

2022/2023 AGM - Annual Report

THE TUESDAY CLUB



AGM

19th September 2023

18-20 Cookstown Enterprise
Centre

Cookstown

BT80 9LU

Tuesday Club

The Tuesday Club was established on March 2005 to encourage members to meet together daily. This reduces isolation and loneliness as well as the opportunity to get a home cooked meal.



The Tuesday Club continues to meet weekly in O4O Cookstown Ltd's Club facilities, which is based in Cookstown Enterprise Centre. Our club meets to enjoy programmes of tutor led activities. We aim to keep our members mentally active and offer engaging activities for which everyone can participate.

The Club commences at 1pm and finishes at 3pm.

We are a totally voluntary club i.e. we depend solely on volunteers to deliver our services -with the exception of our Arts and Crafts sessions which are paid for. The costs of the Arts and Crafts sessions are normally covered from Funding Bodies e.g. Mid Ulster District Council, Community Foundation for Northern Ireland

This year we got funding from Mid-Ulster District Council and the Community Foundation. We are pleased to say that along with our collaboration with O4O Cookstown Ltd, this allows the classes to take place five days a week.

Monday	Knit & Natter
Tuesday	Painting Crafts
Wednesday	Arts & Craft
Thursday	Pharmacy Project
Friday	Card Making

This year we continued with monthly outings - the Abbey Centre, Coleraine/Portrush, Craigavon and the Boulevard were enjoyed by everyone! Thanks to CDM Community Transport for their continued support on this.

If time allows Bingo or Beetle Drive is also played regularly. Sometimes we have other activities. Speakers came to provide useful information about the services they provide. Colene from Mid-Ulster Council gave us a talk on Home Safety and how to remain safe in our home. We also had story telling from the Verbal project. These were stories about different topics and some were entertaining or information but they always created discussions in the group.

The overall achievement of the Tuesday Club activities has been the direct benefit to the older people who participated in the club.

- Develop higher thinking skills
- Build self esteem

- Promotes relaxation and decreases disruptive behaviour
- Provides a form of nonverbal communication and expression
- Gives the individual a sense of choice and control
- Helps to reduce stress, fear, and anxiety
- Enriches relationships and encourages socialization
- Activates the senses and inspires spontaneity
- Encourages playfulness and a sense of humor
- Restores and motivates muscle memory
- Improves cognition and focuses attention
- Evokes new opportunities for connecting with others
- Reduces boredom
- Leads to self-expression and self-discovery
- Improves emotional and physical health
- Nurtures a sense of Self and renewed self-esteem

In March this year we did a sponsored walk to bring in extra funds to help O4O and the costs that are involved. It was a great event and raised £4655. Well done to all those who collected sponsorship.

The administration work which includes completion of funding applications, submitting claims for funding at the end of the year and all financial related duties including preparation of books for the accountant is done by Bridget Doyle and Jane Ringland in a voluntary capacity

Board of Directors 2022/2023

Elizabeth Stewart	Chairperson
Eileen Richardson	Treasurer
Jane Ringland	Secretary
Margaret Park	Director
Rosemary McKernan	Director

Volunteers

Volunteers play an important role for the Tuesday Club. Jane does the admin work and organizes the bus trips. Sharon helps with assisting members to complete their crafts. Most important are Jason and Lee who provide the tea or coffee and all the goodies.

Sincere thanks to you all for your continuing hard work!

O4O Cookstown Ltd

The Tuesday Club would like to thank O4O for the use of the Luncheon Club facilities.

Thanks

We would also like to give thanks to our tutor Jean Donaghy for the continuing support and organisation of activities. The crafts in the past year have been fantastic.

Membership

New Members are always welcome to join the group!

The annual Club membership fee remains £10.00 with a contribution for tea/coffee and additional costs for the activity involved. This money has been used for extra expenses – room hire from O4O, electricity costs and accountancy fees.