

REGISTERED COMPANY NUMBER: 07698491 (England and Wales)
REGISTERED CHARITY NUMBER: 1145996

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021
FOR
ACTION FOR ELDERS TRUST**

Watts Gregory LLP
Chartered Accountants
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ACTION FOR ELDERS TRUST

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FOR THE YEAR ENDED 30 SEPTEMBER 2021**

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ACTION FOR ELDERS TRUST

CHAIRMAN'S REPORT FOR THE YEAR ENDED 30 SEPTEMBER 2021

As we emerge from the pandemic, we find the world to be an entirely different place: full of uncertainty, economically poorer, politically divided and devoid of values which have been the very essence of a civilised society. We are exposed daily to negative reports on global conflict, division and corruption. Our older population are vulnerable to these external factors and now more than ever the work of charities such as ours is vital to support the effect that all of this is having on their general health and wellbeing.

During the trials and tribulations of the last 12 months Action for Elders has time and again met increased demand for our services, introduced many new and innovative services such as our Digital Inclusion Programme based on that demand and continued despite increasing funding pressures to deliver to a phenomenally high standard complete with innovative impact reporting and evaluations. Exceptionally, we focus on giving older people a meaning to their lives as they are so often at the end of the queue, as we saw during the Covid-19 pandemic. Far too often we encounter those that feel that the best times are behind them. Our programmes and services highlight the wisdom, vibrancy, energy and fierceness of those in later life which is abundantly evident when given the support and confidence they need to become a vital part of their community again. In short, we work to give older people their lives back.

As we go forward into our 10th year I am proud to lead a passionate, principled and committed organisation that listens to the voices of older people and develops it into a loud roar for those that would otherwise be forgotten.

My thanks to everyone.

Lorraine Morgan
Chair of Trustees

ACTION FOR ELDERS TRUST

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021

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 30 September 2021. 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 AIMS

About Action for Elders

Why we exist

Action for Elders exists to help older people live with a better quality of life whatever their circumstances, with a particular focus on those who are otherwise left out and marginalised.

While more of us are living longer, the average 'healthy age' at which we live free of a life-limiting condition is 63. This means that older people live on average two decades with poor health, which can have detrimental consequences to their quality of life and fulfilment in their later years.

The ageing process has a compounding impact on the wellbeing of older people due to the interconnectedness between physical, mental and social health. Research highlighted by the World Health Organisation (WHO) describes how the reduced physical capabilities associated with the ageing process can inhibit the ability of older people to care for themselves and carry out daily activities, which can lead to reduced opportunities for social engagement and lead to isolation, loneliness and psychological distress. Those living with physical health conditions, which often develop in old age, are also more likely to become depressed.

Harriet's Story

Harriet is a new participant on our Balanced Lives programme and her story is illustrative of the complexity of need some older people experience and particularly the impact of having a fall can have on the lives of older people. Harriet had experienced a fall in the last year whilst caring for her husband and she required a new hip joint and still has problems with her mobility as a result. She has had 2 6-week courses with physios but still hasn't returned to her previous level of physical health. Harriet also reported low mental wellbeing (possible depression) and low levels of happiness and life satisfaction as well as expressing guilt that her fall had led to her husband being moved to a care home. Harriet has joined the Balanced Lives programme to receive support from the group, help her to regain her physical fitness as well as her mental and social wellbeing.

*Name has been changed.

Many older people in the UK are living with pain, reduced mobility, anxiety, low life satisfaction, loneliness and, in some cases, depression. This often leads to older people feeling marginalised and powerless in improving their own health and wellbeing. Although we are living longer, the gap between the average healthy living age of 63 and our increasing life expectancy means that we can expect to live more years with poor health now than we did a decade ago. Alongside the incredible medical advances that are helping us to live longer we must also provide the support to enable those years to be spent with good health and fulfilment.

How we help

We support older people to remain active, social, resilient and mobile with our online and community-based programmes. Our flagship Balanced Lives model provides a holistic programme of support, involving 'Tai Chi for Mobility' classes along with a wide range of offerings to support social and mental wellbeing, including social walks, cultural events and celebration events.

Our Balanced Lives model provides holistic support to older people, addressing all aspects of wellbeing and focusing on empowering the individual and building their resilience so that they are better able to deal with the challenges they may face in older age. The model is designed to improve:

- **Physical wellbeing**, by building strength, balance, mobility, endurance, flexibility and increasing individuals' control over their own health.
- **Mental wellbeing**, by building confidence, resilience, a more positive attitude, and a greater sense of self-worth.
- **Social wellbeing**, by building friendships, a stronger sense of community, openness to discussing problems, and a sense of value to society.

ACTION FOR ELDER TRUST

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The Balanced Lives Programme

The Balanced Lives programme was designed as a direct response to the need highlighted by research from Sheffield Institute for Studies on Ageing (SISA), which identified a gap in community-based health care provision, particularly for those aged 50 and over. We regularly review the programme using both existing research and our own data, through regular stakeholder engagement, programme monitoring and evaluation, to ensure our work is effectively addressing the needs of older people in the communities we serve.

Our approach is:

- **People-driven** – we place people at the centre of what we do, encouraging and facilitating feedback from participants to inform delivery and utilising the Senses Framework, which creates a relationship-centred self-development process, based in the values of Security, Belonging, Continuity, Purpose, Achievement and Significance.
- **Expert-led** – our Tai Chi (mobility) classes are delivered by experts who have a wealth of experience in delivering Tai Chi to improve mobility in older age and use their skills and experience in responding to the individual needs of the participants.
- **Data-informed** – we use a robust data collection strategy to help us understand the changing needs of our participants and to enable us to continually learn and develop.

The Balanced Lives Programme is delivered through weekly sessions delivered by a Physical Mobility (Tai Chi) Teacher, who focuses on the five elements for improved mobility in older people (balance, flexibility, strength, endurance and sustainability), based on research conducted as part of an audit on the National Services Framework for Older People, Department of Health 2002. The programme is also facilitated by a Social Host who focuses on supporting older people through group discussions and activities based on the relationship-centred Senses Framework. The Balanced Lives programme helps to give older people an improved understanding of their physical, social and emotional wellbeing and introduces them to the tools to make positive changes to enrich their wellbeing in later life.

