

REGISTERED COMPANY NUMBER: 07517777 (England and Wales)  
REGISTERED CHARITY NUMBER: 1142414

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2023  
FOR  
AGE WELL EAST LIMITED**

TC Group  
7 Kings Court  
Newcomen Way  
Colchester  
Essex  
CO4 9RA

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **OBJECTIVES AND ACTIVITIES**

### **Public benefit:**

In setting objectives, developing strategies and undertaking activities the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

### **Vision**

To be the go-to place for people to feel connected, informed and included as they grow older.

### **Mission**

To support and empower people to age well.

### **Values**

Trust, Excellence, Community.

## **ACHIEVEMENT AND PERFORMANCE**

### **Annual overview**

The last 12 months have been groundbreaking for Age Well East. As of April 2022, The Essex Wellbeing Service Contract was successfully launched which enabled our Befriending Service to operate Essex wide (except for Southend and Thurrock). In addition, the team mobilised another Befriending Contract in Thurrock and a Bereavement Project in Northeast Essex.

As a direct result of the significant changes that occurred within the last year the Age Well East Team has grown to circa 38 employees. We are extremely proud of the Teams individual and collective expertise, professionalism, passion and commitment to our Mission, Vision, and Values.

As a result, the Team have delivered the following:

### **Welfare and Advice Service**

Age Well East supported 3,333 clients across Essex through 4300 cases or activities. As people emerged from the Pandemic many were faced with increased costs of living, physical and health impacts of Covid19 and growing housing insecurity which has led to increasingly complex requests for assistance. The level of support provided through the service kept pace with the accelerated demand of the previous year with continued growth of 1% more client's approaching the service than the previous year.

## OBJECTIVES AND ACTIVITIES

### Welfare and advice

825 people (up 1% on 2021/22) affected by financial deprivation & declining health were assisted to increase annual collective incomes through benefits & entitlements by £1,400,000 (8% up on 2021/22) via Disability Living Allowances, Attendance Allowance, Personal Independence Payments, Pension Credit & Housing Benefit.

226 people (up 20% on 2021/22) to access Blue Badge 230 disabled parking permits.

229 people (level with 2021/22) with 236 income & eligible benefits checks.

1,121 support cases: 825 (74%) identified as new problems and another 158 (14%) said they couldn't access help with these problems elsewhere, awarding us a year-end client satisfaction of 93%.

### Dementia Services

During 2022/23 our provision has expanded, but we have remained focused on supporting anyone who is affected by dementia. We have continued to offer Dementia advice and information to anyone in need of support, have delivered Dementia Awareness sessions and supported organisations to become Dementia Friendly in our role as Chair of the Tendring Dementia Friendly Community (formerly Dementia Action Alliance). In addition to this we have an agreement with Essex County Council that enables us to undertake assessments for Hidden Disability Blue Badges.

We are also currently running a pilot 'Sundowning Project' based at Colchester General Hospital, providing activity to those who have been admitted to a general ward but who are also living with Dementia and most recently we have taken over the Dementia Information visits which, following a referral from the Memory Monitoring Service, are designed to inform people of the support and services that are available to them following a diagnosis of Dementia.

### Bereavement and End of Life

In 2022/23 we were awarded a one-year contract to provide informal bereavement support to people across Northeast Essex by Essex County Council. We delivered bereavement support to ninety-one individuals and facilitated four bereavement peer support groups across Colchester and Tendring. We also introduced two online groups, one is a men's only group and the second was an all-age group. We continue to take an active role in the NE Essex end-of-life board. We have recently secured funding for a joint project with St Helena to focus on transformation of Bereavement support across NE Essex.

### Mental Wellbeing

This year our service has evolved further to support those people living with more complex mental health needs across our community. Through close working with local therapeutic services and providers of acute support including the Crisis Café our service assisted 46 people through support sessions to prevent crisis following impacts of pain management, carer breakdown, anxiety and depression, trauma and more. Overall, we assisted 75 people to navigate a way through their difficulties with 10 people moving on to access to therapy or, following a period of stability, a further 10 people towards social reconnection and positive activities within the community through groups, clubs and activities.

### Inbound team

Our Inbound Service experienced growth in demand in 2022/23 and dealt with over 8,500 queries. As well as phone calls the team grew the webchat function through the website and dealt with 799 chats resolving peoples queries immediately. The service expanded across Essex (excluding Southend) and grew the range of events detailed on the website. Requests for information were far ranging and included clubs and activities, local support, care information, housing, legal and recommendations for safe and vetted trades people.

### Groups and Activities

Our communities team delivered groups both in the Veranda on North Hill and within the community including Brightlingsea, Greenstead, Stanway, Witham and more. The clubs cover a range of hobbies and interests to suit the needs of the community. These include but are not limited to friendship clubs, seated exercise, dementia café's, knit & Natter, social lunches, art club and games group. We ran 778 clubs in our centre and the community, which had a total of 7,288 attendances.

