**Summary Trustees’ Report for 2023**

This is an extract of the full report, which is available on our website.

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| **Section C Objectives and activities** | | |
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| **Summary of the objects of the charity set out in its governing document** | | Its purpose is to advance the education and improve the quality of life of those in their ‘third age’ who live in Flitwick and the surrounding area by offering group activities aimed at passing on the knowledge and skills of its membership and providing leisure and recreational groups across a wide spectrum of activities. |
| **Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)** | | At the year ending 31 December 2023 we had approximately 500 members and we had approximately 50 groups, ranging from Latin to lunch groups and Art to Whist. We also have monthly meetings where a guest speaker addresses our members on a range of topics. Membership remained static over the year, the inevitable losses due to ill-health and people moving away compensated by new members joining us. Membership is open to all in their ‘third age’, subject to a small annual donation of £10.00.  We also continued to produce our newsletter to members 3 times during the year, keeping our members in touch with what others were doing. The newsletters are available to the public on request, and we provide them whenever potential members show interest in our U3A  We are therefore satisfied that we have had regard to the guidance on ‘public benefit’ issued by the Charity Commission, by providing the range of opportunities described above to a wide and growing section of the local population. |
| Section D Achievements and performance | | |
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| **Summary of the main achievements of the charity during the year** | | We continued with our program of monthly meetings open to all our members, with guest speakers. These are generally very informative across a range of topics, including for example, about a suffragette, and the history of the postal service. These meetings also give us an opportunity to keep our members informed of events etc.  Our ‘Awaydays’ team provided bi-monthly trips to a variety of venues, offering a chance to learn about the history and function of the places visited.  As always, we are very dependent on those of our members who lead each of our Groups. It is they who work hard to maintain members’ interest and attendance at the various groups. Attendance at the groups remains good. The range of groups is substantial covering a number of languages, various music groups, art, literature card games, and some social groups like lunch meetings.  We also tried advertising for new members locally, which raised our profile . |