Tutor).

Women Moving On - Women Progressing

These courses continued to provide a key foundation to many women wishing to progress towards further education and training. It is therefore with great sadness that we acknowledge the loss of Belfast Women's Training Services to women's community education with its recent closure in March 05. BWTS provided a sterling service to Footprints Women's Centre for 13 years and hundreds of women benefited as a result, with 3 programmes running across the Colin Neighbourhood at its height.

Pathways Project

The Pathways project highlights Footprints' capacity to work in partnership with training providers to develop tailored programmes to meet specific needs. This is an aspect of how Adult Learning Programmes would wish to develop in the coming year with a range of training providers.

EU Peace and Reconciliation funding via TWN fund the Pathways Project. The project commenced in September 2003 and continues until March 2006.

The project recruited 26 women from Footprints Women's Centre to take part in a comprehensive training development programme, beginning with confidence building and personal development, and leading on to ECDL/Microsoft Office Specialist training in conjunction with ILM Level 2 Certificate in Team leadership and ILM Level 3 Certificate in Management. Costs for childcare and hospitality provided to participants have been paid for by the project.

A Careers Day was held in October 2004 and a second is planned for October 2005. An extension to the project was recently granted which will enable participants to take part in specialist courses – ILM Start Your Own Business, OCR Word Processing, or Pitman's Computerised Accounts using SAGE. The project recently gained recognition at TWN's Celebration of Excellence Awards, by winning the event's "Progressing Women

"I enrolled on a computer course called CLAIT/ECDL this was for two mornings a week. I had my two children looked after in the crèche while I trained in the same building, which allowed me to concentrate on my learning.

After the computer course I applied for a course called Pathways, this is a Management Level 3 course. I am half way through this course and I am really enjoying it. Doing these courses has really given me the confidence in myself to further my career and do well for my family and myself."

Helen Finnegan (age 24)
(Mother of 3 Children).

Improvement in ICT

The massive injection of funding by DEL through the Building Sustainable Prosperity has enabled Footprints to integrate a substantial ICT project with the Adult Learning Programme. This has brought funding for courses as well as a significant capital investment in updating and expanding our IT equipment.

Seventeen lap-tops have been purchased to enable Footprints to set up another IT training facility within the Centre, as well as creating opportunities for ICT training for children for 3yrs -12yrs. The welcome addition of Janet Campbell our IT tutor further enhances our capacity to introduce and develop IT skills with women and children.

The Department of Employment and Learning are currently funding Information Technology courses currently running here at Footprints Women's Centre. Equal Skills, CLAIT, CLAIT Plus, BBC Web Wise, ECDL and SAGE.

We have also been running Introduction to Computers throughout the year and this is funded through the Lisburn Partnership Board. This course is for complete beginners to gain confidence in Information Technology skills and to move on to other computer courses.

We have just finished running ECDL and MOUS ICT courses here in the centre for the Pathways Management Project that was also funded by DEL through the Shankill Open Learning Centre.

This funding has given women the opportunity to improve their ICT skills.

It has given us the opportunity to run a wide range of ICT courses and provide progression routes for women into further training and employment.

Pauline Cunningham
Training & Education Co-ordinator

"I joined the Introduction To Computer Course in January 2005 after a very long decision as I had no knowledge of computers and didn't feel confident. The tutor was brilliant and explained everything from the very beginning. It was easily explained and it was a good enjoyable class.

I am very pleased I have completed this course. I hope to move on to CLAIT, Equal Skill and ECDL this will be useful for job opportunities."

Linda Sadlier

COURSE	DATE	DURATION	TUTOR/PROVIDER	FUNDER
Essential Skills	Sept – June 05	10- 12 Weeks	Bernie Beckett	LSP
Woman's Studies	Sept 03 - June 05	2 years	L. Walker BIFHE, G. Gribbon C. Tweedle, A Comerford	N/A
Pathways Project	Jan 04 - Oct 05	2 years	Grainne Cochraine Shankill Open Learning Centre	TWN
Computing and Business Access Year 1	Sept – June 05	2 years	Clare Murray BIFHE	N/A
Introduction to Computers	Sept – June 05	10 weeks Back to Back	Kim/Francine - Women's Tec	LSP
ECDL	Sept – June 05	22 weeks per course Back to Back	Janet Campbell - Footprints Women's Centre	DEL
Mous	Jan 05	22 weeks	Janet Campbell Shankill Open Learning Centre	DEL
ECDL	Jan 2005	22 weeks	" "	DEL
BBC Web Wise	Feb - May 2005	16 weeks	Janet Campbell - Footprints Women's Centre	DEL
CLAIT	May 2005	12 weeks	Janet Campbell FWC	DEL
SAGE Accounts	Jan - June 05	20 weeks	John Palmer BIFHE	DEL
Women Moving On / Women Progressing	Sept 04 - Mar 05	2 x 12 weeks	BWTS	
First Aid	Nov 2004	2 days	Brenda - Open Learning Centre	CFNI
Food Hygiene	Oct 2004	2 days	Brenda - Open Learning Centre	CFNI
Welcome Host	Nov 2004	2 weeks	Braid McCallion	BIFHE
Cook-it	Sept - Oct 2004	6 weeks	Eileen Wilson	CFNI
Specialised Diets	Sept - Dec 2004	6 weeks	Mary McKeown	CFNI
Food is Fun	Sept - Dec 2004	8 weeks	Eileen Wilson	CFNI
Cook-it	April - May 2005	6 weeks	Kate Garland	FWC

"The tutor was brilliant and explained everything from the very beginning. It was easily explained and it was a good enjoyable class."

Children's Services

Footprints provides a modern childcare facility providing a mix of childcare services for women and children from the Colin Neighbourhood. The Childcare facility works with up to 100 children per week in the 0-11yr age group and implements the Highscope Curriculum. Childcare provision within the Colin Neighbourhood falls well short of need and the facility at Footprints is a very valuable resource. Indeed, the Day-care facility is the only provision available out of 11 within Down and Lisburn Trust.