## OBJECTIVES AND ACTIVITIES

### Befriending

The befriending service has experienced significant growth and success in 2022-2023, and we now offer a variety of friendship opportunities to our clients. We currently have 230 dedicated volunteers actively providing companionship and support to our clients, with an additional 125 potential volunteers in the onboarding process. The introduction of peer-to-peer linking has been particularly successful in establishing companionship among clients, freeing volunteers to support those who are housebound and unable to access their community. Working in collaboration with our EWS partners, our befriending team has positively impacted over 1000 clients, effectively reducing loneliness and isolation. This progress underscores the vital role our service plays in our community's well-being, and we look forward to continuing this impactful journey.

## FINANCIAL REVIEW

### Financial position

Age Well East continued a period of sustained growth due to the strong support from our donors and partners. In 2022/23 we raised a total of £1327,888 which is 71% increase compared to the prior year (2021/22: £775,649).

Over that period, we spent a total of £1209,082, an increase of 56% compared to prior year (2021/22: £771,685). This is largely due to an increase in charitable activities (i.e. Befriending, Advice Services and Dementia, Bereavement). We also had an increase in support services expenditure, as we increased the team to support the charity's growth through the year and into 2023/24 with a large contract award with Essex County Council through Provide for the Essex Wellbeing Service.

Overall net charity income was £118,806, however £107,330 was in respect of restricted income to be utilised in 2023/2024 as detailed in note 16 of the financial statements, leaving an unrestricted surplus of £11,476.

### Investment policy and objectives

There are no funds available for long term investment due to the nature of the charities current and projected cashflows. This will continue to be reviewed in line with any surplus that is created.

### Reserves Policy

The period under review began with the charity holding unrestricted reserves of £145,705 which had increased to £157,181 by the end of the year. The trustees are of the opinion that the existing designation of funds and the amount allocated to general reserves will be adequate to maintain a satisfactory position for the charity in 2023/24.

In line with our new reserves policy the charity has adjusted the minimum unrestricted reserves on the 1st August 2023 to £146,057.

This will continue to be reviewed by the trustees in line with planned growth and adjusted accordingly.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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**FINANCIAL REVIEW**

**ACKNOWLEDGEMENTS**

The Board of Trustees would like to record its thanks to all the generous donors who have supported our work through the financial year.

With special thanks to

Annie Tranmer Charitable Trust  
Ardwick Trust  
Armed Forces Covenant  
Asda Foundation  
B&Q Foundation  
Bradfield Parish Council  
Brentwood Borough Council  
Chapman Charitable Trust CCT  
Charis Trust  
Charles S French Charitable Trust  
Colchester Borough Council  
Colchester Catalyst Charity  
Colin N Bennett Charitable Trust  
Community 360  
CVS Tendring  
Dixie Rose Findlay Charitable Trust  
Elise Pilkington Trust  
Essex Alliance  
Essex Community Foundation  
Essex County Council  
Frank Litchfield General Charitable Trust  
FSJ Trust  
Garfield Weston Foundation  
Gosling Foundation  
Hiscox Foundation  
Jacqueline Budenburg  
John Walter Wynne  
Lord Belstead Charitable Trust

Masonic Charitable Foundation  
Mistley Parish Council  
MSE Charity  
National Lottery  
Nationwide Building Society  
North East Essex CCG / ICS  
Oak Foundation  
Ogilvie Charities  
Our Colchester Business Improvement District  
Out There Media  
Percy Bilton Charity  
Provide CIC  
Rotary Club of Colchester  
Screwfix Foundation  
Sport England  
St Helena Hospice  
St Lukes Church Tolleshunt Knights & Tiptree PCC  
St Peters PCC  
Stanway Parish Council  
Sylvia Waddilove Foundation  
Thorrington Parish Council  
Thurrock District Council  
Truemark Trust  
Tudor Trust  
Veterans Foundation  
Walter Farthing Trust  
Woodroffe Benton Foundation

Many individuals remember us in their will or in memory of loved ones. Their generosity benefits others across Essex and we are glad to express our gratitude but do not name the donors.

We also receive many regular donations. Without the generosity of so many people, Age Well East would not be able to achieve the level of services that we currently provide, especially to those experiencing isolation, loneliness, and poverty.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Structure and governance**

Age Well East is a registered charity and is incorporated as a company limited by guarantee. The activities are governed by a Memorandum and Articles of Association 1 February 2011, as amended 9 May 2012, 14 April 2016, 30 October 2018, 29th August 2019, 31st December 2019 and 21st September 2021

**Trustees and organisational structure**

The members of the Board of Trustees are the Trustees of the charity and are also the directors of the company for company law purposes. Trustees are elected at the Annual General Meeting of the company for a period of three years from the date of their election. They are eligible for re-election after that period, except that the Chair may serve for a maximum of six consecutive years. The board may co-opt Trustees during the year, to serve until the conclusion of the next Annual General Meeting.

The Trustees have complied with their duty to have due regard to the guidance on public benefit published by the charity commission in exercising their powers or duties. The Board of Trustees administers the charity and meets every three months. A Finance, Audit, Risk and Governance Sub Committee (FARG) and an Operations Sub-Committee meet every 3 months and report to the Board on any risks or major delivery issues.

A Chief Executive Officer is appointed by the Trustees to manage the day-to-day operations of the charity and a Senior Leadership Team is in place.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Induction and training of new trustees

Those wishing to become a Trustee of Age Well East meet in the first instance with the Chair of the Board.

