

THE GREATER SHANKILL SENIOR CITIZENS FORUM

WHO ARE WE & HOW CAN I JOIN?

The Greater Shankill Senior Citizens Forum exists to promote the interests of older people in the Greater Shankill Area.

Normally we meet on a monthly basis ten times per year (excluding July or December) on the third Friday of the month in the Shankill Library.

We welcome new members and are keen to follow up on any matters of concern to older people that are brought to our attention.

We are supported by Volunteer Now and can be contacted through the Community Projects Team:

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The Greater Belfast Senior's Forum - the G6 brings together representatives of the six older people's forums in Belfast and Castlereagh. These forums represent over 200 seniors groups and provide for the voice of older people from across the City.

The G6 has been working on issues for older people concerning transport, poverty, health and mental health.

The Forum is represented on the G6 by Anne Hamilton and Hazel McLean. At each meeting of the Forum we hear about what's happening at the G6 and in turn we feed in the views of the GSSCF to the G6.



Greater Shankill Senior Citizens Forum

June 2022 - July 2023

ANNUAL REPORT

Chairperson's Report

The year past has been very successful with the growth in membership and a busy programme, for the Greater Shankill Senior Citizens Forum .

The programme has been packed and varied, again we linked in with our friends in West Belfast 50+ Forum and continue to forge life long friendships. With the Belfast City Council small grants the forum were able to run a year long programme packed with activities and trips which included crafts, candle making, Yule Logs, window boxes and a session on herbal teas from tutor Cathy Fisher. Always keeping up to date on current issues we had a talk from Cecilia Whitehorn on keeping safe. Ronan Convery from the Consumer Council gave us advice on general consumer concerns. The local community Police have been keeping an eye on our general safety with regular visits to the Forum meetings. We enjoyed many trips and meals in the year 2022-2023 the most memorial being our trip to Rathlin Island and a good old style Pantomime at the Belvoir Players Theatre.

The Forum have been involved in other activities throughout the year such as the Falls Prevention Health Talk, G6 meetings, Age Friendly Convention and the Be Prepared information event, Volunteer Now's Womens Health Day, Kings Coronation Lunch and a trip to Crumlin Road Gaol. All events were well attended by our forum members. A very busy year!

To close, I would like to thank Volunteer Now for their support throughout the year, especially Lindsay Armstrong and Deirdre Murphy. A big thank you to my fellow office bearers Hazel, Georgina and Joanna who have worked alongside of me to bring the programme to you. Finally, thank you to all you who have supported the Forum with your unfaltering engagement and support. Without you our Forum would not exist and together we have, once again, made this year a success.

Anne

CHAIRPERSON

TREASURERS REPORT



Opening Balance at 1st April 2022	£312.76
Income	£2,809.50
Total Expenditure	£2,933.88
Closing Balance at 31st March 2023	£188.38

THE TRUSTEES GROUP



This year the work of organizing events and activities for the Forum has been undertaken by Anne Hamilton, Hazel McLean, Georgina Menice and Joanna Hewitt. The Trustee group is small and we are requesting that some of our members consider coming on board. If you can spare a couple of hours a month, please let us know. We would be so delighted to have some new members in this sub group.

Forum Yearly Report, Activities and Trips



The GSSCF with the support of Volunteer Now were successful in being awarded a grant of £1,500 from Belfast City Council in July 2022.

The committee worked especially hard to provide a wide and varied timetable for the members to enjoy. The programme rolled out throughout the year with various activities, mindfulness sessions, bread making, Christmas Yule log workshop facilitated by North Belfast Mens Shed. Cathy Fisher delivered various craft and well being sessions and Breige Browlee led a screen printing class, Trips included Rathlin Island, Antrim Castle Gardens, Crumlin Road Gaol. PHA and Bryson also give the Forum an information session and some useful advice on your home safety and our strength and balance as well as a goody bag of practical items.

Consumer Council and Cecilia Whitehorn from CM Works delivered workshops on practical advice on consumer issues and seniors protecting themselves from scams. Thank you to all the organisations that took the time to attend our Forum meetings.



Belvoir Players Pantomime



Cathy Fisher Herbal Tea Workshop



AGM 2022



Shankill

Greater Shankill Senior Citizens Forum were delighted to link in with West Belfast 50+ Forum for a joint programme of activities and trips. The Forums have enjoyed the company of the West Forum throughout the year and shared many fun memorable times together.



Christmas Activity Yule Log Making & Community Police Visit



Easter Bonnet



Lord Mayors Tea Dance

Don't forget to pick up your copy of **Shankill Mirror** as the Greater Shankill Senior Forum has a senior page updated with useful information and news on the forum and upcoming events.

