

LISBURN U3A TRUSTEES REPORT

2022 – 2023

Public Benefit

Each u3a is a mutual aid organisation, operating independently as a self-funding, self-governing group but linked to the Third Age Trust.

U3as were previously called University of the Third Age but are not affiliated to universities. The ethos of u3a is centred around lifelong learning through self-help interest groups which cover a wide range of topics and activities chosen and run by the members for the members on a voluntary basis.

Membership is open to everyone in their Third Age, namely those no longer in full time employment.

All u3as pursue an equal opportunities policy and try to achieve a membership that reflects the composition and the communities they serve. Lisburn u3a aims to provide facilities for leisure time and recreational activities with the object of maintaining health and improving social well-being.

What We Do

We try to provide activities and learning opportunities that reflect what the membership wants. This ensures that the widest range of interests, educational, cultural, recreational, physical and social, are equally represented. Lisburn u3a members form interest groups to pursue a particular activity or topic, such as learning a language or playing a sport. These groups are then encouraged and supported to become self-taught where possible, and they offer learning for its own sake and not to gain qualifications.

Lisburn u3a aims to adhere to the Code of Good Governance and committee members attend courses to support this best practice. Representatives from the committee attended the Northern Ireland Regional u3a meetings and take part in appropriate training opportunities. Lisburn u3a is also part of the Older People's Network.

Purposes

Lisburn u3a is guided by the objectives of the National u3a. – The Third Age Trust - which in 2022 launched a rebranding and new logo of Learn, Laugh, Live - giving a modern look to reflect the vibrancy and commitment to its members.

Lisburn u3a aims to:

1. advance the learning of older people no longer in full time employment in Lisburn and the surrounding area.
2. provide facilities for leisure and recreation with the aim of supporting health and well-being by encouraging members to keep mentally and physically active.

Finance

Lisburn u3a is part of the National u3a which provides our insurance and the quarterly Third Age Trust magazine.

We have a nominal charge for our members which covers insurance, copies of the Third Age Trust magazine, speakers, room hire and special events which are organised during the year. Thanks to financial prudence, Lisburn u3a has a healthy balance which is enough to meet most financial constraints it is likely to encounter. Main expenses in Lisburn u3a are the hiring of facilities suitable for our larger groups. We greatly appreciate our charitable status which enables qualified members to add gift aid to our finances and reduces the cost for all our members.

We note with thanks a Community Support Grant from Lisburn and Castlereagh Council which helps, among other expenses, to fund speakers and payment of room hire for our members going forward, and to keep membership fees at an affordable rate.

Lisburn u3a Committee.

At the AGM in May 2022 a new committee was elected consisting of eight members – Chairperson, Treasurer, Administrative Secretary, Membership Secretary, Group Leaders' Convenor, Venues and Booking Secretary, Catering Co Ordinator and Speakers Administrator.

The committee met monthly during the year, to discuss the ongoing running of Lisburn u3a including items such as review of finance, membership, interest group feedback, and event planning and to ensure the welfare of our members was being addressed, especially post Covid, and its impact on mental health.

Summary of Main Activities.

Lifelong learning, self-help and volunteering are the important aspects for Lisburn u3a.

A full list of all meetings, activities, special events and outings is available on our website and published in our Group leader contact list. General updates from group leaders are published in the monthly Newsletter. The Newsletter is available in several formats, circulated by email, is on the website and mailed hard copy. A colour supplement of interesting photographs submitted by members of events or group activities is available via email and on the website each month.

In April 2022 we had approximately 370 members - membership numbers have fluctuated due to non-renewals as a result of the pandemic.

The 2022-2023 Year

Up to Spring 2022 Lisburn u3a had been conducting the monthly meetings on Zoom with some of interest groups, where possible, meeting in socially distanced conditions. However, following a survey, our members voted to return to face to face monthly general meetings and the interest groups to their pre-covid arrangements. We also ran the Zoom facility for the monthly meetings for several months in parallel with the face-to-face meeting to ensure everyone was included.

While numbers were low in attendance for the first few months, members began to feel confident about coming out once again.

Members also started to take part fully in the interest groups including the Walking groups, Archery, Badminton, Bowling, Golf, Karate, Snooker, Tai Chi and Yogalates which prove very popular with the members.

Members also recommenced Book Groups, Bridge, Crochet, French, Singing, Painting, Photography, Scrabble and Crochet Groups on a regular basis.

Occasional outings of groups for Cinema, Dining Out, Theatre and Concert and for Let's Go, where outings to places of cultural and historical interest, are being arranged.

Programme of Speakers 2022-2023

2022	Speaker	Topic
March	Baroness May Blood	From the Mill to the House of Lords
April Opera House	Aine Dolan	Behind the Scenes of the Grand
May	AGM	
June	Afternoon Tea celebrating 40 th Anniversary of u3as in UK.	
July	Peter Forbes	Blair Mayne
August	Brien Fraser	Five Steps to Wellbeing
September	Letitia Fitzpatrick	A Life in Journalism
October	Janet Wilson	Ecuador and the Galapagos Islands
November	Lindsay Easson	Fascinating Fungi
December Christmas Party.	Stephanie Lavery	Victorian Christmas Traditions
2023		
January	Lisburn u3a Anniversary Lunch	
February	PSNI Crime Prevention Unit	Scam Awareness
March	Maeve Morland	The Maritime Mile, Belfast

Submitted on behalf of Lisburn u3a by Elizabeth Fleming. Chairperson June 2022-June 2023

Elizabeth Fleming.

31st December 2023.