Crèche

Morning and afternoons, 5 days per week the Crèche can provide places for up to 16 children with an overspill of 7 within the After Schools Room (am). Women attending any of Footprints' programmes will have access to this facility

"I got involved with Footprints Women's Centre through an advert in the local paper. I started off enrolling for a course called "Women Moving On" which I enjoyed and gave me the confidence to go on. I then went on to do literacy and numeracy. I've completed Computers, Women's Health, Stress Management, Quick Typing and I am currently doing Personal Development and ECDL fast track computer course and I am hoping to gain a qualification for this.

Footprint Women's Centre has made a big difference to my life as I have somewhere to go now for further education and I know my kids are safe and well looked after in the crèche they provide for mothers like myself with young children.

I have made new friends through doing various courses and met new people from the area where I live and I look forward to moving on to the next level and joining courses coming up in September 2005."

Margaret McCaugherty
(Mother of 2 children)

Day Care

The Centre provides full day care provision for up to 21 children. Day-care was set up to support working parents and also provides 6 respite places for Down and Lisburn Trust.

"During Daniel's time at Footprints, I have been delighted with the care, love and attention he has received here. It is delightful to listen to him in the evening singing his nursery rhymes, drawing pictures, and telling me all about his day playing outside, dressing up, painting, playing with water and sand, and even making buns!! There are so many activities for the children that they come on leaps and bounds. From Daniel was an early age he was able to have conversations with people, he loves books and reading, and thoroughly enjoys making puzzles. I have no doubt that it is through the stimulation of Footprints and their staff that he is like this. Even when he has his 'off days' and doesn't want to go to school, the staff are very quick to give him a cuddle, reassure him, and send mum off to work happy in the knowledge her son is in very capable hands.

I would fully recommend anyone considering which childcare provisions to avail of, to utilise any Day-care Centre within their community as they will provide the all round package working mothers require. I receive all of this and much more at Footprints. Daniel is a very happy boy."

Cathleen Jordan

Out of Schools

The Out of Schools provision operates 5 days a week and accommodates up to 24 children per day.

The programme makes full use of the resources available throughout the Centre.The out of school children arrive at around 2.00pm and leave at 5.00pm.

The Programme has been created to focus upon:-

Emotional Development
Social Interaction
My Community and Others
Keeping Safe

> "I have been delighted with the care, love and attention he has received here..."

An example of recent activities

DAY 1 Visit to Indian Community (Whole Group) - Cross community links to experience another culture different to our own.

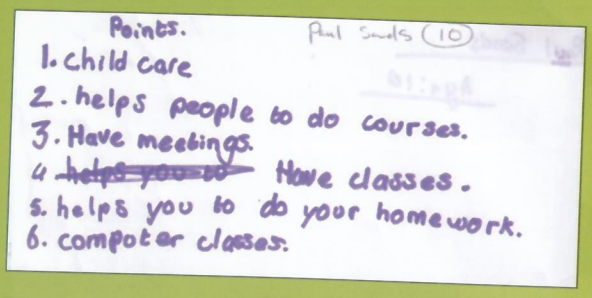
DAY 2 Evaluation - the group discussed what they liked /disliked about the visit to Indian Community. Pottery painting (out of schools room) - Children finished their pots.

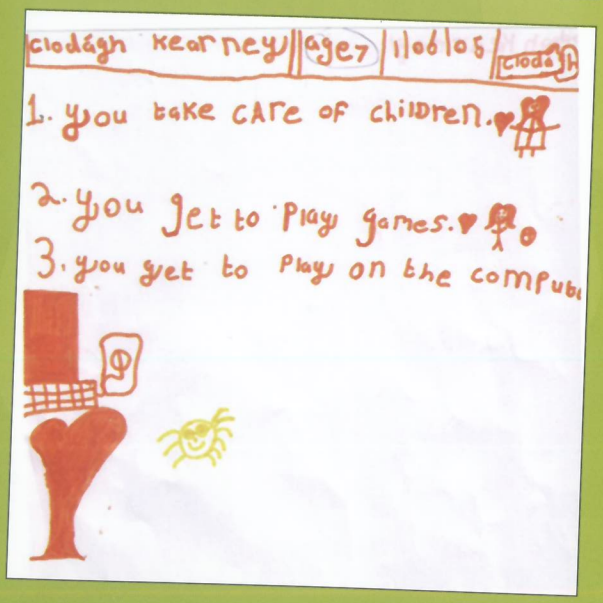
DAY 3 Walk through Colin Glen Forest Park (Whole Group) Raising awareness about the natural environment.

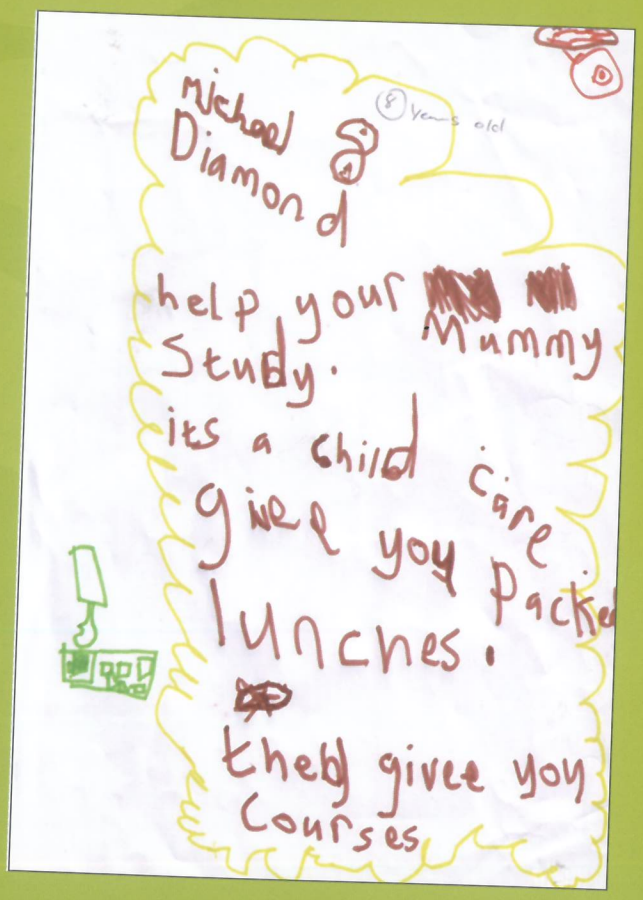
DAY 4 Road Safety Talk (Room 1) - NI Road Safety came into the Centre to raise awareness in children about the need to be safe.