At the centre of the programme is improved physical health and mobility; Tai Chi is used as the vehicle for change, helping older people to gain an awareness of their movement patterns and an ability to change them, enabling them to experience safe, efficient and effective functional movement.

“The mobility classes have enabled me to be proactive and learn more about how to use my body to benefit me”

Having an improved awareness of their body boosts their confidence in carrying out Activities of Daily Living and increases their ability to live an independent and active life. The safe, trusting, open and supportive space provided by the programme enables older people to feel able to share things, receive support and learn how to improve their wellbeing. Through the increased understanding of their own wellbeing and having the tools to make changes, older people feel better equipped to deal with the challenges that life throws at them.

Public benefit

In setting the charity's objectives, the trustees have paid due regard to Public Benefit guidance published by the Charity Commission. How the charity fulfills this responsibility is contained in the various sections of this report and review.

ACHIEVEMENT AND PERFORMANCE

Our 2021 Year In Review

Adapting During Covid-19

Action for Elders has provided Balanced Lives to over 3,000 people since COVID restrictions began. We made significant changes in our delivery to be able to support older people at a time they needed us most. This involved moving delivery online, providing digital support to enable people to access our support and introducing new programmes to reflect the changing needs of our participants.

Balanced Lives at Home

Our re-positioned programme 'Balanced Lives at Home' was designed to meet the immediate needs of our participants during Covid-19. Balanced Lives at Home was delivered throughout the lockdowns and was a complete programme of online support, helping older people to maintain and improve their physical, social and mental wellbeing. The following offers were delivered online as part of the Balanced Lives Programme:

- Mobility Sessions
- Wellbeing Sessions
- Book Club
- On-demand YouTube videos
- Weekly News and Information Sheet

ACTION FOR ELDERS TRUST

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2021

Digital Support

Our Digital Support officer provided support to our participants to get online throughout the pandemic. Helping participants to get online and improve their digital skills has helped to broaden their independence, widening their access to other sources of support and social connections online, beyond our online offerings.

Since emerging from lockdown, our Digital Support Officer has been able to visit people in their homes and in community settings to provide digital support.

Liz's Story

She has travelled the world, but it was a local meeting in Swansea that led to former air hostess Liz being able to reconnect both nationally and internationally. After meeting Adrian Scott, our tech expert, at an afternoon of digital support and live stream of our Book Club, in the Waterfront Museum, Swansea, Liz told of the terrible problems she had been having with her mobile phone.

Adrian arranged a home visit and soon sorted out the phone issues. As a former air hostess, Liz has countless stories about her "expeditions around the world." Once her phone was up and running Liz then wanted advice on navigating the world of social media. Adrian was able to set Liz up with Facebook photos, adding contacts to her phone and email accounts.

"It was a fantastic service, I was very pleased with what Adrian was able to do for me," she said. Liz is now part of one of our local Balanced Lives exercise groups and whenever she sees Adrian, she greets him with a very big smile. It's the small things that matter. "Some things on social media can be confusing, but Adrian makes sure they are never complicated," says Liz.

Emerging from the Pandemic

Based on the success of our online support, and our participants' desire to continue with online delivery after the pandemic, we have developed a combined model of support, building on the Balanced Lives at Home model to help our participants to build back after Covid-19. This combined model of support involved community-based mobility classes, online sessions and social events.

Changing Needs

Since emerging from lockdown, many older people are facing greater challenges now than they did before the start of the pandemic, especially due to anxieties around social interaction and a lack of activity which has led to some deconditioning and reduced mobility.

Reduced opportunities to be physically active and get the support they need to look after their physical health has led to many older people experiencing reduced exercise levels, an increased risk of falls, and a reduced ability to conduct day to day activities due to deconditioning. Extensive periods of lockdown measures have also increased the risk of older people experiencing loneliness and isolation and a worsening of their mental wellbeing.

We did a survey of 65 participants attending our celebratory events and found that:

- **55%** have been feeling more stressed and anxious since the start of the Covid-19 pandemic.
- **57%** have had less confidence to socially connect with people since the start of the Covid-19 pandemic.

Since the lifting of lockdown restrictions and the return to face-to-face delivery, we have focused on delivering Balanced Lives in community settings and delivering social events to help older people to return safely to social interactions, through our 'Getting Back Out There' campaign.

Getting Back Out There

Since August 2021, we have been supporting older people with a programme of events as part of our *Getting Back Out There* campaign. Alongside our Balanced Lives Programme community-based classes we have also delivered the following:

- **Social Walk** – Every Thursday we invite participants on a gentle stroll round the marina followed by tea and chat back at the Waterfront Museum. This is a chance to walk safely in the company of others, the walk is suitable for all abilities.
- **Tea and Chat** – Every Friday afternoon we meet at the National Waterfront Museum, giving people the chance to chat with others over a cup of tea for some TLC (Tea, Laughter and Chatter).
- **Book Club** – a monthly online event, encouraging people to talk about their book of choice and enjoy discussing a variety of books with other people.

Our Impact

The Impact of Balanced Lives

The changes that we see in participants during the lifetime of the Balanced Lives programme contribute to older people feeling: happier, better understood, less anxious, more valued and socially connected, more physically able to live an active and independent lifestyle and ultimately live with a higher level of wellbeing in later life. Crucially, we provide marginalised older people with a source of support and kindness that makes them feel cared about and valued, which is the first step in helping them to improve their health and wellbeing.

The holistic support we provide on our Balanced Lives Programme leads to the following outcomes for older people:

- **Improved physical wellbeing** – better balance and mobility, increased ability to do daily activities, fewer GP appointments and lower risk of falls.
- **Improved mental wellbeing** – increased resilience, lower levels of anxiety, greater happiness, higher life satisfaction and greater feeling of self-worth.
- **Improved social wellbeing** – lower levels of social isolation and loneliness, increased number of social connections and a greater feeling of being supported.

“Action for Elders is essential for my wellbeing. I am fitter, stronger, [have] better posture, less isolated, have something to look forward to whatever the situation. My mood improves.”

“Tai Chi has improved my flexibility, helped with back issues and mental health.”

Providing a ‘Lifeline’ during the pandemic

We are proud to support older people to deal with the challenges in their life, no more so than since the emergence of Covid-19, when older people were one of the hardest hit groups from lockdown restrictions and the virus itself. Our incredibly dedicated and passionate team provided support to older people across England and Wales that some participants simply described as a ‘life saver’.

