

TIME 4 ME TRUSTEES REPORT NC100979

Trustees Report – 1st July 2019 - 30th June 2020

OBJECTIVES AND ACTIVITIES

The Group was established to benefit older women regardless of age, religion, colour or political opinion in the Toome Village and surrounding rural area. Providing them with a safe venue to socialise, learn new skills and crafts. This in turns improves their health and wellbeing, increases their self esteem and alleviates social isolation. The group meet weekly during the winter months and the AGM is held in September, when new members are elected.

ACHIEVEMENTS

During the year the group received funding from the Big Lottery, this enabled them to do six weeks of various art projects, these were displayed in Castle Mall Antrim. The group went to Glenravel Community Hall to view a similar art project by the ladies from that area. A visit to Connswater Community Greenway funded by Groundwork NI provided a very enjoyable morning for the group, they planted herbs and some upcycling ideas were demonstrated by Heather. This was followed by lunch made from produce of the garden. A cookery demonstration funded by Enkalon Foundation was well attended, the group were given tips on healthy eating and how to cook nourishing meals on a budget. Floral arranging classes were offered and members created stunning table centre pieces for their homes.

PUBLIC BENEFITS

A grant from NICHI was used to purchase bedding plants and bulbs these were planted by the group in various planters throughout Toome. They provided a very colourful display during the summer months. To enhance the health and wellbeing of the women in the group we organised various talks by health representatives these included; Breast Cancer, Cervical Cancer and Bowel Cancer awareness. A trip to Derry was planned when the group took part in a guided tour of the city, exploring the unique history and viewing the colourful murals. The day ended with a meal in the Exchange Restaurant. As some of our members are carers attending Time 4 Me give them a few hours respite from their caring role. All our trustees have due regard for the Commission's Public Benefit requirement and statutory guidance. can verify the above Public Benefits.

FINANCIAL REPORT

Opening balance 1st July 2019 was £1391.51 current balance 30th June 2020 is £1911.01 The funding received by the group can potentially decrease the demand for social care and have positive impact on members health.

Martha Grant (Chairperson) 12/12/2020