

LISBURN U3A TRUSTEES REPORT

2023 – 2024

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 are 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.

Purposes

Lisburn u3a is guided by the objectives of the National u3a under the 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

There is a nominal charge for our members which covers insurance, copies of the Third Age Trust magazine, speakers, room hire, and special events organised during the year.

Lisburn u3a greatly appreciates our charitable status which enables qualified members to add gift aid to our finances and we have received with thanks, a Community Support Grant from Lisburn and Castlereagh Council which helps, to fund speakers and payment of room hire for our members, thus keeping membership fees at an affordable rate.

Lisburn u3a Committee.

At the AGM in May 2023 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 a review of our policies, membership, finance, interest group feedback, and event planning and to ensure the welfare of our members was being addressed.

Members' details are held on the National u3a secure online system called Beacon which has proved to be invaluable for administration purposes. Four of the committee members are trained in its use.

The committee is also supported by the Regional Trustee of the Third Age Trust and the N. Ireland Regional Committee.

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 the monthly Lisburn u3a Newsletter. The Newsletter is available in several formats, circulated by email, posted to those without access to email and uploaded to our website. A colour supplement of interesting photographs of events or group activities submitted by members is also available via email, by post and on the website each month.

The 2023-2024 Year

Lisburn u3a continues to thrive and we are delighted to report that membership has remained steady at just over 400 members with 58 new members joining during the year.

A new members meeting was held to welcome and familiarise them with all that the organisation has to offer.

A group leaders' meeting also took place giving the opportunity for the convenors to share ideas and support each other. The Lisburn u3a membership greatly appreciates their enthusiasm and the time they give voluntarily throughout the year.

Interest group activities continue regularly with members taking part in the Walking groups, Archery, Badminton, Bowling, Golf, Karate, Snooker, Tai Chi and Yogalates.

Members also enjoyed Book Groups, Bridge, Crochet, French, Singing, Painting, Scrabble and Crochet.

Occasional outings of groups to the Cinema, Dining Out, Theatre and Concert and for "Let's Go" to places of cultural and historical interest were well attended.

Monthly meetings were also well attended, with speakers covering many topics providing interesting, informative and entertaining talks. Refreshments served on arrival give those present the opportunity to socialise with one another before and after the meetings.

During the year we enjoyed various social events namely a Barbeque in June 2023, the Christmas party in December 2023 and in January 2024 members celebrated our 14th anniversary with lunch and were entertained by the Lisburn and Banbridge Ukelele Group.

Submitted on behalf of Lisburn u3a by Elizabeth Fleming. Chairperson June 2023-June 2024