Data from our online **Balanced Lives at Home** programme, attended by over 50 people during 2020/21, shows that:

- **83%** of participants reported improvements in their physical wellbeing, including increased strength, improved mobility and reduced pain.
- **92%** of participants reported improvements in their mental wellbeing, including increased resilience and improved life satisfaction.
- **100%** of participants reported improvements in their social wellbeing, including feeling closer to others, meeting new people and being part of a wider group.
- **83%** of participants said the online classes had a positive impact on their life.

“Online support has been a life saver through the pandemic. The online mobility classes have been good for my physical strength, and I also found the gentle form of exercise with a group very therapeutic and the deep breathing during tai chi so relaxing.”

“I have always suffered with my mental health problems and got even worse through lockdown. Since I found Action for Elders and everything you do I feel happy again. I love promoting everything you do and I tell all my friends as I feel it will make a real difference.”

Helping older people to ‘Get Back Out There’

Following the lifting of lockdown restrictions, we returned to delivering 10 community-based Balanced Lives Programmes and are reaching older people across England and Wales through our community-based classes, online sessions and social events:

- **130** older people are attending weekly mobility classes
- **80** older people are attending weekly GBOT offerings
- **400+** older people are attending our celebratory events

We did a survey of 65 participants across our social event offerings and found that:

- **79%** have experienced improvements in their mental wellbeing, including feeling less anxious and more resilient.
- **76%** have experienced improvements in their physical wellbeing, including improved balance, strength and co-ordination.
- **95%** said the events feel like a safe way to get out and be with other people after Covid.
- **97%** said the events have helped them to feel more socially connected after Covid.

"I live on my own all week, so when I go to social events I struggle to make conversations. Since coming to your Tea and Chat I have really come out of my shell and gained my confidence as well as making many new friends."

"Getting back out in society and meeting people and attending events have been a great help to me."

"It has made a great impact both physically and mentally. I join our lovely group for the Marina walk every Thursday and the chat and Tai Chi group on a Friday at Penllergaer."

"The best thing about Action for Elders is [the] chance to socialise with like-minded people. I have learned a lot during our chats. It has got me back out after the imposed isolation that the pandemic restrictions put on us. I really look forward to our meet ups and have made some lovely friends!"

Penny's Story

Penny, aged 84, attends our Social Walk and Tea and Chat in Swansea.

Penny lives on her own and before lockdown was diagnosed with lung cancer she became very ill going through chemotherapy and the removal of one lung made her mental and physical wellbeing take a hit. Thankfully, the treatment would work and she was on the road to recovery however, lockdown happened. Due to the chemotherapy her immune system had weakened, making any social interaction impossible as no one was able to check in on her. Penny said "lockdown was hard for me. I really struggled with loneliness. I would often have conversations with myself as I wouldn't see anyone for weeks at a time."

Thanks to our Getting Back Out There campaign Penny was able to find many of the events we were able to offer such as our Social Walk and Tea and Chat. Penny said "coming to your social events has really helped me and I couldn't be more grateful I have made many new friends which we often socialise on days we don't come to your events and the walk has really helped my breathing which I have struggled with since having one of my lungs removed. I just wanted to say everyone at Action for Elders is doing a great job and I want to say thank you."

Strategic Development

There is no doubt that the pandemic brought distinct economic challenges to the sector whilst at the same time those of us in the areas of health-care support saw an increase in the need for our services. Whilst some charities focused more on keeping their doors open Action for Elders undertook significant change to think differently about solutions. We realised that we should be using the insights from older people coupled with measurement results now more than ever. This we felt would enable the charity to focus its resources sustaining high quality services as well as adjusting activities to position the organisation well for the future. We wanted to remain agile, creative and optimistic to find new ways to meet the needs of our beneficiaries during these challenging times. In short, we re-set our strategy to embrace innovation, widen our demographic, introduce new services with a wide variety of partners and yet remain true to our core.

An increasingly competitive funding environment means that we must look at new ways to grow and develop. Our recent partnership with Value Based Healthcare in Wales is particularly exciting as it mirrors our own developments in understanding and promoting the social value that we bring to the health and wellbeing of older people. It also brings with it commercial opportunities!

The introduction of a 'Council of Elders' advisory board will ensure that we remain connected with our grassroots in every community that we are active in and allow for real reciprocal equal partnerships with older people. A factor crucially important to our funders at the moment.

It is a continuous frustration to the Board and executive team that the skills that we have as a small team to provide efficient and skilful management even in times of crisis are hindered by inadequate investment in our fundraising and administrative infrastructure which in turn has an impact on our organisational effectiveness. Just think what could be achieved if this was not the case!

Strategic Priorities

We will shortly be entering our 10th year of operations. As we do so our strategic priorities remain the same as previous years with some adjustments.

Our focus as always is to build the resilience and sustainability of the organisation in particular looking at ways to diversify our income streams but also increase the amount of unrestricted income at our disposal. Only by doing this will the organisation truly be in control of its own destiny and able to plan for the future.

Whilst as previously we are continuing to build a comprehensive and robust fundraising strategy our emphasis for the short term will be on developing a membership scheme which allows us to build a community of likeminded people that will benefit from our services and at the same time improve their health and wellbeing. This scheme will be open to all as donors but will be particularly relevant for those in need of health prevention in later life as well as those with more chronic conditions.

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We have learnt partly from the pandemic that we have no difficulty in establishing new innovative services or finding new markets for these services. Our recent successful pilot with the Prison service is a fine example of this. Our challenges still lie in raising income away from the traditional channels which have become more competitive with all manner of organisations now competing for funds and worse introducing similar inferior services. Our reason for existence was that 10 years ago there were no other charities offering what we offer. Whilst that is still true to an extent there is no doubt that today we also have imitators!

Thus, with any focus on building income streams that are sustainable we must in tangent follow clear and consistent messaging illustrating our Unique Selling Points supported by stories that emotionally connect with people. As illustrated throughout this report we now have many stories to tell – it's just finding an effective and powerful way to tell them!

The next 12 months will continue to challenge us and yet we will continue to find opportunity in crisis...it is after all what is in our DNA.