DAY 5 Outdoor - Listening games.
Mars Bar Game - Develops physical agility and listening skills.
These games are planned to help children to listen to each other and their parents. Also with the growing statistics in child obesity we try to get the children to take part in as much outdoor activity as possible.

We asked the children what they thought of the Centre. Here are some of their responses:







"My two children are in school until 3pm every day, I was bored! No job, no money, no qualifications and no life except for my kids.

I wanted to work but I couldn't get a job that would pay enough to keep me above board. A friend suggested to work as a volunteer and I thought that this was a good idea.

I went to the Footprints Women's Centre and I spoke to a lovely woman called Mary McNeill she give me voluntary work in the Administration Office when it suited me. She told me about all the courses at the Centre.

Everyone at the Centre made me feel really at home. I started a course called "Women Moving On". This course was brilliant, I made great friends got lots of confidence and did more courses like ECDL, Confident Communication and basic English and Maths.

Thanks to Footprints Women's Centre I am a fully qualified Nail Technician. With all the help and advice and good friendships I made at Footprints Women's Centre I am always busy at something or other. I know I can call into the Centre at anytime and everyone knows me.

I finally feel and look like a woman with confidence and my life and family are going places. My kids are attending the Out of Schools Club and I hope to be working very soon.

Thank you very much to everyone at Footprints Women's Centre."

Clare Rea (Mother of 2 children)

Colin Surestart

Footprints Women's Centre has been involved in the delivery of Colin Surestart programmes since it first set up in the area just over 4 years ago.

Footprints have 3 Surestart staff who ensure that parents of children in the 0-3yr age group benefit from the Colin Surestart programmes and services. These include Breast Feeding Support Group, Infant Massage, Family Outreach and Support, Speech and Language, Infant Mental Health, Fruit and Vegetable Voucher Scheme, to name but a few.

At Footprints Surestart staff provide support in monitoring children's development to ensure the best opportunities for early intervention through programmes tailored to meet the individual needs of the child.

Ann Duffly
(Children's Services Manager)

Infant Massage

I attended the Baby Massage course in January 2005 and found it to be very worthwhile and enjoyable.

The massage itself was beneficial and through regular use, helped ease the pain linked to wind and colic. It also helped my baby get into a regular routine in the evening for a good night's sleep.

The class allowed me to share experiences with other new mums and catch up on different hints and tips.

The course was held in a relaxed and caring environment and I would recommend it to any mother with a young baby.

Nicola McGibbon

> "I would recommend it to any mother with a young baby."

Healthy Eating Programme

The Healthy Living Programme focuses upon diet, nutrition and physical activity. The programme also provides a bridge leading to training and employment within the hospitality and leisure industry.

Refresh Café caters for up to 50 women and 40 children daily, with a focus on promoting healthier lifestyle choices among women and children, particularly in relation to diet.

A healthy eating menu is available with menus designed in partnership with the local community dietician to meet the distinct needs of the different groups using the Centre, ranging from babies and infants in the childcare unit to the senior citizen lunch club.

In addition diet cards displaying the nutritional content of the food contained within the menu are available, together with recipes from Footprints "Home Cooking Ideas" booklet. A healthy lunchbox option is also available for children with colourful packaging, badges and balloons promoting "5-a-day".

As Refresh Café has developed the business has extended and Refresh Catering Services now provides room hire and on site catering for local community groups and Health Trusts. Alternatively orders can be selected from the wide range of menus, including the Refresh healthy option.

Cookery demonstrations and taster sessions are ongoing and they are a popular means for women to sample foods from other countires; Indian, Thai, Mexican, Chinese and Mediterranean cuisines. Handy hints and recipes are picked up and the health benefits of other diets generate much discussion.

Partnership working with Down Lisburn Trust and North & West community dieticians have provided Information Days on food allergies, diabetes, specialised diets, food additives & labelling and weight management. At times when women may be bombarded with conflicting health messages surrounding food these sessions enable women to access information relating to their own circumstances.

The development of the Cook-it programme (10 groups of 8 women over 2 years) and the follow up Confident Cooking has afforded women the opportunity to explore how food impacts on health and to develop skills and knowledge based around nutrition, diet, cooking and budgeting.

Food Hygiene Certificate, First Aid training, Welcome Host and Hospitality Skills are also on offer to participants. The opportunities are also available for women to gain hands on experience through volunteering in the kitchen at Footprints Women's Centre.

"The healthy eating initiative of Footprints Women's Centre is to be very much applauded. While other larger bodies involve themselves with Footprints or with other schemes, Footprints have a more hands on approach and greater awareness of the needs of its surrounding community. Indeed it could be said that Footprints are the hub around which, other food initiatives revolve and the driving force behind the other larger bodies. There's no doubt that, because of the manner of today's society; junk foods, frozen foods and fast lifestyles, Footprints Women's Centre has taken on a tough challenge but there is definitely the determination and ingenuity among the staff to meet it head on. If Footprints wasn't taking on this challenge who would?" Kevin Sheehan - Fresh Fruit and Vegetables Supplier

refresh

ONC Hospitality Skills was piloted by BIFHE at Footprints resulting in women gaining a valuable introduction to Food Service Skills, Welcome Host and Health and Safety. Individuals have progressed to Bar Service Skills and two women have trained and have facilitated the Cook-it programme to another group of young women at the Centre.