The prospective Trustee would then be formally interviewed by a minimum of two Age Well East Trustees and the Chief Executive, who then make their recommendations to the full Board of Trustees.

If the Board of Trustees agrees to appoint the prospective Trustee, he or she would be invited to attend a Board meeting and if all parties are in agreement the Board, then elects or co-elects until the annual general meeting.

All new Trustees meet with the Chair of the Board and the Chief Executive Officer once officially appointed. In addition, they are offered time with each of the senior managers in order to gain a better understanding of the operational side of the charity.

### Arrangements for setting pay and remuneration for key management.

All job roles within Age Well East are benchmarked against the same or similar roles within the charity sector. This ensures that true and fair pay is provided, Age Well East remain competitive within the sector and are able to retain and or recruit the best candidates for all roles. Trustee's set and approve pay for senior management.

### Risk management

The risk matrix is held by and reviewed at every Finance, Audit, Risk and Governance Trustee Committee and all major risks are escalated and reviewed at the main Board of Trustees meeting quarterly. The Board can confirm the required risk processes and systems have been put in place to enable effective management and reporting.

The significant areas that pose major risk are as follows:

- Loss of funding for major grant projects
- Competitors
- Fundraising
- Volunteers

In order to minimise the above risks, actions have been taken that would reduce the scoring and significance impact. An example of this is the addition of the new role of Volunteer Coordinator who will be directly responsible for the recruitment and retention of all Volunteers.

### 2023/24 objectives

Age Well East have embraced the seismic shift in the day-to-day operations of the charity that occurred in 2022/23 and have used these as a springboard to further grow and develop the charity in 2023/24.

The Age Well East Business Plan 2023/24 is driven by our Vision, Mission, and Values which are encompassed in the strategic goals as follows:

- Priority #1 Build a High Performing Team and Embed the 1Team Ethos.
  - Work towards the achievement of Best Company accreditation Level 1
  - Devise and deliver an organisation wide Communications Plan
  - Embed the Age Well East Values at every touch point in the employee journey
- Priority #2 Deliver financial and contractual compliance.
  - Achieve the 2023/24 budget and all quantitative and qualitative KPIs
  - Consolidate Community and Bereavement Services. Extend the Dementia Services in North - East Essex, expand Advice and Welfare Services across Essex
  - Retain ISO9001 and 27001 accreditation
- Priority #3 Consistently deliver an exceptional Client and Partner Experience
  - Achieve a Client Net Promoter Score of 35 - 40
  - Adopt a Client centric ethos ensuring the User Voice is represented in all areas of our work
  - Devise and deliver a Partnership Plan to maximise the potential of all joint working opportunities

**STRUCTURE, GOVERNANCE AND MANAGEMENT**  
**Senior Leadership Team**

**CEO**

Simon Prestney (Resigned November 2022)  
Tom Harrison (Appointed in December 2022)

**Deputy CEO**

Sarah M McLoughlin (Appointed December 2022)

**CEO Executive Assistant**

Claire Putman

**Heads of Department**

Alison Cokeley-Clarke (resigned January 2023)

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

07517777 (England and Wales)

**Registered Charity number**

1142414

**Registered office**

63 North Hill  
Colchester  
Essex  
CO1 1PX

**Trustees**

Chair  
N W J Avery

**Company Secretary**

C J Andrews

**Treasurer**

J A Wiggins

**Trustees**

C N Bennett

E Bloomfield

S Britter (resigned 3.08.2022)

A Georgeson

V M Loaiza (resigned 01.08.23)

E L L McCullagh (appointed 02.05.23)

A Reeves (resigned 4.05.2022)

A K Sheppard (appointed 22.11.22, resigned 01.08.23)

T P B Singh

M J G Watkins (appointed 21.09.2021, resigned 3.08.2022)

S White (appointed 3.08.2022)

Ann Reeves and Su Britter stepped down during the period covered by this report. The board would like to record its thanks to both for their contribution over a number of years.



**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2023**

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**REFERENCE AND ADMINISTRATIVE DETAILS**

**Auditors**

TC Group  
7 Kings Court  
Newcomen Way  
Colchester  
Essex  
CO4 9RA

**Bankers**

The Co-operative Bank plc  
Delf House  
Southway  
Skelmersdale  
WN8 6WT

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees (who are also the directors of Age Well East Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

**AUDITORS**

The auditors, TC Group, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 21 November 2023 and signed on its behalf by:

Trustee

## REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF AGE WELL EAST LIMITED

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### Opinion

We have audited the financial statements of Age Well East Limited (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### Other Matter

The financial statements for the year ended 31st March 2022 were not audited.

### Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

**Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

**Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

In identifying the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and trustees and reviewed supporting documentation, concerning the charity's policies and procedures relating to:
  - identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
  - the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of trustees meetings.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity.
- We communicated applicable laws and regulations throughout the audit team.
- We reviewed the the financial statement disclosures disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical review procedures to identify any unusual or unexpected relationships.
- We reviewed and tested the appropriateness of journals and other adjustments, assessed areas where judgment had been used and tested significant transactions for the appropriateness of the accounting treatment.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

## REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF AGE WELL EAST LIMITED

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### Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Jacqueline Frost (Senior Statutory Auditor)  
for and on behalf of TC Group  
7 Kings Court  
Newcomen Way  
Colchester  
Essex  
CO4 9RA

14 December 2023

## AGE WELL EAST LIMITED

**STATEMENT OF FINANCIAL ACTIVITIES**  
**(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)**  
**FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	112,268	381,607	493,875	230,823
<b>Charitable activities</b>	4				
Advice services		10,296	221,043	231,339	111,769
Communities		7,277	375,202	382,479	237,694
Veranda		9,355	44,120	53,475	41,393
Bereavement support		-	96,254	96,254	63,181
Inbound Support		25	68,397	68,422	90,707
Investment income	3	2,044	-	2,044	82
<b>Total</b>		<b>141,265</b>	<b>1,186,623</b>	<b>1,327,888</b>	<b>775,649</b>
<b>EXPENDITURE ON</b>					
Raising funds	5	9,914	451	10,365	5,914
<b>Charitable activities</b>	6				
Advice services		32,679	261,987	294,666	175,664
Communities		51,052	564,367	615,419	371,570
Veranda		5,581	56,258	61,839	46,082
Bereavement support		25,561	108,980	134,541	81,130
Inbound Support		4,377	87,875	92,252	91,325
<b>Total</b>		<b>129,164</b>	<b>1,079,918</b>	<b>1,209,082</b>	<b>771,685</b>
<b>NET INCOME</b>		<b>12,101</b>	<b>106,705</b>	<b>118,806</b>	<b>3,964</b>
Transfers between funds	16	(625)	625	-	-
<b>Net movement in funds</b>		<b>11,476</b>	<b>107,330</b>	<b>118,806</b>	<b>3,964</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		145,705	10,331	156,036	152,072
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>157,181</b>	<b>117,661</b>	<b>274,842</b>	<b>156,036</b>

The notes form part of these financial statements

## AGE WELL EAST LIMITED

BALANCE SHEET  
31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	12	21,999	30,944	52,943	46,922
<b>CURRENT ASSETS</b>					
Debtors	13	43,099	25,485	68,584	199,776
Cash at bank		116,698	556,743	673,441	877,911
		<u>159,797</u>	<u>582,228</u>	<u>742,025</u>	<u>1,077,687</u>
<b>CREDITORS</b>					
Amounts falling due within one year	14	(24,614)	(495,512)	(520,126)	(968,573)
<b>NET CURRENT ASSETS</b>		<u>135,183</u>	<u>86,716</u>	<u>221,899</u>	<u>109,114</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>157,182</u>	<u>117,660</u>	<u>274,842</u>	<u>156,036</u>
<b>NET ASSETS/(LIABILITIES)</b>		<u>157,182</u>	<u>117,660</u>	<u>274,842</u>	<u>156,036</u>
<b>FUNDS</b>	16				
Unrestricted funds				157,182	145,705
Restricted funds				117,660	10,331
<b>TOTAL FUNDS</b>				<u>274,842</u>	<u>156,036</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 21 November 2023 and were signed on its behalf by:

Trustee

The notes form part of these financial statements

**AGE WELL EAST LIMITED**

**CASH FLOW STATEMENT  
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	<b>31.3.23</b> £	31.3.22 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<b>(181,504)</b>	333,628
Net cash (used in)/provided by operating activities		<b>(181,504)</b>	333,628
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		<b>(25,010)</b>	(17,197)
Interest received		<b>2,044</b>	82
Net cash used in investing activities		<b>(22,966)</b>	(17,115)
<b>Change in cash and cash equivalents in the reporting period</b>		<b>(204,470)</b>	316,513
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<b>877,911</b>	561,398
<b>Cash and cash equivalents at the end of the reporting period</b>		<b>673,441</b>	877,911

The notes form part of these financial statements

**NOTES TO THE CASH FLOW STATEMENT  
FOR THE YEAR ENDED 31 MARCH 2023**

**1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	<b>31.3.23</b>	31.3.22
	<b>£</b>	<b>£</b>
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	<b>118,806</b>	3,964
<b>Adjustments for:</b>		
Depreciation charges	<b>18,989</b>	20,192
Interest received	<b>(2,044)</b>	(82)
Decrease/(increase) in debtors	<b>131,192</b>	(185,857)
(Decrease)/increase in creditors	<b>(448,447)</b>	495,411
<b>Net cash (used in)/provided by operations</b>	<b>(181,504)</b>	333,628

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.22	Cash flow	At 31.3.23
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Net cash</b>			
Cash at bank	<b>877,911</b>	<b>(204,470)</b>	<b>673,441</b>
	<b>877,911</b>	<b>(204,470)</b>	<b>673,441</b>
<b>Total</b>	<b>877,911</b>	<b>(204,470)</b>	<b>673,441</b>



## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity's functional and presentational currency is the pound sterling, and the financial statements are rounded to the nearest pound.

### **Critical accounting judgements and key sources of estimation uncertainty**

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants and donations and is included in full when receivable.

Gift Aid recoveries on donations from individuals are recognised in the same period as the donation.

Legacy income is included when it is probable that it will be received. Receipt is normally probable when:

- there has been grant of probate;
- the executors have established that there are sufficient assets in the estate, after settling any liabilities, to pay the legacy; and
- any conditions attached to the legacy are either within the control of the charity or have been met.'