FINANCIAL REVIEW

Financial Review

Action For Elders Trust's financial year end is 30 September 2021. In order to develop services, attract key experienced members of staff and research new opportunities the charity continues to ensure that its day to day finances are healthy, its accounting procedures are robust and that it is alert to the strategic issues and risks associated with the management of funds under its guardianship.

During the year the income of the charity grew again. Given that the majority of this was during a worldwide pandemic and economic decline the magnitude of which has not been seen in many people's lifetimes, it was particularly impressive. Whilst charities must be operated and run in a business-like manner, the rules of the corporate world do not regrettably always apply to the third sector. This is particularly noticeable for a medium sized charity such as ours. The complexity of funding is always high on the agenda, as is the nature of investing in central costs. Crucial at any stage but particularly for a charity in stage 2 of organisational development where robust systems and processes are of huge importance to our development, sustainability and resilience. For the second year running we have attracted more funders that recognise the importance of investing in our infrastructure. These include but are not limited to the Julia and Hans Rausing Trust, People's Postcode Community Lottery, Welsh Council for Voluntary Action (WCVA) and the Moondance Foundation. These enlightened funders know that it takes years of investment and continuous development to make a business sustainable. The funding complexities of the sector means that for us this whole process will take slightly longer. As mentioned elsewhere in this report we will continue to focus on our plans of building income away from Grants and Foundations. However, the next 12 months will be financially challenging for all of us as we see greater competition for funding, change of emphasis for funders towards a more grassroots approach and unfortunately competition between the charities themselves as they 'chase' the money. A number of years ago we launched a business plan entitled '**Sustaining what is and Building what isn't**' that is still very much relevant to our operations today. We have IN FACT made progress albeit painfully slowly!

Sadly, after a promising start our relationship with new bankers was non-existent during the year. A sad reflection on the current state of the finance sector and its lack of emphasis on customer service but more on money lending. Whilst others might welcome this stance, it is not for us particularly with the funds held on deposit over the last 12 months. We continue to court good relationships with others and again interested parties discussed finance options with us throughout the year. Other than a 'Bounce Back' Loan our view on this still remains cautious.

Financial Out-turn

The presentation of our accounts for the year reflects our responsibilities in relation to the various grant funders that have supported us with income that is separately identified as restricted income in the SOFA guidance with corresponding expenditure.

All of our financial income and expenditure -both restricted and unrestricted -underpins our mission and objectives.

This year saw an increase in our financial turnover of over 25% predominantly due to new funders investing in the organisation, its culture and services.

Again, we have not been overly reliant on a particular funder preferring a wider more balanced range of funders to invest in a quality product. Our relationship with key funders continues to be excellent and we have also concentrated and invested in our impact reporting to ensure that funders are aware of the value of their investment in the organisation.

Over the last 12 months the movement of funders into lowering the overall amount given and shortening its term has been something that has frustrated our plans on multi-year funding and budget planning. Nevertheless, we will continue with our plans to diversify our income streams to build sustainability.

Our unrestricted income though increasing remains modest and we are working as an organisation to decrease our reliance on external stakeholders to build more control over our strategic destiny.

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The Board wishes to thank all of its financial supporters, both big and small and takes its responsibility of stewardship in the distribution of monies awarded to us with the due diligence expected of custodians.

Principal funding sources

Now in our ninth year of operations, the principal funding streams remained largely unchanged from 2019/20, other than we were able to attract a number of new funders to our work.

As reported previously, our strategic aim is to move away from this reliance on grant funding and we are currently investing heavily in other areas of income generation, particularly social media, corporates, events, fundraising and legacies.

Again, we are largely focused on developing this internally as we recognise that we are yet to reach the turnover level where a significant investment to recruit appropriate talent will outperform the financial risk in doing so.

Investment policy and objectives

There are insufficient unrestricted funds to consider an investment policy at this stage other than attracting the best possible interest rates on funds in the bank. The trustees are fully aware of the ethical considerations to apply should future monies become available and would take the necessary advice from our professional advisers at the time of deliberation. Trustees have also developed an ethical policy to inform future discussions as part of our governance portfolio.

Reserves policy

During this accounting period the trust has received the majority of its income from restricted funding. These amounts have been distributed as per funder requirements to project implementation, delivery and impact reporting and evaluation.

Over the last 12 months the Board have worked on and delivered a full reserve policy which is now part of our Governance Portfolio. In the medium term the trustees have agreed that the charity should work towards building unrestricted reserves of up to six months running costs. This will help to ensure the charity's stability in the case of unexpected loss of funding and allow us to meet any unforeseen expenditure and also take advantage of new opportunities which present themselves. In the event that our reserves exceed six months running costs we will reinvest this additional income in operational activity for the benefit of our beneficiaries.

At the 30 September 2021 the charity had total funds of £348,553 (2020 - £215,155), of which £203,325 (2020 - £44,742) were unrestricted funds, after accounting for fixed assets, the charity held free reserves of £199,528 (2019 - £39,643).

Risk management

Over the last twelve months the Board has worked diligently on upgrading its risk assessment and management systems. A review of risk is a standing item at board meetings and a designated trustee oversees the 'traffic light' system in operation by senior management. As a continuously learning organisation we are always in discussion with our professional advisors on matters of governance, strategy and associated risk.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its Memorandum and Articles of Association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Governance Strategy

Following an extensive review of activities, income, expenditure and capacity, the charity has a business plan to achieve financial sustainability and progressive service development, which is regularly reviewed by senior management and at Trustee meetings. The plan has been restructured to focus on a 12 month period which senior staff believe allows for greater flexibility and speedier decision making in this current climate of uncertainty. The plan sets out the charity's mission, vision, values, aims and objectives for this period, and provides a framework for the reports of the Chief Executive to the Board throughout a particular year, alongside regular Trustee reports, as appropriate, and periodic risk appraisals.

Recruitment and appointment of new trustees

The charity has a board of trustees that have a very diverse set of skills that it deems necessary to execute due diligence, governance and necessary skills in the areas required for good management and governance.

During 2021 the charity appointed a new trustee, Dr Lesley Hayward to add to that of Lorraine Morgan (Chair) Eddie Sherwood, Margaret Abbett and Action for Elders CIC (corporate trustee). Lesley's responsibilities will include those of overseeing the charity's partnerships with statutory bodies and health boards. A further trustee, Jackie Marshall-Cyrus has also recently been appointed.

