

East Antrim



THE UNIVERSITY OF THE THIRD AGE

Charity Registration n^o NIC 103317

TRUSTEE ANNUAL REPORT

FOR THE PERIOD 1ST FEBRUARY 2023 TO 31ST JANUARY 2024

The purposes of East Antrim University of the Third Age (East Antrim u3a) are to advance the education of the public, particularly the education of older people no longer in full time gainful employment in East Antrim, including the Boroughs of Newtownabbey, Larne and Carrickfergus. Membership of East Antrim u3a enhances the lives of retired people in the Boroughs of Newtownabbey, Larne and Carrickfergus, through improving the mental and physical well-being of 3rd Agers. We are governed by our Constitution. Trustees (Committee members) at the end of the reporting period were:

Jennifer Baker; Teresa Connor; Christine Harpur; John Cunningham; Helen Eagleson; Moira Foster; Marion Mahaffey; Eveline Service.

Throughout the year the Trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the Charity's purposes and provided a benefit to the beneficiaries.

East Antrim U3A has a comprehensive programme, both educational and social, available to all retired and semi-retired people within the East Antrim district. The various Interest Groups encourage and enhance the mental, physical and social well-being of the members and provide friendship, social interaction and help combat loneliness in our community.

During the reporting period our membership reduced at the start of the year but increased steadily throughout the year. We had over 30 groups including: French, Spanish, German, Reading, Walking, Canoeing, Art, Crafts, Needle Natters, Tai Chi, Calligraphy, A Bird for all Seasons, Family History, Gardening and Quizzers.

We were delighted to be able to start a new group during the year – Armchair Yoga – which has proved very successful.

These interests and shared learning experiences enhance the quality of life and are available at a minimum or no cost. We are particularly grateful to all our convenors

and member tutors who volunteer their time and knowledge. This is the ethos of u3a.

We are pleased to report that our income increased this year sufficiently to cover our expenditure. We are grateful to our members for their continued support and for their voluntary donations towards the running costs of the hall, ie. Gas, electricity, phone etc. Basic maintenance of the hall continued during the year, including servicing of Fire extinguishers and alarms and the gas boiler.

We are grateful to all our members, without whom there would be no East Antrim U3A.

A handwritten signature in black ink, appearing to read 'Teresa Connor'.

Teresa Connor

Honorary Secretary

On behalf of the Trustees