

# THE STARLET CLUB

## ANNUAL REPORT 2022/23

31<sup>st</sup> MARCH 2023

### Year at the Starlet Club

In the last year the Starlet club has secured £9595 from the National Lottery Awards for All programme for activities, trips with a meal out for our 15 committed members.

We have been able to run a varied programme of activities ranging from chair-based exercise with Mary, crafts, floral art, reflexology, and card making. Members engaged in all sessions enjoying a light lunch each week.

Highlights of the year were, taking on new roles, learning skills and getting out again, going to Murlan House was a highlight for afternoon tea and flower arranging session with James & Garry. We have some fantastic photographs of this day, everyone enjoyed.

### Difficulties and challenges

Our members are ageing and experiencing mobility issues which means we need more volunteer help to ensure full participation. We aim to recruit new volunteers each year and will strive to achieve this over the next few years. Retaining volunteers is sometimes an issue and our lead volunteer fell ill and three members stepped up to help run the group.

### Main Activities for Public Benefit

The direct benefits for our members from our purposes are that:

1. Members enjoy social interaction with other members of their community each week.
2. Members enjoy a hot meal.
3. Members participate and enjoy a range of activities after their meal each week.
4. The club is run in a local community centre that this fully accessible.
5. We promote good physical and mental health among our members as we organise services and activities for our members, often providing their only social outlet.

6. We promote the welfare of our members within the wider community. Serve as an information centre, share, and disseminate relevant information with local older people.
7. Participate in research, consultations, exhibitions, lectures and training courses with members and volunteers benefiting.
8. Enable local community and voluntary organisations to share information on services relevant to our members and provide information sessions to inform members of services available.

Benefits above can be demonstrated by our weekly attendance of up to 20 members, with volunteer roles within the club. Weekly meal and range of activities for older people to participate in from September to June every year. Older people in the Bessbrook area feel more connected to their community, they attend regularly, they benefit from information shared, their uptake of local services has increased, and they are staying active through regular exercise sessions.

Beneficiaries of the Starlet Luncheon club are;

1. Women aged between 70 and 96.
2. those living in Bessbrook and its surrounding areas.
3. volunteers that wish to participate in helping the group.
4. People living in residential care homes that wish to connect with the community.

Our Charity strives to make a positive impact on the Bessbrook Community and our activities are working to benefit the public in our local area. We have been able to accept some individuals that have been referred by the local health trust and Southern Age Well Network as part of a wider social prescribing scheme.

The Starlet Club is thriving, we aim to keep our group going through local and volunteer support and small grants in the future.

Secretary – Pauline Rice