As women became more interested in making healthier choices an interest in physical activity has developed particulary among the participants of Cook-it.

Four walk leaders have been trained and a walk is facilitated every week through the Colin Glen Forest for up to 10 women.

Numbers attending the smoking cessation group have also increased and members took an unprecedented decision to introduce a no smoking policy in the Centre, leading to the Ulster Cancer Foundation's Smoking Cessation Award.

"I started off by doing "Women Moving On". That course gave me the confidence to go on and do more courses, from Cooking, Computers, GCSE English to Women Studies. Having a Diploma in Women Studies got me into BIFHE to do a HND in Hospitality and Hotel Management."

"Supporting and empowering women is one of the great weapons in the battle against poverty and deprivation. The Footprints Women's Centre does just that".

Niall Dickson, Chief Executive of the Kings Fund

Food Vision Case Study: Food is Fun

"The Food Standards Agency has selected projects of which yours is one, to appear on the FSA and LACORS website which are considered to be examples of good practise meeting not only the key criteria regarding healthy eating but also being innovative, well-documented, reflecting local needs and demonstrating social inclusion."

Nicki Rees Independent Health Promotion
Review of Local Nutrition, Diet and Health Initiatives Involving Children and Young People Feb 2004

Through our interest in access to quality food supplies and women's concerns around the severe lack of shopping facilities in the area, research was carried out to examine these issues in greater detail.

Local women volunteered to carry out door to door surveys focusing upon the range, price and quality of fresh fruit and vegetables available for local residents in the Colin neighbourhood. The Refresh action research project was launched in June 2004 and recommendations arising from the findings are currently being pursued by the Refresh food policy steering group, utilising the expertise of community, voluntary and statutory groups.

A mobile shop parks in the grounds of the Centre twice weekly which sells fruit and vegetables brought direct from the market.

In partnership with Colin Surestart a pilot fresh fruit and vegetable voucher scheme for families was carried out over 4 months aiming to encourage consumption of fresh produce.

Footprints Women's Centre also hosted a mini-market in its' grounds in March 2005. Traders at Lisburn and St Georges Market and local businesses were approached and stalls were set up in the car park, which was well supported by local people. 200 balloons were launched much to the delight of neighbouring children with the eat 5-a-day fruit and veg message.

By Women

Social Enterprise

Footprints Trading Ltd wishes to thank all their customers during 2004/2005 and look forward to continuing to serve the community in 2005/2006.

Customers have given us this feedback on our service;

Staff at FTL have been so helpful in providing a range of non diary meals for me. I bring in my own egg free mayonnaise and diary cheese so that I can get a variety of meals and sandwiches made. Thanks for your support and willingness in this.
Martine Taggart
Footprints Women's Centre

Everything seems beneficial and healthy for my son's growth. Thank you.
Parent of child in Day-care.

My child loves the selection of sandwiches and the lunchbox but instead of oranges she would prefer a banana.
Parent of child in Creche

Food is well presented and tastes good

Food is lovely, nice and fresh.

Always made to feel at home by the staff.

Service is always with a smile.
Customers Refresh Cafe

It's like an escape from my usual surroundings and I would like use it more often. A lovely, welcoming, atmosphere and great foo The seating is really comfortable and relaxing. The group was ab to move the chairs back and sit all together at lunchtime.
Dinah Adair
Stewartstown Road Health Service

Staff looked after us so well during the full day workshops we hosted at Footprints. It is a hidden gem in the area. More peopl should know about and use this service. We will book it again.
Christine Goan.
Down Lisburn Trust

Very happy with quality of food and service. Always excellent. Goo variety and competitive prices. We will continue to use this servic
Caroline Hynes.
Praxis

Quality of food is superb. Very pleased with homemade breads and vegetarians are catered for. We hope to continue to do business.
Tony O Neill
Outerwest Adolescent Project
Whitefield House

Footprints has provided a quality childcare service which Down and Lisburn Trust has been able to aid children and families who have a range of complex needs. A positive working relationship has been achieved between the Trust and Footprints which has undoubtedly been of benefit in assessing and meeting local needs.

In my experience Footprints has delivered a flexible, creative and responsive Children's Service which has adopted a holistic approach to meeting the needs of children and their families

Mairead Davey
Senior Social Worker
Down and Lisburn Trust

"My son Daniel has been attending Footprints day-care since April 2001 when I returned to work after maternity leave. It's a big decision for any parent returning to work to choose the correct day-care Centre. I was faced with a number of decisions to make – to leave Daniel with a family member, to choose an independent registered child minder, or to leave him in a day-care Centre. My choice was Footprints – the reason, it had just opened so was nice and new. Daniel would be mixing with other children his age. He would be stimulated by nursery care activities, and for my part as a working mother, as it was an organisation, it was continuous day-care where if one member of staff was off, this did not affect Daniel! I have never been disappointed or regretted my decision to bring Daniel to Footprints."

Cathleen Jordan

Suppliers Comments

Crossgar Foodservice supply Footprints with fresh meat and poultry products of the finest quality produced by local farmers and processed in our state of the art factories. Our customers also include Hospitals, North and South Education Boards and the Hilton Hotels.

Brendan Mc Grenaghan
Commercial Manager

Hendersons Food Services have extensive product portfolio across all ranges of chilled, ambient, non foods, bakery and of course our dedicated frozen division. Product ranges from all our major manufacturers, as well as several high quality local suppliers.

