

BELFAST EAST SENIORS FORUM

CHAIRPERSONS REPORT 2023/2024

Can you believe it! It's back again! The AGM – another year gone. We are now 21 years old, and I have been sat in this chair the majority of the time. Beryl Carson was my predecessor and she sadly died in a car crash a couple of years ago.

This past year has just flown and has been a very quiet year activity wise, but a busy year of planning. We are finally getting back to normal and look back at the early 20's as a time of reflection and frustration. We have retained members on many forums or groups: The G6, the Trust's Harg (Healthy Aging Reference Group) reviewing all manner of booklets and pamphlets for age related matters, and the Belfast trust's Older Peoples Forum.

Now, to what we did all year:

In **August** we were invited to a barbeque and music at Inverary, and Anna arranged music in Tullycarnet and Dean Crooks.

In **September** we just had the forum and committee meeting.

In **October** we had our bring and buy sale with a raffle and tea and coffee. It was a huge success even though numbers were small and we had a profit of £150. This led to us awarding two groups the sum of £100 to pay for an activity. The Oak Group and Templemore Retirement Group.

In **November** there was storytelling in Dean Crookes on the 8th and 15th. On the 24th we had Christmas Dinner in Dee Street followed by music.

In **December** the Forum all went to Seasons for coffee and scones.

In **January** and **February** – it was very quiet – just the usual monthly meetings.

In **March** – we had an Easter Brunch (Fish+ Chips)/ storytelling and music. A great day!

April was quiet and **May** seemed to be full of Bank Holidays.

Next year, the committee and office bearers have been planning a full year of activities – based on anything to do with health and wellbeing, all dependent on our funding application being successful. If the Lottery doesn't come through we will try someone else.

I want to give an especial thanks to the office bearers, who have spent many hours with me formulating a plan to the committee members for listening our ramblings. Also to the rest of our members for attending our meetings whatever the weather.

Also thank you to Belfast City Council for the use of their premises and Liam, Iggy and Jackie for seeing to our every need, always a smile on their faces.

And, as usual thanks to Engage with Age for their support and funding some of our events. Especially ANNA (written with Capital Letters), our ball of dynamite and always happy to help and full of ideas.

That's it. I think I have said enough, lets get the business part of this meeting over and have lunch.

Over to you Joanna and thank you for chairing the voting.

Thank you

Anne Greenan