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The Board intends to recruit again during the next two years bringing new blood to the board although maintaining its focus to only recruit those who fully understand the issues and challenges of older people and share the general philosophy of care and culture of the charity in regard to the betterment of the human condition and organisational development. Further, the charity strives to promote a culture of care responsibility and business acumen in equal measure and does not wish in its development to lose sight of its prime reason for existing.

Management and staffing

Action For Elders has a founding Chief Executive, together with a Chief Operating officer with responsibility for Finance. It operates a Hybrid model which has enabled it to scale up as appropriate and provides a flexible working structure which allows the organisation to be responsive to changes in a very volatile funding environment.

Whilst the charity has appointed other people in a senior capacity, particularly in the areas of partnership engagement and impact reporting, these are on a part time basis until funds permit otherwise. In other areas of middle management, the charity employs a small nucleus of people whose main focus is on project management and operations. It's model of outsourcing its sessional work remains and allows the organisation to respond as appropriate to fluctuating work and funding patterns.

Throughout its staffing and management Action for Elders maintains a small, tight, highly skilled and experienced workforce. It is frustrated by its capacity not to be able to employ further Community Engagement staff in various parts of the UK where we have our programmes but until the emphasis on short term funding solutions changes then we will not be able to progress forward in this area as quickly as we would like.

We would highlight that unlike perhaps a normal business we are unable to provide security of employment and a clear career path at this stage. This again frustrates us and places further pressure on an already extended workforce.

Certainly, our hybrid model and relaxed attitude to home working mixed with family responsibilities is a strength but the personal cost of sharing these responsibilities also requires careful and compassionate management which in itself is a skill.

Going forward, the charity certainly requires to recruit more staff particularly in operations but this can only be done with the required finance in place.

As a learning organisation the charity continually evaluates the roles and placements of its team.

Other outsourced support

The charity maintained and developed its relationship with its main financial advisers and accountants Watts Gregory LLP, who agreed to perform an independent examination of our accounts and gave advice far in excess of the fees charged. We are grateful to them for their support and understanding throughout the year.

Organisational Structure and Board

This report and review is provided by the Trustees of Action For Elders Trust (reg charity no. 1145996) whose registered address is at Elfed House, Oak Tree Court, Cardiff Gate Business Park, Cardiff, CF 23 8RS. Action For Elders Trust is also a registered company (07698291) private, limited by guarantee and with no share capital.

The administration and operational procedures of the charity are the responsibility of the current Board of Trustees, who delegate the day to day strategic management of the charity to the Chief Executive and through this position to the appropriate staff through the method of employment, sub-contracting and delegation, where applicable.

The Board meets a minimum of three times a year, or as otherwise directed by its chief executive. At one of these meetings, its AGM, the officers are elected for an annual term of office.

During the course of 2019/20 the Board of Trustees met three times to review the charity's strategy, operations, risk and finance. In addition, monthly meetings or as required took place between the Chair and senior management. Other trustees were frequently consulted and informed, providing advice and challenge.

During the year the charity held team meetings incorporating the Board with the Charities staff. The First was held face to face, the remainder online due to Covid 19. The charity started to work towards each board member overseeing a strategic area, which proved successful. It is hoped that this can be continued to ensure commitment to strategic goals and the charity's ethos.

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FOR THE YEAR ENDED 30 SEPTEMBER 2021**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
07698491 (England and Wales)

Registered Charity number
1145996

Registered office
Elfed House
Oak Tree Court
Cardiff Gate Business Park
CARDIFF
CF23 8RS

Trustees

L J Morgan
Action for Elders UK C.I.C.
E P Sherwood
M Abbett
Dr L Hayward
J S Marshall-Cyrus

Chair

Appointed 4 December 2020
Appointed 3 December 2020
Appointed 31 March 2022

Senior Management

James Lewis
Vicki Evans

Company Secretary

Action for Elders UK C.I.C.

Independent Examiner

Watts Gregory LLP
Chartered Accountants
Elfed House
Oak Tree Court
Cardiff Gate Business Park
CARDIFF
County of Cardiff
CF23 8RS

Bankers

Metro Bank
One Southampton Row
London
WC1B 5HA

Unity Trust Bank Plc
Nine Brindley Place
Birmingham
B1 2HB

Santander
Bootle
Merseyside
L30 4GB

Approved by order of the Board of Trustees on 28 July 2022 and signed on its behalf by:



.....
L Morgan - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ACTION FOR ELDERS TRUST

Independent examiner's report to the trustees of Action for Elders Trust ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACCA which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Julia Mortimer FCCA
Watts Gregory LLP
Chartered Accountants
Elfed House
Oak Tree Court
Cardiff Gate Business Park
CARDIFF
County of Cardiff
CF23 8RS

Date: 29 July 2022

ACTION FOR ELDERS TRUST

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	8,819	-	8,819	4,262
Charitable activities	6				
Advancement of Health		306,326	203,959	510,285	410,128
Other trading activities	4	283	-	283	279
Investment income	5	<u>151</u>	<u>-</u>	<u>151</u>	<u>152</u>
Total		315,579	203,959	519,538	414,821
EXPENDITURE ON					
Charitable activities	7				
Advancement of Health		<u>156,996</u>	<u>229,144</u>	<u>386,140</u>	<u>312,291</u>
NET INCOME/(EXPENDITURE)		158,583	(25,185)	133,398	102,530
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>44,742</u>	<u>170,413</u>	<u>215,155</u>	<u>112,625</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>203,325</u></u>	<u><u>145,228</u></u>	<u><u>348,553</u></u>	<u><u>215,155</u></u>

The notes form part of these financial statements

ACTION FOR ELDER'S TRUST

BALANCE SHEET 30 SEPTEMBER 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Intangible assets	14	3,797	-	3,797	5,099
CURRENT ASSETS					
Debtors	15	35,662	28,780	64,442	78,597
Cash at bank		<u>255,873</u>	<u>116,448</u>	<u>372,321</u>	<u>216,751</u>
		291,535	145,228	436,763	295,348
CREDITORS					
Amounts falling due within one year	16	(30,496)	-	(30,496)	(35,292)
NET CURRENT ASSETS		<u>261,039</u>	<u>145,228</u>	<u>406,267</u>	<u>260,056</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		264,836	145,228	410,064	265,155
CREDITORS					
Amounts falling due after more than one year	17	(61,511)	-	(61,511)	(50,000)
NET ASSETS		<u>203,325</u>	<u>145,228</u>	<u>348,553</u>	<u>215,155</u>
FUNDS	19				
Unrestricted funds				203,325	44,742
Restricted funds				<u>145,228</u>	<u>170,413</u>
TOTAL FUNDS				<u>348,553</u>	<u>215,155</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2021.