Grants are recognised on receipt, unless the grants include performance or time related conditions, in which case income is recognised as these conditions are met. Income received relating to unmet performance or time related conditions is carried forward in deferred income.

Government grants received in connection with the Covid-19 pandemic to cover furloughed employees (CJRS grants) are recognised in donations under the normal recognition criteria.

Donated services are included at the value to the charity where this can be quantified, and where they have been supplied by local businesses in the course of their normal activities. The value of services provided by volunteers has not been included in these financial statements.

Investment income is included when receivable.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Allocation and apportionment of costs**

Direct costs are allocated against activities as incurred. Other costs have been apportioned over the activities inline with time spent on those activities by employees in supporting roles.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

**1. ACCOUNTING POLICIES - continued****Tangible fixed assets**

Improvements to property	- Period of lease
Plant and machinery	- 25% on cost
Fixtures and fittings	- 15% on reducing balance

Tangible fixed assets are recorded at cost less accumulated depreciation. Depreciation is provided at the following annual rates to write off each asset over its estimated useful life:

Improvements to property	- period of lease
Plant & machinery	- 25% on cost
Fixtures & fittings	- 15% on reducing balance

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Donated goods and services**

Donated goods and services are recognised in the financial statements when: control over the expected economic benefits that flow from the donation has passed to the charity and any performance-related conditions attached to the donation have been fully met: it is more likely than not that the economic benefits associated with the donated item will flow to the charity: the fair value or value to the charity of the donated item can be measured reliably.

**Debtors**

Debtors are initially measured at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Debtors classified as receivable within one year are not amortised.

**Creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

**Deferred income**

Deferred income represents grant income received that cannot be recognised as income, as the charity has not met performance related or time related conditions set by the donor.

**Termination payments**

Termination benefits are measured at the best estimate of the expenditure required to settle the obligation at the reporting date.

The costs of termination payments in the year are included in support costs, and are allocated across the charity's activities in accordance with the accounting policy re the allocation of support costs.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**2. DONATIONS AND LEGACIES**

	<b>31.3.23</b>	<b>31.3.22</b>
	<b>£</b>	<b>£</b>
Donations	<b>30,202</b>	20,107
Legacies	<b>8,786</b>	2,115
Grants	<b>454,887</b>	208,601
	<b>493,875</b>	230,823

**3. INVESTMENT INCOME**

	<b>31.3.23</b>	<b>31.3.22</b>
	<b>£</b>	<b>£</b>
Deposit account interest	<b>2,044</b>	82

**4. INCOME FROM CHARITABLE ACTIVITIES**

		<b>31.3.23</b>	<b>31.3.22</b>
		<b>£</b>	<b>£</b>
Grants	Activity	<b>231,339</b>	111,769
Cafe income	Advice services	<b>7,277</b>	5,282
Grants	Communities	<b>375,202</b>	232,412
Cafe income	Communities	<b>9,355</b>	13,077
Grants	Veranda	<b>44,120</b>	28,316
Grants	Veranda	<b>96,254</b>	63,181
Grants	Bereavement support	<b>25</b>	-
Cafe income	Inbound Support	<b>68,397</b>	90,707
Grants	Inbound Support	<b>831,969</b>	544,744

**5. RAISING FUNDS****Raising donations and legacies**

	<b>31.3.23</b>	<b>31.3.22</b>
	<b>£</b>	<b>£</b>
Sundries	<b>238</b>	204

**Other trading activities**

	<b>31.3.23</b>	<b>31.3.22</b>
	<b>£</b>	<b>£</b>
Purchases	<b>10,127</b>	5,710
Aggregate amounts	<b>10,365</b>	5,914

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 7) £	Totals £
Advice services	173,659	121,007	294,666
Communities	359,278	256,141	615,419
Veranda	29,077	32,762	61,839
Bereavement support	92,295	42,246	134,541
Inbound Support	67,538	24,714	92,252
	<u>721,847</u>	<u>476,870</u>	<u>1,198,717</u>

**7. SUPPORT COSTS**

	Management £	Finance £	Information technology £
Advice services	96,097	70	15,177
Communities	195,894	122	31,519
Veranda	29,569	173	1,118
Bereavement support	29,569	18	5,388
Inbound Support	18,481	12	3,911
	<u>369,610</u>	<u>395</u>	<u>57,113</u>
	Human resources £	Governance costs £	Totals £
Advice services	8,045	1,618	121,007
Communities	25,307	3,299	256,141
Veranda	1,404	498	32,762
Bereavement support	6,773	498	42,246
Inbound Support	1,999	311	24,714
	<u>43,528</u>	<u>6,224</u>	<u>476,870</u>

**8. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23 £	31.3.22 £
Depreciation - owned assets	18,989	20,192
Operating leases payments - rent	12,000	12,000
Independent Examiner's fees - Independent Examination	-	2,472
Independent Examiner's fees - other services	-	510
Auditor's remuneration - audit fees	5,500	-
Auditor's remuneration - non-audit fees	725	-
	<u>37,214</u>	<u>35,174</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**9. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**10. STAFF COSTS**