Pat Leneghan
Head of Sales

Awards

"The restaurant staff are pioneers for food safety and their efforts deserve to be recognised."

Councillor James Tynsley, Chairman of the Environmental Services Committee, Lisburn City Council at the presentation of the 50th Eat Safe award to Footprints Catering Services Jan 05.The Eat Safe award is organised by Local District Councils in conjunction with the Food Standards Agency and is presented to eligible establishments that consistently exceed the current legal requirements and are committed to improving health and hygiene within food businesses, which in turn gives consumers confidence in the food they are eating.

Hospitality Assured, this standard – the first to be developed in the hospitality industry worldwide is based on the concept of best practice and was awarded to Footprints Catering Service in October 2003.The standard recognises and rewards high standards of customer service in hospitality. Developed by the Hotel and Catering International Management Association, the industry's professional body, it is being promoted in partnership with the British Hospitality Association, the industry's national trade association.

"The catering service promise is stated succinctly as 'providing food with a healthy theme served in a friendly environment.' All the evidence indicated that the objectives of the promise were being met. The emphasis on creating a home cooking atmosphere was both evident and appreciated."
Assessment Team

"A lovely, welcoming, atmosphere and great food...."

Footprints Trading Ltd

Established in April 1991, Footprints Women's Centre was set up to provide a wide range of support services and social activities in response to women's needs and to encourage women to bring about change in themselves and their community. The Centre is located in Poleglass on the outskirts of West Belfast and provides services for the Colin Neighbourhood, which includes Twinbrook and Lagmore. The geographical area is characterised by large housing estates, poor social infrastructure and few resources.

Footprints, as an organisation and business, is based on a very strong self help ethos and has developed and grown around what local women have asked to be delivered. The Centre operates as a Social Economy agency having recently established a Trading Company in April 2003. In recent years the Centre has expanded rapidly and in February 2001 moved in to a new purpose built facility funded through the Peace and Reconciliation Programme. At present Footprints Women's Centre works with up to 400 women and 46 children per week and delivers programmes within 5 key areas of activity.

(1) Childcare
(2) Training and Education
(3) Women's Support, Advice and Development
(4) Catering
(5) Community Development

From that the organisation has moved into the arena of job creation setting out to make viable careers for women and providing good work conditions and recognising the value of catering and childcare workers.

Footprints Catering Ltd was established in 1997 through the LEDU Community Business Start Up Programme. The Catering Business was located offsite and provided services for the Lisburn Institute Community Campus situated in the Poleglass estate. The women involved in the catering business have demonstrated high levels of entrepreneurial skills even adapting when Lisburn Institute withdrew from the area.

Trading expanded in 2003 when FootprintsTrading Ltd was formed to encompass all the trading activities of the Centre. Twenty-one private care places were created providing the only private day-care facility in the Colin Neighbourhood and one of only eleven within Down and Lisburn Trust area.

Footprints Women's Centre is a limited company with charitable status. The Trading Company is a separate limited company and any profits that may come from the trading company are covenanted back in to the Women's Centre.

Footprints Women's Centre and Trading Company are managed by a voluntary Board of Directors, which comprises mainly of local women, with some professional women whose particular expertise compliments the knowledge and skills of the local women.

Footprints Women's Centre employs 33 staff, 9 of these are with the Trading Company.

Turnover for the Trading Company, in its first year of operation, was £162,000, which exceeded the set target of £120,000. The second year of trading saw a turnover of £190,000. 2005/2006 will present us with an additional challenge in that the inroads that were made in providing childcare services to our local Down & Lisburn Trust have diminished due to budget restraints and the income from this source has been reduced by £50,000. We are currently looking to increase the day-care places to 34 and having been satisfied that the demand exists, given our substantial waiting list for working parents. Plans exist to expand the catering service to include functions in the knowledge that this will increase profits. Room hire and the provision of a tailored service to provide training facilities for groups in the area is another area ripe for expansion.

Belfast Regeneration Office gave financial assistance when the Trading Company started. This assistance was specific to childcare provision provided by the organisation and was necessary because of the high ratios of staff required within childcare. The Refresh Café, as it is now known, obtained funding through Lisburn Partnership to adapt the dining/social area in an attempt to enhance the income in that area. They continue to fund the cook's post and part of the salary for a catering assistant.

Volunteers are very important to both Footprints Women's Centre and Footprints Trading Limited in that the Centre couldn't survive without them. The women in the area who come to the Centre come firstly to the Drop-in area and then they feed into other areas in the Centre. They may need support in some way; they may want to use the training and education facility. The Drop-in is a good introduction to the Centre and more often than not women that use the Centre want to participate in the running of the Centre and offer their services. The catering arm of the business relies quite heavily upon volunteering and in particular the kitchen. The presence of volunteers in the Centre encourages other women to come into the Centre and this both from a social aspect through our social activities helps us fulfil our social aims and supports the Centre in the pursuit of its business aims. The women of the area are our customer base and it is important that those coming into the Centre follow through from the Drop-in to the other Centre facilities. Volunteering is a key means by which women are further encouraged to use additional facilities including the catering and the day-care facility.

Moving into trading has been a success story at the moment but that is not to say that it has been easy or without difficulties. It is a long hard struggle because, whilst in reality there are a number of incentives for community organisations to get involved in trading, when it actually comes to doing it there is actually very little out there to support you through that process. When it actually gets down to running the business and making it work, that comes down to the commitment of the people involved.

We have nine jobs created since 1997 purely through the trading aspect of the organisation and are looking to create more posts and have managed to sustain current posts.

The strategic development of the organisation through the development of the trading company has made Footprints much more business like in its approach to the delivery of services which has its advantages and disadvantages because there are very few models of social enterprise organisations that exist in the heart of the community and are run by the community. You will get a lot of voluntary organisations setting up in business but there are less social enterprises being delivered in the heart of communities.

