

REGISTERED CHARITY NUMBER: 1145523

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 JANUARY 2025
FOR
GOLDEN YEARS**

Melinek Fine LLP
Chartered Accountants
First Floor, Winston House
349 Regents Park Road
London
N3 1DH

GOLDEN YEARS

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FOR THE YEAR ENDED 31 JANUARY 2025

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GOLDEN YEARS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 JANUARY 2025

The trustees present their report with the financial statements of the charity for the year ended 31 January 2025. 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

Objectives and aims

The objectives for which the charity is established are as follows:

1) To promote the relief and social inclusion of elderly people particularly, but not exclusively, from the orthodox Jewish community by any charitable means, in particular but not exclusively by:

- a) the provision of training;
- b) the provision of social, recreational and cultural activities or events; and
- c) the provision of advisory and support services.

2) Such charitable purposes for the benefit of persons particularly, but not exclusively, of the Jewish faith in any part of the world which are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.

Significant activities

The aim of Golden Years is to improve the lives of seniors by providing them with a programme of activities designed to stimulate, educate and improve social inclusion. Golden Years was founded by a group of local residents from the Orthodox community in NW London, who identified that senior members of the community still living at home were often lonely and isolated. Care home residents are provided with social activities, whilst elderly or retired people who are not in a senior setting tend to lack opportunities to attend social events. Golden Years exists to enhance the emotional health of senior citizens and their caregivers. It reduces the risk of mental health issues with the concept that prevention is better than cure.

The age of Golden Years attendees range from retirement to over a hundred years. It runs varied initiatives and programmes designed to be of interest to its attendees. Many beneficiaries are still sharp, with little or no memory loss, so classes and entertainment are designed to be beneficial to them. Other seniors suffer varying degrees of dementia, so their needs are quite different. Programmes are created to be suitable for this group too.

An important aspect of the work Golden Years does, is providing high level programmes for those participants whose mental abilities are not compromised. Many seniors find that the tendency of younger people to treat elderly people condescendingly discourages them from attending certain social settings. Golden Years prides itself on treating its seniors as it would any other audience of intelligent, astute and quick-witted people. Many participants have led very productive and distinguished lives and have wisdom, insight and humour to offer the volunteers and each other. The programmes are designed to be as informal and interactive as possible to allow the involvement and contributions of the attendees.

Golden Years beneficiaries are from varied backgrounds; many have lost spouses and other family members. A large percentage are Holocaust survivors and most are struggling with medical and physical difficulties. For some, Golden Years events are the only opportunity they have to leave their homes. They come to escape boredom and isolation, socialise with their contemporaries, enjoy some delicious refreshments and participate in programmes. As this charity has a Jewish Orthodox ethos, there are separate programmes for men and for women. A large proportion of attendees do not attend mixed gender events.

Golden Years also aims to support the caregivers, who tend to be relatives of the elderly people, but are often friends or paid carers. Events at Golden Years provide both a place for them to spend enjoyable time with the people they care for, and an opportunity to support each other in what is usually a very challenging and overwhelming role.

Golden Years pays only one employee; there is a large network of volunteers who run the programmes, transport users to and from events and coordinate all other aspects of the charity. As a result, Golden Year's overheads are negligible and almost all funding goes directly into the services it offers. The volunteers are from varied backgrounds and often retired themselves. They have reported the significant positive effect Golden Years has had on their own lives, as they enjoy giving of their time for a useful purpose and being involved in the organisation in a benevolent capacity.

GOLDEN YEARS
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 JANUARY 2025

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees confirm their compliance with the duty to have due regard to the Public Benefit guidance published by the Charity Commission as well as the Equalities Act 2010 when reviewing the Charity's aims and objectives and in planning future activities.

FINANCIAL REVIEW

Financial review

At the beginning of the year, Golden Years held reserves of £26,781, which was equivalent to approximately 12 months of operating costs. By the end of the year, reserves had decreased to £12,888, representing around 4 months of running costs.

Golden Years is primarily funded through grants and also benefits from donations made by members of the community. With a modest budget and the majority of its activities delivered by volunteers, the charity is able to keep its overheads minimal.

Reserves policy

Expenditure for the year totalled £41,959, in line with expectations (2024: £40,845).

The trustees aim to maintain free reserves equivalent to at least 2 months and no more than 12 months of operating costs to safeguard services and ensure adequate cash flow. As at 31 January 2025, the charity held free reserves of £12,888 (2024: £26,781), which represents approximately 4 months of running costs.

FUTURE PLANS

The charity plans to maintain and develop its existing programmes in the coming years, ensuring continuity of support for its beneficiaries. This will be dependent on securing adequate funding and other necessary resources to sustain its operations effectively.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its Trust Deed and was registered with the Charity Commission on the 18 January 2012.

Recruitment and appointment of new trustees

The charity is governed by a board of at least three trustees. New trustees are appointed based on the skills and experience needed to support the effective running of the organisation. Upon appointment, each trustee is provided with key documents, including the charity's governing document and its most recent annual report and accounts.