	<b>31.3.23</b>	31.3.22
	<b>£</b>	£
Wages and salaries	<b>835,674</b>	545,157
Social security costs	<b>56,999</b>	34,486
Other pension costs	<b>26,517</b>	19,407
	<b><u>919,190</u></b>	<u>599,050</u>

The average monthly number of employees during the year was as follows:

	<b>31.3.23</b>	31.3.22
Leadership	<b>1</b>	1
Charity Support	<b>5</b>	7
Fundraising	<b>6</b>	1
Advice services	<b>7</b>	5
Communities	<b>16</b>	12
Bereavement support	<b>4</b>	3
Veranda	<b>2</b>	2
Inbound support	<b>3</b>	2
	<b><u>44</u></b>	<u>33</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	<b>31.3.23</b>	31.3.22
£70,001 - £80,000	<b><u>1</u></b>	<u>-</u>

The full time equivalent number of employees was 34.

**11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	68,573	162,250	230,823
<b>Charitable activities</b>			
Advice services	-	111,769	111,769
Communities	5,282	232,412	237,694
Veranda	13,077	28,316	41,393
Bereavement support	-	63,181	63,181
Inbound Support	-	90,707	90,707
Investment income	82	-	82
<b>Total</b>	<b><u>87,014</u></b>	<b><u>688,635</u></b>	<b><u>775,649</u></b>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2023

## 11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
<b>EXPENDITURE ON</b>			
Raising funds	5,914	-	5,914
<b>Charitable activities</b>			
Advice services	11,823	163,841	175,664
Communities	38,736	332,834	371,570
Veranda	11,595	34,487	46,082
Bereavement support	3,023	78,107	81,130
Inbound Support	2,501	88,824	91,325
<b>Total</b>	<b>73,592</b>	<b>698,093</b>	<b>771,685</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>13,422</b>	<b>(9,458)</b>	<b>3,964</b>
Transfers between funds	(1,052)	1,052	-
<b>Net movement in funds</b>	<b>12,370</b>	<b>(8,406)</b>	<b>3,964</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	133,335	18,737	152,072
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>145,705</b>	<b>10,331</b>	<b>156,036</b>

## 12. TANGIBLE FIXED ASSETS

	Improvements to property £	Plant and machinery £	Fixtures and fittings £	Totals £
<b>COST</b>				
At 1 April 2022	30,764	73,421	8,914	113,099
Additions	8,035	16,975	-	25,010
At 31 March 2023	38,799	90,396	8,914	138,109
<b>DEPRECIATION</b>				
At 1 April 2022	16,461	44,056	5,660	66,177
Charge for year	4,681	13,517	791	18,989
At 31 March 2023	21,142	57,573	6,451	85,166
<b>NET BOOK VALUE</b>				
At 31 March 2023	17,657	32,823	2,463	52,943
At 31 March 2022	14,303	29,365	3,254	46,922

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>31.3.23</b>	31.3.22
	£	£
Trade debtors	<b>24,610</b>	137,500
Other debtors	<b>875</b>	-
Prepayments and accrued income	<b>43,099</b>	62,276
	<b>68,584</b>	199,776

**14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>31.3.23</b>	31.3.22
	£	£
Trade creditors	<b>28,308</b>	24,487
Other creditors	<b>36,163</b>	14,114
Accrued expenses	<b>6,000</b>	4,340
Deferred income	<b>449,655</b>	925,632
	<b>520,126</b>	968,573

**15. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	<b>31.3.23</b>	31.3.22
	£	£
Within one year	<b>12,000</b>	12,000
Between one and five years	-	12,000
	<b>12,000</b>	24,000

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**16. MOVEMENT IN FUNDS**

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
<b>Unrestricted funds</b>				
General fund	145,705	12,102	(625)	157,182
<b>Restricted funds</b>				
CEO fund	-	(261)	261	-
Communities	935	(86)	-	849
Building	8,834	(4,168)	(3)	4,663
Veranda	561	(563)	2	-
Emotional Support	1	(366)	365	-
Alliance End of Life	-	952	-	952
Armed Forces Covenant	-	879	-	879
Tudor Trust	-	1,646	-	1,646
CCG - Dementia	-	915	-	915
CCG - Frailty	-	16,901	-	16,901
CCG - Partnership	-	1,758	-	1,758
ECC - COMF	-	1,051	-	1,051
Government & Local Authorities	-	10,768	-	10,768
NHS	-	200	-	200
Trusts and Foundations	-	53,630	-	53,630
Suffolk & NE Essex ICB Sundowning	-	15,920	-	15,920
National Lotter Community Fund Reaching Communities	-	681	-	681
Masonic Charitable Foundation	-	6,847	-	6,847
	<u>10,331</u>	<u>106,704</u>	<u>625</u>	<u>117,660</u>
<b>TOTAL FUNDS</b>	<u>156,036</u>	<u>118,806</u>	<u>-</u>	<u>274,842</u>