In terms of the future we have to constantly reassess what we are doing, why we are doing it and whether it actually fits in with the overall core values and aims of Footprints Women's Centre - to support women. Though the future at present is rosy we are very hesitant about the speed of its continued growth, as it needs to be manageable and sustainable. Footprints manager, Gillian Gibson states.

'We could actually turn our whole building into a business but that is not the direction we want to move in. We want both the business and the social activities to operate along side each other and that is the continuing challenge for us.'

Elizabeth Livingstone
Finance and Business Development Manager

Community Participation

Staff and members of the centre play active roles within their local community. The voices of women from the Colin Neighbourhood are represented on numerous bodies, partnerships and committees.

Footprints wishes to support women to become more visible within their communities and in doing so redress the inequity that impacts upon every aspect of their lives. Footprints views women as being concerned with all issues affecting community life and would endeavour to promote women's views and concerns across the full spectrum.

Footprints Women's Centre is represented on the following- Colin Surestart, Colin Domestic Violence Forum, Colin Neighbourhood Initiative, Colin Health For All, Colin Counselling Service, Lisburn Strategy Partnership Board, Greater Belfast Community Partnership, Down and Lisburn Childcare Partnership, Infant Massage Steering Group, and Social Economy Lisburn

> "...setting out to make viable careers for women and providing good work conditions and recognising the value of catering and childcare workers."

The Centre

Crucial to Footprints' success has been the fact that women do things for themselves. The Centre has been built around a strong self-help ethos that has created a culture of work that integrates staff, volunteers and management around a common purpose, working for the benefit of women and children from the Colin Neighbourhood.

Board of Directors

Footprints Board of Directors are responsible for the management of Footprints Women's Centre and Footprints Trading Ltd. The Board is comprised of 11 women, 7 local women and 4 women appointed for their specialist knowledge and expertise.

The Board

Patricia Firth	Company Secretary
Joy Poots	Director
Rosanna Holmes	Treasurer
Bernadette McConnell	Secretary
Bernadette Donaghy	Director
Letitia Smyth	Director
Isobel Loughran	Director
Mary Fox	Director
Mary McNeill	Director
Helen Matthews	Director
Claire Ferris	Director
Pat Schreuder	Director

"working for the benefit of women and children..."

The Staff

Footprints employs 33 women, most of them coming from the Colin Neighbourhood. The centre is one of the largest employers within the locality and provides valuable employment opportunities within a family friendly environment for women normally excluded from participating within the workforce. On site childcare is an additional asset for mothers wishing to return to work. Footprints encourages staff to develop their careers through training opportunities available through work.

Denise Black	Cook
Julie Ann Brennan	Catering Assistant
Fiona Brady	Childcare Worker
Janet Campbell	IT Tutor
Anne Clarke	Child Development Assistant (Colin Surestart)
Christine Cosgrove	Women's Support & Development Worker
Pauline Cunningham	Training & Education Co-ordinator
Hugh Doran	Caretaker / Cleaner
Ann Duffy	Children's Services Manager
Deirdre Anne Fox	Child Development Assistant (Colin Surestart)
Alicia Gallagher	Childcare Worker
Kate Garland	Catering Assistant
Gillian Gibson	Centre Manager
Ciara Haughey	Childcare Worker
Claire Kennedy	Clerical Worker
Grainne Lagan	Childcare Worker
Mary Leydon	Domestic Support Worker
Elizabeth Livingstone	Finance & Business Development Manager
Kelly Anne Judge	Childcare Worker
Deirdre Anne McAteer	Childcare Worker
Sinead McCarry	Acting Finance Assistant
Aisling McErlane	Childcare Worker
Colette McGibbon	Women's Support & Development Worker
Kelly McGonnell	Childcare Worker
Geraldine McManus	Childcare Worker
Michelle Magee	Childcare Worker
Michelle Murphy	Reception/Clerical Assistant
Brenda O'Neill	Crèche Organiser
Amanda Quigley	Child Development Worker (Colin Surestart)
Elizabeth Sangster	Room Supervisor
Emma Smyth	Childcare Worker
Martine Taggart	Out of Schools Organiser
Eileen Wilson	Refresh Manager

Staff who have left us this year

Mary McNeill
Patricia McKnight
Sinead McIlroy
Janine Weir
Emma Garland

Volunteers

Volunteers built the early foundations of Footprints Women's Centre and they remain crucial to the day to day running of the Centre.

Up to 20 women volunteer within the centre at any one time across a range of activities. Volunteers are involved in childcare, administration, catering, hosting visitors, representing Footprints at meetings, fundraising activities, social nights, working with senior citizens, carrying out research, participating in research and providing a friendly presence and listening ear within the Drop-in.

With Women...

Footprints Women's Centre continues to work collaboratively with women from across Greater Belfast and beyond towards a more just, inclusive and equitable society in which women can participate at every level.

Women from the Colin Neighbourhood have their voices heard and represented where it counts and on the issues affecting their lives. With other women Footprints is engaged in collective action to ensure that the ground gained by women in recent years is held and expanded upon with a view to redressing the imbalance of power inherent within our society.

"Footprints Women's Centre plays a vital role in involving and informing local women of the wider women's sector movement. Their role on the management committee of the Women's Support Network enables local women's views to be given prominence in all the important issues that are currently being debated on the future of the women's sector whether that be on funding or the future infrastructure."

Patricia Haren (Director WSN)

Key organisations we currently work with include:-

Women's Support Network

The Women's Support Network is an infrastructural umbrella organisation representing the interests of up to 40 groups of women in the Greater Belfast Area.

Contact Name: Patricia Haren (Director)
Tel Number: 9023 6923

Women Into Politics

The goal of Women Into Politics is to provide support, encouragement and training to women in order to bring about their full participation at all levels of public and political life.