Risk management

The Trustees have reviewed the key risks facing the charity, including financial management, safeguarding of beneficiaries, volunteer coordination, and continuity of service delivery. Appropriate systems are in place to monitor and manage these risks, including regular financial oversight, activity planning reviews, and compliance checks. The Trustees are confident that these measures provide effective mitigation and support the charity's ongoing stability.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1145523

Principal address

90 Princes Park Avenue
London
NW11 0JX

Trustees

Mrs A Gefilhaus
Mrs L Winegarten
Rebbet.in R Ehrentreu

GOLDEN YEARS

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 JANUARY 2025**

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Aryeh Melinek FCA
Melinek Fine LLP
Chartered Accountants
First Floor, Winston House
349 Regents Park Road
London
N3 1DH

Approved by order of the board of trustees on ...29/10/2025..... and signed on its behalf by:


.....
Mrs A Gefilhaus - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
GOLDEN YEARS**

Independent examiner's report to the trustees of Golden Years

I report to the charity trustees on my examination of the accounts of Golden Years (the Trust) for the year ended 31 January 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Aryeh Melinek FCA

Melinek Fine LLP
Chartered Accountants
First Floor, Winston House
349 Regents Park Road
London
N3 1DH

Date: 20/12/2025

GOLDEN YEARS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JANUARY 2025

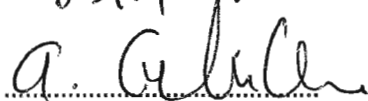
	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>9,588</u>	<u>18,478</u>	<u>28,066</u>	<u>4,064</u>
EXPENDITURE ON					
Charitable activities					
Charitable Activities		<u>23,481</u>	<u>18,478</u>	<u>41,959</u>	<u>40,845</u>
NET INCOME/(EXPENDITURE)		(13,893)	-	(13,893)	(36,781)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>26,781</u>	-	<u>26,781</u>	<u>63,562</u>
TOTAL FUNDS CARRIED FORWARD		<u>12,888</u>	<u>-</u>	<u>12,888</u>	<u>26,781</u>

The notes form part of these financial statements

GOLDEN YEARS
BALANCE SHEET
31 JANUARY 2025

	Notes	Unrestricted fund £	Restricted fund £	2025 Total funds £	2024 Total funds £
CURRENT ASSETS					
Cash at bank		16,016	-	16,016	29,928
CREDITORS					
Amounts falling due within one year	6	(3,128)	-	(3,128)	(3,147)
NET CURRENT ASSETS		12,888	-	12,888	26,781
TOTAL ASSETS LESS CURRENT LIABILITIES		12,888	-	12,888	26,781
NET ASSETS		12,888	-	12,888	26,781
FUNDS	7				
Unrestricted funds				12,888	26,781
TOTAL FUNDS				12,888	26,781

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

29/10/2025

A Gefilhaus - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2025**

1. ACCOUNTING POLICIES**Basis of preparing the financial statements**

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

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.

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.

Tangible fixed assets

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

Fixtures and fittings	- 33% on cost
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Taxation

The charity is exempt from 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 the funds is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

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

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 January 2025 nor for the year ended 31 January 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 January 2025 nor for the year ended 31 January 2024.

GOLDEN YEARS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2025

3. STAFF COSTS

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

	2025	2024
Employee	<u>1</u>	<u>1</u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>4,064</u>	<u>-</u>	<u>4,064</u>
EXPENDITURE ON			
Charitable activities			
Charitable Activities	<u>-</u>	<u>40,845</u>	<u>40,845</u>
NET INCOME/(EXPENDITURE)	4,064	(40,845)	(36,781)
Transfers between funds	<u>(27,493)</u>	<u>27,493</u>	<u>-</u>
Net movement in funds	(23,429)	(13,352)	(36,781)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>50,210</u>	<u>13,352</u>	<u>63,562</u>
TOTAL FUNDS CARRIED FORWARD	<u>26,781</u>	<u>-</u>	<u>26,781</u>

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 February 2024 and 31 January 2025	<u>1,471</u>
DEPRECIATION	
At 1 February 2024 and 31 January 2025	<u>1,471</u>
NET BOOK VALUE	
At 31 January 2025	<u>-</u>
At 31 January 2024	<u>-</u>

GOLDEN YEARS

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2025**

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Taxation and social security	537	560
Other creditors	<u>2,591</u>	<u>2,587</u>
	<u>3,128</u>	<u>3,147</u>

7. MOVEMENT IN FUNDS

	At 1.2.24	Net movement in funds	At
	£	£	31.1.25
			£
Unrestricted funds			
General fund	26,781	(13,893)	12,888
	<u>26,781</u>	<u>(13,893)</u>	<u>12,888</u>
TOTAL FUNDS	<u>26,781</u>	<u>(13,893)</u>	<u>12,888</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	9,588	(23,481)	(13,893)
Restricted funds			
Restricted Grants	18,478	(18,478)	-
	<u>18,478</u>	<u>(18,478)</u>	<u>-</u>
TOTAL FUNDS	<u>28,066</u>	<u>(41,959)</u>	<u>(13,893)</u>

Comparatives for movement in funds

	At 1.2.23	Net movement in funds	Transfers between funds	At
	£	£	£	31.1.24
				£
Unrestricted funds				
General fund	50,210	4,064	(27,493)	26,781
Restricted funds				
Restricted Grants	13,352	(40,845)	27,493	-
	<u>13,352</u>	<u>(40,845)</u>	<u>27,493</u>	<u>-</u>
TOTAL FUNDS	<u>63,562</u>	<u>(36,781)</u>	<u>-</u>	<u>26,781</u>

GOLDEN YEARS
NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2025

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,064	-	4,064
Restricted funds			
Restricted Grants	-	(40,845)	(40,845)
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>4,064</u>	<u>(40,845)</u>	<u>(36,781)</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2025.