**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**16. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	141,264	(129,162)	12,102
<b>Restricted funds</b>			
CEO fund	-	(261)	(261)
Communities	-	(86)	(86)
Building	-	(4,168)	(4,168)
Veranda	-	(563)	(563)
Emotional Support	-	(366)	(366)
Alliance End of Life	952	-	952
Armed Forces Covenant	33,532	(32,653)	879
Tudor Trust	36,381	(34,735)	1,646
Catalyst	31,513	(31,513)	-
CCG - Dementia	915	-	915
CCG - Frailty	26,250	(9,349)	16,901
CCG - Partnership	299,561	(297,803)	1,758
ECC - Bereavement	90,000	(90,000)	-
ECC - COMF	1,051	-	1,051
Government & Local Authorities	34,405	(23,637)	10,768
NHS	21,069	(20,869)	200
Trusts and Foundations	129,589	(75,959)	53,630
Essex Well Being	295,314	(295,314)	-
Suffolk & NE Essex ICB Sundowning	19,583	(3,663)	15,920
ECC - Cost of living	32,191	(32,191)	-
Thurrock BC Befriending	52,265	(52,265)	-
National Lottery Platinum Jubilee	27,507	(27,507)	-
National Lottery Community Fund Reaching Communities	44,546	(43,865)	681
Masonic Charitable Foundation	10,000	(3,153)	6,847
	<u>1,186,624</u>	<u>(1,079,920)</u>	<u>106,704</u>
<b>TOTAL FUNDS</b>	<u>1,327,888</u>	<u>(1,209,082)</u>	<u>118,806</u>

**Comparatives for movement in funds**

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General fund	133,335	13,422	(1,052)	145,705
<b>Restricted funds</b>				
CEO fund	82	(375)	293	-
Communities	1,428	(493)	-	935
Building	15,259	(6,425)	-	8,834
Veranda	1,968	(1,407)	-	561
Emotional Support	-	(758)	759	1
	<u>18,737</u>	<u>(9,458)</u>	<u>1,052</u>	<u>10,331</u>
<b>TOTAL FUNDS</b>	<u>152,072</u>	<u>3,964</u>	<u>-</u>	<u>156,036</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**16. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	87,014	(73,592)	13,422
<b>Restricted funds</b>			
CEO fund	-	(375)	(375)
Communities	-	(493)	(493)
Building	-	(6,425)	(6,425)
Veranda	-	(1,407)	(1,407)
Emotional Support	-	(758)	(758)
Alliance End of Life	52,958	(52,958)	-
Armed Forces Covenant	36,467	(36,467)	-
Catalyst	37,107	(37,107)	-
CCG - Dementia	27,000	(27,000)	-
CCG - Partnership	297,991	(297,991)	-
ECC - COMF	43,168	(43,168)	-
Government & Local Authorities	43,063	(43,063)	-
NHS	27,248	(27,248)	-
Trusts and Foundations	103,633	(103,633)	-
ECF Essex Covid Response	20,000	(20,000)	-
	<u>688,635</u>	<u>(698,093)</u>	<u>(9,458)</u>
<b>TOTAL FUNDS</b>	<u>775,649</u>	<u>(771,685)</u>	<u>3,964</u>

**Designated Fund**

The designated funds have been set aside to cover estimated costs on contractual commitments.

**Restricted Funds****Alliance End of Life**

In collaboration with St Helena Hospice, this funding enables us to train and support a dedicated team of qualified volunteers to provide end-of-life support as Compassionate Companions, for individuals who have no one to support them at their end of life.

**Armed Forces Covenant**

A multi-year socialisation project providing holistic support for Veterans in later years within our Garrison community, including those living with dementia and their family carers. Funding enables dedicated friendship groups, telephone and face-to-face befriending alongside facilitated peer-to-peer contact with local ex-servicemen of other Veteran organisations provides regular social connection for those who are at increased risk of isolation, feelings of loneliness, and potential suicide idealisation within Colchester and Harwich.

**Tudor Trust**

This three year grant has helped us to further develop our Emotional Support services and provide a range of services to people during emotionally challenging times. Including End of life support, one to one bereavement support and group bereavement support.

We have made an immediate, practical, and long-lasting positive impact on the lives of those who need our support. Reducing pressure on acute services through concentrated, targeted emotional support.

**Colchester Catalyst**

**16. MOVEMENT IN FUNDS - continued**

This grant facilitated the recruitment of a Befriending and Friendship Clubs Manager to develop our befriending team, increase volunteers, establish new community clubs, and forge new community networks. The outcomes generated via this new role collectively enabled us to reach and empower over 300 more vulnerable people to overcome their feelings of loneliness and isolation across North East Essex.

**CCG Partnership**

An ongoing collaborative partnership with EPUT, ESNEFT and CCG to provide holistic mental wellbeing support for an increasing number of people in later years experiencing mental health issues for the first time. This funding enables us to provide dedicated telephone and one-to-one early intervention support within the community and make referrals towards appropriate clinical services to reduce new presentations to impacted emergency services, and escalations in mental declines towards acute inpatient services.

**ECC Solution Focussed Bereavement Support**

We have been able to deliver support to people who are struggling to deal with grief and bereavement in the Colchester and Tendring areas. To strengthen the offer of bereavement support to residents that are struggling with grief.

People have been able to access the support in a way that suits them either face to face in person or on-line or a combination of both, and in a group format.

**Government and Local Authorities**

Various smaller grants received from Government and Local Authorities (less than £20,000).

**NHS**

Various smaller grants received from NHS (less than £20,000).