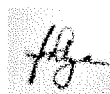
The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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 and authorised for issue by the Board of Trustees on 28 July 2022 and were signed on its behalf by:



.....
L Morgan - Trustee

The notes form part of these financial statements

ACTION FOR ELDERS TRUST

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	135,158	42,558
Interest paid		<u>(1,250)</u>	<u>-</u>
Net cash provided by operating activities		<u>133,908</u>	<u>42,558</u>
Cash flows from investing activities			
Interest received		<u>151</u>	<u>152</u>
Net cash provided by investing activities		<u>151</u>	<u>152</u>
Cash flows from financing activities			
New loans in year		<u>21,511</u>	<u>50,000</u>
Net cash provided by financing activities		21,511	50,000
Change in cash and cash equivalents in the reporting period		155,570	92,710
Cash and cash equivalents at the beginning of the reporting period		<u>216,751</u>	<u>124,041</u>
Cash and cash equivalents at the end of the reporting period		<u>372,321</u>	<u>216,751</u>

The notes form part of these financial statements

ACTION FOR ELDERS TRUST

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

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

	2021 £	2020 £
Net income for the reporting period (as per the Statement of Financial Activities)	133,398	102,530
Adjustments for:		
Depreciation charges	1,302	1,302
Interest received	(151)	(152)
Interest paid	1,250	-
Decrease/(increase) in debtors	14,155	(74,533)
(Decrease)/increase in creditors	<u>(14,796)</u>	<u>13,411</u>
Net cash provided by operations	<u>135,158</u>	<u>42,558</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/10/20 £	Cash flow £	At 30/9/21 £
Net cash			
Cash at bank	<u>216,751</u>	<u>155,570</u>	<u>372,321</u>
	<u>216,751</u>	<u>155,570</u>	<u>372,321</u>
Debt			
Debts falling due within 1 year	-	(10,000)	(10,000)
Debts falling due after 1 year	<u>(50,000)</u>	<u>(11,511)</u>	<u>(61,511)</u>
	<u>(50,000)</u>	<u>(21,511)</u>	<u>(71,511)</u>
Total	<u>166,751</u>	<u>134,059</u>	<u>300,810</u>

The notes form part of these financial statements

1. STATUTORY INFORMATION

Action for Elders Trust is a private company limited by guarantee, incorporated in Wales within the United Kingdom. The registered office is Elfed House, Oak Tree Court, Mulberry Drive, Cardiff Gate Business Park, Cardiff, CF23 8RS.

Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The principal activities and nature of the charity's operations is to help older people and society cope with the major health and wellbeing challenges posed by increasing longevity and to co-create a world where older people are placed at the heart of a community, giving them the support, they deserve to ensure that they get as much value out of their later life as possible.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2. 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.

Action for Elders Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction values unless otherwise stated in the relevant accounting policy note(s).

Going concern

As society recovers from the negative economic effect of the Coronavirus pandemic, we note that the charity continues to increase its income and service delivery. As our reputation increases so do our opportunities for more significant funding especially from governments and statutory funders. Whilst there is still general uncertainty about the economic future and the reluctance of funders to invest in central costs sufficient enough to build sustainability over a short-term period, the trustees have every confidence in the senior management to execute plans and execute judgements in accordance with the relevant circumstances both internally and externally. That will see further increases as per the strategic plans and that no adjustments are required to the financial statements at this time. For these reasons, the trustees therefore believe that it is appropriate for the financial statements to be prepared as a going concern.

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.

It is not the policy of the charity to show income net of expenditure.

Donations and legacies income

Donations and legacies income includes donations, gifts and grants that provide core funding or are of a general nature and are recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income from charitable activities

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

2. ACCOUNTING POLICIES - continued

Income from other trading activities

Income from other trading activities includes income received under contract. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

Investment income

Investment income is recognised on a receivable basis.

Basis of recognition of liabilities

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 costs 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.

Expenditure on costs of raising funds include fundraising costs.

Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs are those costs that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charitable activity. This includes governance costs which are those costs associated with meeting the constitutional and statutory requirements of the charity and include the accountancy fees and costs linked to the strategic management of the charity.

Allocation and apportionment of costs

All costs are allocated between the expenditure categories on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis.

Intangible assets

Intangible assets are capitalised at cost.

Amortisation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful life of that asset as follows:

Website development costs – over 5 years

Taxation

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

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors

Debtors with no stated interest rate and receivable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

ACTION FOR ELDERS TRUST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 SEPTEMBER 2021

2. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure, which meets this criteria, is charged to the fund, together with a fair allocation of support and governance costs.

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.

3. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	<u>8,819</u>	<u>4,262</u>

4. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Action for Elders lottery	<u>283</u>	<u>279</u>

5. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	<u>151</u>	<u>152</u>

6. INCOME FROM CHARITABLE ACTIVITIES

	2021	2020
	£	£
Grants	510,285	380,405
Provision of services	-	29,723
	<u>510,285</u>	<u>410,128</u>

Grants received, included in the above, are as follows:

	2021	2020
	£	£
Oakdale Trust	-	1,000
Postcode Community Trust	20,000	-
Sheffield Town Trust	-	2,000
The W.G. Edwards Charitable Foundation	1,000	-
People's Health Trust - Active Communities Funding Programme	2,417	8,460
Groundwork UK - Tesco Bags of Help	1,000	1,750
Swansea Council for Voluntary Service	-	1,000
Glamorgan Voluntary Services	13,261	9,800
National Lottery - Awards for All	-	9,955
Big Lottery Fund - Balanced Lives Barry and the Vale	21,688	85,594
Herefordshire Community Foundation	-	5,000
Masonic Charitable Foundation	5,000	5,000
Healthy and Active Fund (Welsh Government)	53,228	132,366
Bay Cluster Grant Scheme	-	4,364
	<u>117,594</u>	<u>266,289</u>
Carried forward	117,594	266,289

ACTION FOR ELDERS TRUST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 SEPTEMBER 2021