Contact Name: May De Silva (Director)
Tel Number: 9024 3363

Women's Tec

Women's Tec is a regional training organisation established to redress the imbalance of women being trained in the area of non-traditional skills.

Contact Name: Anne McVicker (Director)

Tel Number: 9074 9810

Belfast Women's Training Services

Unfortunately due to the funding crisis within the Women's Sector our work with this organisation ended with its recent closure in March 2005. This has left a significant gap in women's community based education and training.

Women's Information Group

The Women's Information Group give women from across the city an opportunity to meet in an informal setting and to discuss issues of concern to them. Footprints women regularly attend the monthly meetings of the group and have the opportunity to meet with other women's groups and centres from across Belfast and beyond.

Contact Name: Kathleen Feenan
Tel Number: 9024 4119

Women's Organisations

Citywide Women's Consortium
will through partnership create opportunities for marginalized women to access training and education appropriate for their needs and aspirations.
Contact name: Louise Little
Phone number: 9043 5450

Women's News
publishes a feminist magazine bi-monthly. Women's News, through a feminist ideology actively encourages and promotes a culture of inclusion, interdependence and equality.
Contact name: Kelly Andrews
Phone number: 9032 2823

Women's Resource and Development Agency's
mission as a regional organisation is to advance women's equality and participation in society by working to bring about social, political and economic change for women.
Contact name: Liz Curran
Phone number: 9023 0212

Women's Centres

Ballybeen Women's Centre
Contact Name: Tania Hughes
Phone Number: 9048 1632

Falls Women's Centre
Contact Name: Cathy Tohill
Phone Number: 9032 7672

Greenway Women's Centre
Contact Name: Rosemary Hughes
Phone Number: 9079 9912

Shankill Women's Centre
Contact Name Betty Carlisle
Phone Number: 9024 0642

Windsor Women's Centre
Contact Name: Eleanor Jordan / Hazel Gamble
Phone Number: 9023 5451

FOOTPRINTS WOMEN'S CENTRE
(INCORPORATED UNDER GUARANTEE)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2005

Consolidated Statement of Financial Activities
For the year ended 31 March 2005

	Unrestricted Funds £	Restricted Funds £	Total Funds 2005 £	Total Funds 2004 £	Notes
Incoming resources					
Incoming resources from generating funds	118,617	-	118,617	101,018	
Grants & Donations	3,300	450,476	453,776	390,945	
Investment income	755	-	755	1,261	
Total incoming resources	122,672	450,476	573,148	493,224	
Resources expended					
Resources expended in generating funds	42,995	-	42,995	13,486	
Support costs in furtherance of the objects of the group	15,658	386,301	401,959	349,295	
Management & administration of the charity	11,130	33,299	44,429	148,487	
Transfer capital grant reserve	-	35,572	35,572	-	
Total resources expended	69,783	455,172	524,955	511,268	
Net movement in funds	52,889	(4,696)	48,193	(18,044)	
Reconciliation of Funds					
Total funds brought forward	61,267	11,936	73,203	91,247	
Total funds carried forward	114,156	7,240	121,396	73,203	

The above amounts relate to continuing operations of the charity.

Total recognised gains and losses
The company has no recognised gains or losses other than those included above and therefore no seperate statement of total recognised gains or losses has been presented.

There is no difference between the retained surplus for the year stated above and its historical cost equivalent.

The accompanying notes are an integral part of this income and expenditure account.

FOOTPRINTS WOMEN'S CENTRE
(INCORPORATED UNDER GUARANTEE)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2005

Statement of Financial Activities
For the year ended 31 March 2005 - Charity

	Unrestricted Funds £	Restricted Funds £	Total Funds 2005 £	Total Funds 2004 £	Notes
Incoming resources					
Incoming resources from generating funds	3,447	-	3,447	2,182	
Grants & Donations	57,300	450,476	507,776	450,945	
Investment income	748	-	748	1,261	
Total incoming resources	61,495	450,476	511,971	454,388	3
Resources expended					
Support costs in furtherance of the objects of the charity	15,658	386,301	401,959	349,295	4
Management & administration of the charity	1,481	33,299	34,780	136,012	4
Transfer to capital reserve	-	35,572	35,572	-	
Total resources expended	17,139	455,172	472,311	485,307	
Net movement in funds	44,356	(4,696)	39,660	(30,919)	9
Reconciliation of Funds					
Total funds brought forward	52,784	11,936	64,720	95,639	2f & 5
Total funds carried forward	97,140	7,240	104,380	64,720	2e

The above amounts relate to continuing operations of the charity.

Total recognised gains and losses
The company has no recognised gains or losses other than those included above and therefore no seperate statement of total recognised gains or losses has been presented.

There is no difference between the retained surplus for the year stated above and its historical cost equivalent.

The accompanying notes are an integral part of this income and expenditure account.

FOOTPRINTS WOMEN'S CENTRE
(INCORPORATED UNDER GUARANTEE)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2005

BALANCE SHEET
As at 31 March 2005

	Notes	Group 2005 £	Group 2004 £	Charity 2005 £	Charity 2004 £
Fixed assets					
Tangible assets	10	731,750	720,142	718,666	716,117
Current assets					
Stock	11	150	150	-	-
Debtors	12	99,451	101,564	102,380	93,635
Cash at bank & in hand		99,843	105,177	91,882	91,662
Total current assets		199,444	206,891	194,262	185,297
Liabilities					
Creditors: Amounts falling due within one year	13	(91,132)	(137,713)	(89,882)	(120,577)
Net Current assets		108,312	69,178	104,380	64,720
Capital grant reserve		718,666	716,117	718,666	716,117
Net Assets		121,396	73,203	104,380	64,720
The funds of the charity					
Genral funds		20,156	11,267	3,140	2,784
Designated funds		94,000	50,000	94,000	50,000
Restricted funds		7,240	11,936	7,240	11,936
Total funds	5	121,396	73,203	104,380	64,720

These financial statements have been prepared in accordance with the special provisions of Part VIII of the Companies (Northern Ireland) Order 1986 relating to small companies.

