

Trustees Report 2024

Mourne U 3 A Subject to the matters set out below, the U 3 A shall be administered and managed, to the best of our ability, according to the constitution. We are a small group of 35 elderly members.

Objectives We aim to provide objectives centered around providing educational and social opportunities for individuals, including activities to stimulate intellectual interests and promote lifelong learning, enhancing opportunities for social interaction, mental stimulation, and overall wellbeing through various programmes and events. We encourage social connections and mutual support. We also aim to acquire new skills, both practical and intellectual to enrich the lives of the participants. These objectives aim to create a vibrant and supportive community for our senior group of senior ladies, emphasizing continued learning, social enjoyment and overall wellbeing. We encourage active ageing.

Administration Our U 3 A has 4 trustees who generally look after the smooth running of the group. The trustees also hold the following posts, Chairperson, Secretary, Treasure and Transport organizer. The Chairperson leads the meetings, also involved in planning the various activities, including chair exercises and a walking group. The secretary manages records, handles correspondence and composes monthly news sheets. The Treasurer manages financial matters, budgets and financial reporting.

Finance The funds of the U 3 A are paid into an account by the treasurer. Two signatures are necessary on each cheque, in line with good financial procedures. All proper costs, charges and expenses may be defrayed from the funds of the U 3 A. We have been very fortunate in being awarded a Lottery Grant of £6,629 which must be spent between June 2023 and June 2024. This has enabled us to hire a bus on a few occasions to visit places of interest, to visit the theatre and partially subsidize the cost of tickets etc

Accounts The treasurer is responsible for keeping accounting records, the preparation of the annual statement of accounts and the completion of the statement of accounts of the U 3 A. We use A I B as our bank.

A G M The A G M is held in March or April. Advance notice is given to members. Members are welcomed and the Chairperson, the Secretary and the Treasure present their reports. Offices are declared vacant, nominations are requested, elections take place and a committee is formed. Reflecting on last year's activities, achievements and challenges are also discussed. Members input is vital, the AGM is the opportunity for members to share thoughts, suggestions and concerns. AGMs are crucially for transparency, accountability and involving the U 3A community in the decisionmaking process.

Future plans Presenting and discussing plans for the upcoming year, events and initiatives.

Challenges and solutions Addressing any challenges and brainstorming potential solutions.

Recognition and Appreciation Acknowledging the contributions of volunteers, or, members who have made an impact.

Our group meet on the last Wednesday of each month, either in a local hotel, a community hall, a golf club, or, even a theatre. This offers a unique atmosphere and can enhance creativity and collaboration. A walking group meet weekly fulfilling goals of improving fitness, socializing and exploring local landscapes and an exercise group meet each Friday in the local leisure centre.

The monthly meeting is usually a meal followed by a quiz or a talk by a guest speaker, who presents relevant expertise to our members. They may be professional, leaders, experts or local persons who can provide valuable insights.

When we read the evaluation sheets our members complete, we confirm that they are very happy with the opportunities we offer, and they are always grateful for the organization that goes into making each event a happy, and meaningful experience.

Margaret Usher (Secretary)
Ella McCartney (Treasurer)