6. INCOME FROM CHARITABLE ACTIVITIES - continued

	2021 £	2020 £
Brought forward	117,594	266,289
Earl Fitzwilliam Charitable Trust	-	1,000
The Dixie Rose Findlay Charitable Trust	-	2,000
Garfield Weston	-	26,500
National Lottery Community Fund	-	46,255
Co-Op Community Fund	1,355	528
Moondance Foundation	50,000	12,000
Community Foundation Wales	10,000	5,000
The Edward Gostling Foundation	5,000	5,000
Greggs Foundation	-	500
Two Ridings Community Foundation	-	2,500
The Henry Smith Charity	51,333	12,833
Independent Age	14,930	-
Julia & Hans Rausing Trust	48,200	-
Inchrye Trust	1,000	-
Wales Council for Voluntary Action	159,971	-
Track 2000	15,000	-
Charities Aid Foundation	34,652	-
Other grants	1,250	-
	<u>510,285</u>	<u>380,405</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
Advancement of Health	<u>382,463</u>	<u>3,677</u>	<u>386,140</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021 £	2020 £
Staff costs	78,994	28,140
Direct charitable activities - Balanced Lives Programme	115,922	175,088
Project development, implementation and research	43,885	36,681
Direct office costs	38,082	14,497
IT and web services	5,083	2,068
PR and marketing costs	31,673	10,606
Bank charges	91	238
Control and compliance	67,431	40,258
Depreciation	1,302	1,302
	<u>382,463</u>	<u>308,878</u>

ACTION FOR ELDER'S TRUST

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 SEPTEMBER 2021

9. SUPPORT COSTS

	Finance £	Governance costs £	Totals £
Advancement of Health	<u>1,250</u>	<u>2,427</u>	<u>3,677</u>

10. NET INCOME/(EXPENDITURE)

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

	2021 £	2020 £
Computer software amortisation	1,302	1,302
Independent Examiners fees	<u>1,800</u>	<u>1,800</u>

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2021 or for the year ended 30 September 2020.

Trustees' expenses

During the year, trustees' expenses totalling £0 (2020 - £413) were paid to or on behalf of no trustees (2020 - 2 trustees) in respect of travel and subsistence expenses.

12. STAFF COSTS

	2021 £	2020 £
Wages and salaries	77,685	27,534
Social security costs	-	290
Other pension costs	<u>1,309</u>	<u>316</u>
	<u>78,994</u>	<u>28,140</u>

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

	2021	2020
Average employees	<u>5</u>	<u>2</u>

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

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	4,262	-	4,262
Charitable activities			
Advancement of Health	97,799	312,329	410,128
Other trading activities	279	-	279
Investment income	<u>152</u>	<u>-</u>	<u>152</u>
Total	102,492	312,329	414,821
EXPENDITURE ON			
Charitable activities			
Advancement of Health	72,908	239,383	312,291

ACTION FOR ELDERS TRUST

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2021

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
NET INCOME	29,584	72,946	102,530
RECONCILIATION OF FUNDS			
Total funds brought forward	15,158	97,467	112,625
TOTAL FUNDS CARRIED FORWARD	<u>44,742</u>	<u>170,413</u>	<u>215,155</u>

14. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 October 2020 and 30 September 2021	<u>6,510</u>
AMORTISATION	
At 1 October 2020	1,411
Charge for year	<u>1,302</u>
At 30 September 2021	<u>2,713</u>
NET BOOK VALUE	
At 30 September 2021	<u>3,797</u>
At 30 September 2020	<u>5,099</u>

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	-	1,455
Other debtors	498	281
Balance due from Action For Elders UK C.I.C.	32,764	-
Prepayments and accrued income	<u>31,180</u>	<u>76,861</u>
	<u>64,442</u>	<u>78,597</u>

The above debtors include £28,780 of accrued income in respect of grants relating to the financial year ended 30 September 2021 but received after this date.

ACTION FOR ELDERS TRUST

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Bank loans and overdrafts (see note 18)	10,000	-
Trade creditors	2,966	695
Social security and other taxes	4,572	259
Other creditors	433	2,000
Balance due to Action for Elders UK C.I.C.	-	10,736
Accruals and deferred income	<u>12,525</u>	<u>21,602</u>
	<u>30,496</u>	<u>35,292</u>

17. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2021 £	2020 £
Bank loans (see note 18)	40,000	50,000
Other loans (see note 18)	<u>21,511</u>	<u>-</u>
	<u>61,511</u>	<u>50,000</u>

18. LOANS

An analysis of the maturity of loans is given below:

	2021 £	2020 £
Amounts falling due within one year on demand:		
Bank loans	<u>10,000</u>	<u>-</u>
Amounts falling between one and two years:		
Bank loans	<u>10,000</u>	<u>10,000</u>
Amounts falling due between two and five years:		
Bank loans	30,000	30,000
Other loans	<u>21,511</u>	<u>-</u>
	<u>51,511</u>	<u>30,000</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans	-	10,000

19. MOVEMENT IN FUNDS

	At 1/10/20 £	Net movement in funds £	At 30/9/21 £
Unrestricted funds			
General fund	44,742	158,583	203,325
Restricted funds			
Project delivery and development	170,413	(25,185)	145,228
TOTAL FUNDS	<u>215,155</u>	<u>133,398</u>	<u>348,553</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2021

19. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	315,579	(156,996)	158,583
Restricted funds			
Project delivery and development	203,959	(229,144)	(25,185)
TOTAL FUNDS	<u>519,538</u>	<u>(386,140)</u>	<u>133,398</u>

Comparatives for movement in funds

	At 1/10/19 £	Net movement in funds £	At 30/9/20 £
Unrestricted funds			
General fund	15,158	29,584	44,742
Restricted funds			
Project delivery and development	97,467	72,946	170,413
TOTAL FUNDS	<u>112,625</u>	<u>102,530</u>	<u>215,155</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	102,492	(72,908)	29,584
Restricted funds			
Project delivery and development	312,329	(239,383)	72,946
TOTAL FUNDS	<u>414,821</u>	<u>(312,291)</u>	<u>102,530</u>

During the year the charity received grant funding from a number of highly respectable sector funders both large and small as listed within note 6 of the financial statements.

