

TIME 4 ME TRUSTEES REPORT NC100979

Trustees Report – 1st June 2022 – 31st July 2023

OBJECTIVES AND ACTIVITIES

The purpose of Time 4 Me is to promote activities for the benefit of older women in Toome and surrounding areas. By providing them with a safe venue to meet socially while undertaking new activities and learning a variety of crafts. This in turns improves their health and wellbeing, increases confidence and alleviates social isolation and improves their quality of life. Volunteers benefit by becoming involved in the work of the group and deriving a sense of achievement and purpose. The group meet weekly during the winter months and the AGM is held in September, when a new committee is elected. During the reporting period Antrim & Newtownabbey Boro Council provided funding towards our Christmas Dinner, and The Community Foundation funded cookery and flower arranging demonstrations, both were well attended and the group enjoyed sampling the food which was prepared.

ACHIEVEMENTS

The past year has been very successful for Time 4 Me, we have had visiting speakers covering a wide range of topics, mindfulness, meditation and hints on better sleeping. A local driving instructor gave a talk on safe driving followed by question- and- answer session.

PUBLIC BENEFITS

Those who participate in the social outings benefit from visiting places of interest, meeting up with other groups and sharing their new acquired knowledge with family members. Benefits are also measured by the number of people attending the activities and by the feedback for members of the community. 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 June 2022 balance £1360.51 current balance 31st July 2023 is £1699.81

Approved by Trustees 23rd January 2024

Martha Grant Chairperson

Geraldine Kerr Treasurer