

# **Leitrim Senior Citizens Annual Monitoring Return**

Registered Charity Number: 102924

Charity Address: 27 Herons Road,  
Ballyward,  
Castlewellan,  
County Down,  
BT31 9SR

The Trustees of the Leitrim Senior Citizens Group are pleased to present their Annual Report and Financial overview for the period 1 November 2017 – 31 October 2018.

The Leitrim Senior Citizens Group work to reduce social isolation by providing opportunities for senior citizens in the area to come together; to link with local service providers, statutory agencies and government departments to make seniors aware of services of which they can avail; to network with senior citizens in other areas; to provide opportunities for new activities, learning, and experiences; and to increase the physical activity, mental well-being and quality of life for senior citizens in the Leitrim area.

The Trustees – Management Committee as of 1 November 2017 are:

Charlie Keown – Chairperson  
Marie Ward – Vice Chairperson  
Mary McAleenan – Secretary  
Marian Morgan - Treasurer

Throughout the past year the group have been very proactive. We have had on average 20 members attending group activities. The group increased the frequency of meetings from one to two per month; this has proved very popular with members.

At year end the group had an income of £1,375 and expenditure totalling £1,875.90. The closing balance at 31 October 2018 was £2,982.33.

An ongoing activity has been Armchair Aerobics, facilitated by local fitness instructor Reza Shahmohammadi. Members thoroughly enjoyed this activity not only due to its fitness benefits but also in creating a relaxed and fun atmosphere within the group.

During the autumn members attended a flower arranging class in Ballyward Church Hall at the invitation of the Ballyward Senior Citizens Group. This proved so successful that we followed it up with another visit at Christmas to make festive decorations.

We hosted members from the Ballyward Group to a cross community Christmas Dinner on 18<sup>th</sup> December and this was a great success in building relations between the two groups and in encouraging new members to come along to our group.

In January, Rosalyn Murphy visited the group to facilitate a number of sessions in painting. We created a number of paintings over a series of weeks and members found this both relaxing and enjoyable.

The members participated in pottery classes during February under the guidance of Alice McDonald. This proved a huge hit with members, with many trying new skills in pottery for the first time. During March members attended an information event at the Millbrook Lodge Hotel. This was very useful in raising awareness of home safety issues and the importance of looking after mental and physical health. We were able to develop great contacts from those providing advice and organised Paula McAnulty to attend the group a few weeks later to speak about hearing issues and to undertake hearing tests with members.

Towards the end of March Patricia McClean, a Home Economics Lecturer at Southern Regional College, attended the group to give a cookery demonstration. Our friends from the Ballyward group also attended. Patricia cooked a wonderful 3 course meal which members were able to sample. As expected this proved very popular.

In April we continued our Crafts programme with the visit from John McComb, who runs a craft shop in the local area. John brought along his knitting machine and gave a demonstration as well as answering the many questions posed by members. Members thoroughly enjoyed this session and have expressed an interest in inviting John back in the near future.

To increase awareness of safety issues, an official from the Ulster Bank gave a presentation to members in May, on the different types of scams that are prevalent at present. Richard was very thorough in his presentation and was able to enhance the awareness among members of possible scams that may target them.

To enhance our links with other groups in the area, the group participated in an intergenerational project with the local playgroup. The playgroup is located with the grounds of the club where our group meets. The project enabled older people to work with playgroup children to plant a number of containers that would be located around the club groups and within the playgroup facility. This was a huge success with playgroup staff confirming that the children had a wonderful time working with our older members.

Following on from John McComb's visit, we were invited to attend the Turnip House (Craft venue) to watch a crochet demonstration and afterwards the group was treated to tea and home baking. Members had a great day and many have revisited the Turnip House on several occasions since.

Our annual visit to the Atticall Golden Club took place in June with an invitation to their Summer Party. As always this was a great trip. In July we were fortunate to visit the Battle of the Boyne. This was a very interesting and informative trip accumulating in dinner in the Downshire Arms Hotel. In August we accepted an invitation to visit a local Glamping site that had just opened. Members were very impressed by the facilities at the site.

In September our new sewing machines arrived. This enabled members to put into practice some of the skills they had learned over the previous months. The sewing machines are proving a very popular addition to our group.

To finish of the year, two representatives from Home Instead visited the group to provide information and guidance on nutrition for older people.

To enable the group to organise the variety of events and visits that have taken place through the year we were successful in obtaining funding from a number of sources including Rural Development Small Grants fund, Live Here, Love Here and Awards for All. Without these grants we would not have been in a position to attend these events and many of our members would be worse off as a result.

We would also like to thank the local playgroup for their support during the Intergenerational Project, County Down Rural Community Network and in particular Nuala McElroy for her support and guidance and a special word of thanks to the Liatroim Fontenoy's GAC for the use of the facilities to host our group.

## Leitrim Senior Citizens Group

### Financial Statement

November 2017 - October 2018

1/11/2017 Bank Account - Opening Balance		£ 3,483.23	
<b>Income</b>			
3/11/2017 Collections - Paid In		£ 220.00	
1/02/2018 Collections - Paid In		£ 100.00	
23/03/2018 Collections - Paid In		£ 155.00	
12/06/2018 Collections - Paid In		£ 150.00	
6/07/2018 Grant Received - Armchair Aerobics		£ 750.00	
		<u>£ 1,375.00</u>	£ 1,375.00
<b>Expenses</b>			
8/12/2017 Bank Charges	£ 11.13		
30/01/2018 Painting Class - Rosalind Murphy	£ 140.00		
19/02/2018 Rent - Leitrim Club	£ 150.00		
19/02/2018 Armchair Aerobics Instructor - Leitrim Club	£ 300.00		
28/02/2018 Pottery Class - Alice McDowel	£ 170.00		
9/03/2018 Bank Charges	£ 9.86		
21/03/2018 Armchair Aerobics Instructor - Leitrim Club	£ 300.00		
28/03/2018 Cooking Class - Patricia McClean	£ 180.00		
8/05/2018 Knitting Machine Demo - Turnip House	£ 15.00		
9/05/2018 Purchase of Sewing Machines	£ 500.00		
8/06/2018 Bank Charges	£ 13.72		
8/06/2018 Crochet Class and Demo - T House	£ 75.00		
7/09/2018 Bank Charges	£ 11.19		
	<u>£ 1,875.90</u>		£ 1,875.90
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31/10/2018 Bank Account - Closing Balance			<u>£ 2,982.33</u>

Signed M. Morgan

Print Name MARIAN MORGAN

Position in Group TREASURER.

Date 16 / 9 / 19