**Trusts and Foundations**

Various smaller grants received from Trusts and Foundations (less than £20,000).

**Essex Well Being**

With this five year grant, Age Well East has been able to offer community friendship services to anyone in Essex who is over 18 with an aim to end loneliness. They provide one to one volunteer friendship (befriending), pen friending and access to social groups and activities to empower people to live well.

**Suffolk & NE Essex ICB Sundowning**

This grant is funding a pilot scheme allowing two Age Well East dementia coordinators to attend two wards each at Colchester Hospital cover four older people's wards, working alongside staff teams at critical points in the day. The two coordinators work 56 hours per week within the wards. The dementia coordinator takes a person centred approach to a wellbeing and supported activity programme and identifies a range of mentally and physically stimulating activities that decrease anxiety and distract from triggers.

**ECC Cost of Living**

This grant facilitated 45 hours a week of telephone and online chat advice from trained advisors. To offer 13 additional hours a week of specialist welfare trained case advice to support complex welfare advice cases. To develop an extended welfare and support area of our website to provide specialist information aimed at our specific client group across Essex.

**Thurrcock BC Befriending**

This three year grant enables Age Well East to offer a befriending service to Thurrock Borough residents who are lonely and possibly suffering isolation from the community. Support includes face to face visits in the home, community companions and weekly telephone calls.

**National Lottery Platinum Jubilee**

**16. MOVEMENT IN FUNDS - continued**

Age Well East was able to mark the significant National moment of the Queen's Platinum Jubilee, we hosted community celebrations, creative workshops, and legacy building activities to bring our diverse Northeast Essex communities together.

**National Lottery Community Fund Reaching Communities**

This three year grant supports our Advice service to help remove financial-burdens for people and avert declining physical/mental-health. It provides the means to maintain independence and prevent longer-term and more acute decline through timely advice, and accurate completion of lengthy complex forms for income/health-related entitlements.

We can empower people towards increased levels of self-managing their circumstances, through coaching with digital-forms and processes through to accessing the things which enable people to sustain independent-living such as home help and the increased income needed to pay for it.

**Masonic Charitable Foundation**

This three year grant enables Age Well East to offer holistic Advice and Welfare support to those aged 60+ who are socially disadvantaged and/or living with long term health conditions and disabilities, experiencing hardships that obstruct social connection and community engagement.

**17. RELATED PARTY DISCLOSURES**

During the year the charity received grants totalling £834 (2022: £20,834) from donors whose trustees include a trustee of Age Well East Ltd.

The charity leases its premises at 63 North Hill from a trustee. The rent paid in the year was £12,000 (2022:£12,000). The lease expires on 31st March 2024.

**Key management personnel compensation**

Total key management personnel compensation paid in the year was £194,474 (2022: £180,595).

## AGE WELL EAST LIMITED

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2023

	31.3.23 £	31.3.22 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	30,202	20,107
Legacies	8,786	2,115
Grants	454,887	208,601
	<b>493,875</b>	<b>230,823</b>
<b>Investment income</b>		
Deposit account interest	2,044	82
<b>Charitable activities</b>		
Cafe income	16,657	18,359
Grants	815,312	526,385
	<b>831,969</b>	<b>544,744</b>
<b>Total incoming resources</b>	<b>1,327,888</b>	<b>775,649</b>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Sundries	238	204
<b>Other trading activities</b>		
Purchases	10,127	5,710
<b>Charitable activities</b>		
Wages	506,676	348,878
Social security	32,438	20,872
Pensions	12,962	9,168
Rent & premises costs	31,067	23,487
Running costs	32,202	26,564
Travel expenses	12,900	6,840
Professional fees	35,890	10,478
Subcontractors	27,500	12,000
Insurance	8,820	1,779
Advertising & Marketing	2,403	-
Improvements to property	4,681	4,270
Plant and machinery	13,516	15,285
Fixtures and fittings	792	638
	<b>721,847</b>	<b>480,259</b>
<b>Support costs</b>		
<b>Management</b>		
Wages	328,998	196,279
Social security	24,561	13,614
Pensions	13,555	10,239
Travel expense	677	509
Advertising	-	3,880
Carried forward	367,791	224,521

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**AGE WELL EAST LIMITED**
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2023**

	31.3.23 £	31.3.22 £
<b>Management</b>		
Brought forward	<b>367,791</b>	224,521
Sundries	-	3,563
Legal costs	<b>1,819</b>	952
	<b>369,610</b>	229,036
<b>Finance</b>		
Bank charges	<b>395</b>	168
<b>Information technology</b>		
Telephone	<b>11,582</b>	8,656
Computer software	<b>31,706</b>	24,860
Computer maintenance	<b>13,825</b>	10,524
Equipment	-	(515)
	<b>57,113</b>	43,525
<b>Human resources</b>		
HR & recruitment costs	<b>31,931</b>	1,288
Staff training	<b>11,597</b>	7,049
DBS costs	-	1,295
	<b>43,528</b>	9,632
<b>Governance costs</b>		
Sundries	-	143
Accountancy and legal fees	<b>6,224</b>	3,008
	<b>6,224</b>	3,151
Total resources expended	<b>1,209,082</b>	771,685
<b>Net income</b>	<b>118,806</b>	3,964

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