

Omagh District U3A Trustees Report for 2021/ 2022

The Trustees are the Executive Committee.

Over the last 12 months Omagh and District U3A has been working towards our Aims and Objectives as per our Constitution.

In these still difficult times we have been getting back to face to face meetings as well as continuing to use Zoom for Executive Committee Meetings and weekly Yoga. Members also used Whatsapp, email and Facebook to inform about interest groups. Members have been kept informed of events/ meetings etc. by email, telephone, post and via social media.

Monthly Members Meetings, now back face to face in St Columba's Hall are open to people in our targeted Profile - 3rd Age, though not exclusively so, the retired/ semi-retired. Visitors are welcomed on a ' come and try it ' basis before deciding to become full members.

An average of 34 members have attended our Monthly General Meetings. (Our membership is presently 54 members)

Omagh District U3A has featured a wide range of speakers at our monthly general meetings via Zoom and in person over the past year on topics and areas that our members value and are also viewed by them as being of interest.

Members are given updates on past and upcoming activities at the monthly meeting. Information is also available on our website and via social media..

Omagh U3A offers members the further option to participate in a variety of specialist Interest Groups. This range of Interest Groups who are eligible for a starting up grant aim to be self-sustaining. Their focus is decided on by the group members and are led by the Group Co ordinators who report back to our monthly Members' meetings. The Interest Groups offer a variety of opportunities for, the development of skills, learning about our local community and from each other in a supported context. We have added two new Interest Groups in the past year Omagh Heritage and a Strolling.

The Chair/ Executive Committee members (the Trustees) and the Co ordinators of the Interest Groups offer support to members.

The Executive Committee meet monthly, on the Monday following the monthly Members' meetings. (10 per year) and Executive Committee Meetings are minuted.

Omagh District U3A engages with relevant bodies e.g. NI Regional U3A, (SWAP (South West Age Partnership), Positive Aging etc. for the benefit of our members. This year the support of these bodies has enabled, through grants, for members to avail of age related literature, seeds and yoga sessions free of charge. A Grant from SWAP also paid for a Motivational/ mindfulness speaker, when we resumed face to face meetings. It also paid for a Craft demonstration session and for room hire for the Craft, Music and Drama groups.

We are very grateful for these grants, especially as last year the Executive Committee decided not to charge a fee for membership.

We also submit an annual Report to the Charity Commission.

I would like to thank all the members of the Executive Committee for their dedicated work over the past year. Rarely does any member miss a meeting and their wiliness to work for the benefit of Omagh District U3A members has been outstanding.

We have two retiring members Paddy Largey and Lynda McKee.

Paddy was vice chair and Lynda Secretary.

On your behalf I would like to thank them for their dedicated service in the previous committee.

The Financial Report is independently verified by an independent auditor.

Please accept this as the Trustees Report for the past year.
Alistair Orr (Chair Omagh District U3A)