

Omagh District U3A Trustees Report for 2022/ 2023

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.

We have continued to recover from the Covid Epidemic with face to face meetings as well as continuing to use Zoom for weekly Yoga. Members also used Whatsapp, email and Facebook to keep inform about interest groups.

Members have been kept informed of events/ meetings etc. by email, telephone and post.

Monthly Members Meetings, in St Columba's Hall are open to people in our targeted Profile - 3rd Age, the retired/ semi-retired though not exclusively so.

Visitors are welcomed on a 'come and try it ' basis before deciding to become full members.

Attendance at our monthly meetings has continued to grow with an average of 38 members attending our Monthly General Meeting over the past year. (Our membership is presently 57 members)

Omagh District U3A has featured a wide range of speakers at our monthly general meetings over the past year on topics and areas that our members value and are also viewed by them as being of interest. We also had a very successful Lunch for members in January.

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. Membership and attendance at the Interest Groups has continued to grow over the past year.

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, yoga sessions free of charge. A Grant from SWAP also paid for also paid for a Craft demonstration session and for some room hire for Monthly meetings, Craft, Music and Drama groups.

We are very grateful for these grants which enabled the Executive Committee to keep the yearly subscription at £25 per person or £40 per couple.

We also submit this 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 one retiring member from the Executive, Gwen Hall, our treasurer who has completed her six years as permitted by our constitution.

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

The Financial Report, prepared by Gwen is independently verified by an independent auditor and has been circulated to you today.

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