Specific comments and restrictions are outlined below:

National Lottery Communities Fund: People and Places (Wales)

Third year funding from the National Lottery in Wales to support the development and running of a number of Balanced Lives community programmes throughout the Vale of Glamorgan. This was the final year of funding to what was the delivery of a very successful project to a number of communities in the Vale. National Lottery Communities Fund are regular supporters of the charity through a variety of funding streams. This was the final instalment of the grant.

19. MOVEMENT IN FUNDS - continued

People's Health Trust

Instalment Funding of £2,417 (2020 - £8,460) was received for a two year project to develop a group focused on social activities in the Hereford community of Belmont to aid in reducing loneliness and social isolation. With the agreement of the funder this group continued to meet online throughout the pandemic. People's Health Trust have been a regular supporter of the charity. These funds were released after the completion of a very successful end of grant report.

Sports Council of Wales (Welsh Government Healthy and Active Fund)

Third year funding of what has become because of the Pandemic now a four year project. Initially set up as direct delivery into care homes. Significant work was undertaken by the team in agreement with the funder to reposition the model to become a Pan Wales remote delivery model. We are pleased that WG continues to support this initiative for an extremely vulnerable group of older people. Work has now restarted to enable face to face delivery again supported by remote delivery online sessions.

Glamorgan Voluntary Services (GVS)

This excellent regional supporter of charities in the Vale of Glamorgan continues to support the charity with a number of smaller but relevant grants. The **Cardiff and Vale Health Charity** allowed us to pilot a programme to assist older people with anxiety challenges following the lockdown whilst the **Third Sector Older People Preventative Interventions fund** focused on the importance of our online services and digital inclusion work to ensure that the health and wellbeing of older people did not deteriorate during lockdown and the closure of public meetings.

The Henry Smith Charity

This prestigious funder agreed to fund the charity for three years to improve the physical, social and mental wellbeing of older people in Hereford. In agreement with the funder, this second year funding allowed us to continue with the delivery of our Balanced Lives programme albeit online only. However, this success allowed us to operate a number of different programmes focused on mobility, mental health and general wellbeing. We were also able to access more rural areas as the groups became less area specific and reach even more of our target audience.

Wales Council for Voluntary Action (WCVA)

A new funder to the charity that was very supportive of the sector and especially this charity during lockdown and beyond. This funding from Phase Two of the Third Sector Resilient Fund was a grant/loan mix designed to build resilience in the infrastructure of the charity. The complexities of doing this are mentioned elsewhere in this report and we are currently still working towards these objectives.

Prior year

Herefordshire Community Foundation

A new funder for the charity. This 'Hereford' specific grant was received from the launch of a Coronavirus Response Fund within the county. Donated monies supported the online model for both our participants and the wider network of older people the charity could now reach.

Swansea Council for Voluntary Service: Comic Relief

As a result of Covid-19 a number of local Voluntary Service branches received emergency funding from Welsh Government and others to fund local charities during the pandemic. Comic Relief emergency funding was also distributed in Wales and the charity received a small grant to support the funding of the new post of Digital Support Officer for its online services in Swansea. Swansea Council for Voluntary Services and Comic Relief are regular supporters of the charity.

Bay Cluster Grant

This funding represents grant monies secured through a local GP cluster in the West Swansea Bay area to run a series of Balanced Lives community programmes in the specific cluster area. The monies were fully utilised before the pandemic hit.

Sheffield Town Trust

This local grant trust to the Sheffield area maintained their support of our Care Home programme pre-pandemic. Regrettably the project ceased during the early stages of the pandemic and has been a casualty of these unprecedented times. We are confident that the pilot online project currently in development will be accepted by the care homes for us to return during 2022. Sheffield Town Trust has been a regular supporter of the charity.

19. MOVEMENT IN FUNDS - continued

Garfield Weston

A prestigious funder and once again that recognises the importance of funding central costs. Critical to the charity's strategic development plan during lockdown and beyond. With the agreement of the funder we utilised this funding to build our online model and sustainability for the future.

National Lottery Communities Fund: Awards for All

Once again, the charity was awarded a grant for a pilot project. This time to target Carers in the Bourne area. Working in partnership with Carers 1st this is a one year funded project which with the funders permission was moved online. National Lottery Communities Fund are regular supporters of the charity through a variety of funding streams.

Oakdale Trust

The charity has built a relationship with this small but vital grant funder and the contribution received during the year was specifically to assist us in maintaining our response to Covid-19 in the Swansea area. Oakdale Trust has been a regular supporter of the charity.

National Lottery Community Fund (People and Places/Reaching Communities)

The national lottery was the first funder to realise what the severity of the lockdown could mean to the sector and were very quick to release emergency funding to those that it had previously supported. The charity received funding to support its new initiatives to support older people throughout the pandemic and beyond. This enabled us to continue to support the communities of the Vale and York and to increase our reach throughout both communities. The National Lottery is a regular supporter of the charity through a number of different funding streams.

Community Foundation Wales

Another new funder, this time with funding supplied by the National Emergencies Trust Coronavirus Appeal. As a result of this funding we were able to produce on demand videos for our beneficiaries on a wide variety of health and wellbeing subjects to maintain mobility and positive mental health.

20. RELATED PARTY DISCLOSURES

During the year, payments were made to J Lewis as a Freelance Contractor to the amount of £65,000 (2020 - £54,946). The contract work that J Lewis carried out was extensive. It included but was not limited to project management, implementation and development. Also strategic planning around the areas of growth, control and governance. Plus guidance on marketing and public relations matters. In our 2014 Annual Report it was recognised that J Lewis had waived a significant proportion of fees each year since inception. This has now been recognised. J Lewis is a director of Action for Elders UK C.I.C. There was no outstanding balance at the year end (2020 - £Nil).

During the **early part** of the year, payments were made to M Lewis as a Freelance Contractor to the amount of £9,415 (2020 - £12,650). M Lewis subsequently became an employee of the charity as its Operations Manager reporting directly to the Chief Operating Officer. This was part of a strategic move by the charity to employ more people given its improving finances and medium term position. M Lewis received remuneration (including Employers NI) of £14,123 (2020 - £Nil). M Lewis is a close family member of J.Lewis.

As at 30 September 2021 a balance of £32,764 (2020 - to £10,736) was due from Action for Elders UK C.I.C. The balance has arisen as a result of transactions paid for/on behalf of and bank transfers with Action for Elders UK C.I.C.