The financial statements on pages 9 to 22 were approved by the Board of Directors on 6 June 2005 and signed on its behalf by:

M McNeill

J Poots

FOOTPRINTS WOMEN'S CENTRE
(INCORPORATED UNDER GUARANTEE)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2005

INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2005 £	Total Funds 2004 £
Generated Funds				
Miscellaneous	3,447		3,447	2,182
Grants & Donations				
BBC Children in Need		2,740	2,740	15,027
Big Lottery		10,500	10,500	-
BRO		74,932	74,932	86,323
Childhood Fund				-
CFNI				2,073
CRC				2,207
DEL		27,265	27,265	-
D&LHSST		92,353	92,353	68,106
EH&SSB		15,155	15,155	14,717
EPF		64,374	64,374	61,435
IFHC		33,163	33,163	38,476
Lisburn Council		2,960	2,960	1,900
Lisburn Health & Social Care	850	4,468	5,318	2,580
Lisburn Partnership		47,276	47,276	54,375
Lloyds				-
New Opportunities		10,070	10,070	23,944
Playboard		6,678	6,678	
Surestart		33,205	33,205	30,576
VSL				650
Wellnet		14,500	14,500	2,730
Footprints Trading Ltd	54,000	-	54,000	60,000
Miscellaneous	2,450	10,837	13,287	4,275
	57,300	450,476	507,776	450,945
Investment income				
Bank Interest	748	-	748	1,261
Total Incoming Resources	61,495	450,476	511,971	454,388

The accompanying notes are an integral part of this balance sheet

The summarised financial statements have been agreed by our auditors MT McLaughlin & Co as being consistent with the financial statements for the year ending 31 March 2005

Further information is available from:

Footprints Women's Centre Limited, 84a Colinmill, BELFAST, BT17 0AR T: 028 9092 3444 F: 028 9092 3445

Footprints Trading Limited

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2005

PROFIT & LOSS ACCOUNT

For the year ended 31 March 2005

	Notes	2005	2004
		£	£
Turnover		190,459	162,368
Cost of Sales		118,284	81,592
Gross Profit		72,175	80,776
Administration Expenses		63,649	72,475
		8,526	8,301
Other operating income		-	4,574
Operating Profit - continuing operations	2	8,526	12,875
Investment Income		7	
Profit on ordinary activities before taxation		8,533	12,875
Taxation		-	-
Profit on ordinary activities after taxation		8,533	12,875

Total recognised gains and losses

The company has no recognised gains or losses other than the profit or loss of the above financial period.

Footprints Trading Limited

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2005

BALANCE SHEET

For the year ended 31 March 2005

	Notes	2005 £	2005 £	2004 £	2004 £
FIXED ASSETS					
Tangible Assets	4		13,084		4,025
CURRENT ASSETS					
Stocks	5	150		150	
Debtors		458		129,634	
Cash at bank and in hand		7,961		13,515	
		8,569		143,299	
CREDITORS: amount falling due within 1 year	6	(4,637)		(138,841)	
NET CURRENT ASSETS			3,932		4,458
TOTAL ASSETS LESS CURRENT LIABILITIES			17,016		8,483
NET ASSETS			17,016		8,483
CAPITAL AND RESERVES					
Profit and loss account			17,016		8,483
TOTAL SHAREHOLDER'S FUNDS	8		17,016		8,483

The directors acknowledge their responsibilities for ensuring that:

1. The company keeps accounting records which comply with Article 229 of the Companies (Northern Ireland) Order 1986;

2. The financial statements give a true and fair view of the state of affairs of the company as at 31 March 2005 and of its profit for the year then ended in accordance with the requirements of the Companies (Northern Ireland) Order 1986 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part VIII of the Companies (Northern Ireland) Order 1986 relating to small companies.

Approved by the board of directors on 06 June 2005 and signed on its behalf by:

J. Poots ..... Mary McNeill .....

The accompanying notes are an integral part of this balance sheet

The summarised financial statements have been agreed by our auditors MT McLaughlin & Co as being consistent with the financial statements for the year ending 31 March 2005

Further information is available from:

Footprints Women's Centre Limited, 84a Colinmill, BELFAST, BT17 0AB T: 028 9092 3444 F: 028 9092 3445

Acknowledgements

We would like to thank the following people and organisations for their contribution and continuing support:

Funders

Big Lottery
Belfast Regeneration Office Department for Social Development
Department of Employment for Learning
Eastern Health and Social Service Board
Voluntary Community Unit Department for Social Development
Health Promotion Agency
Community Foundation for Northern Ireland (Investing for Healthier Communities)
Lisburn City Council
Lisburn Health and Social Care Group
Lisburn Partnership
PlayBoard
SureStart
Voluntary Services Lisburn
WellNet

List of Tutors

Linda Walker	BIFHE
Gerry Gribbon	BIFHE
Annette Comerford	BIFHE
Clare Murray	BIFHE
Janet Johnston	BIFHE
Braid McCallion	BIFHE
John Palmer	BIFHE
Julie Crawford	Belfast Women's Training Services
Rajni Sharma	Belfast Women's Training Services
Diane Swales	Dairy Farm Open Learning Centre
Margaret McBeigh	Dairy Farm Open Learning Centre
Janet Campbell	Footprints Women's Centre
Bernie Beckett	Footprints Women's Centre
Ealish Kelly	Footprints Women's Centre
Mary McKeown	North & West Trust
Grainne Cochraine	Shankill Open Learning Centre
Grainne Kietly	WEA
Mandy Hanna	WEA
Catherine McCartney	Women Into Politics
Kim McGregor	Women's Tec

Trainees

Aine Duffy
Pauline Grogan